

Waterloo Fire Rescue Fire PALS Injury Prevention Program

Stop, Drop and Roll

Grades Pre-K – 1

To educate the student on what to do in the event his/her clothes catch fire, or if someone else's clothes catch fire.

Learning Objectives

At the completion of this unit, 90 % of the students will be able to:

1. identify two ways clothes catch on fire
2. demonstrate proper technique to stop/drop and roll
3. describe when to perform stop, drop and roll technique

Time Element

Knowledge/Attitude 10 minutes

Activity/Skill 10 minutes

Introduction and Content: 10 minutes

Burns are among the most painful of injuries and the third leading cause of unintentional death in the United States. The hands, groin, face and lungs are at particular risk because they are delicate and easily injured.

Ask, “Kids, do you know of anyone who has been burned, or had their clothes catch on fire?” Or, “Kids, how do you think someone’s clothes could catch fire? To put out the fire, you must STOP, DROP and ROLL until the fire is out. Running will only make the fire worse.”

I. Fire: What does fire look like?

- a. Fire in a fireplace
- b. Other examples of fire

II. Results of fire

- a. Good uses of fire include:
 1. heating, furnace, campfire
 2. cooking: fireplace, barbeque, campfire
- b. Bad results of fire include:
 1. injury: burns and death
 2. damage: house fire, forest fire

III. How does a person's clothing catch fire?

- a. Sparks from a fireplace
- b. Standing too close to a campfire
- c. Gasoline vapors
- d. Playing with matches or lighters

Activity/Skill: 10 minutes

I. Demonstrate the Stop, Drop and Roll Actions

- a. *Stop* whenever clothing catches fire.
- b. *Drop* to knees and lay flat on the floor or ground.
- c. Cover your face (eyes, nose and mouth) with hands.
- d. *Roll* over and over to smother the fire.
 1. If you roll into an object such as a wall, roll in another direction.
 2. Continue to roll until the fire is out.

II. Practice the Stop, Drop and Roll Actions

- a. Prepare a suitable area, preferably a floor with carpeting.
- b. Have the students practice the SDR actions in sequence.
- c. Have the students practice rolling the other way when they run into an object.
- d. Have the students practice a sufficient amount of times. Check to see if they were able to put the "fire" out.

III. Assisting someone else with Stop, Drop and Roll

- a. How to recognize when someone else's clothes are on fire
 1. Flames or smoke from the person's clothing or skin
 2. Person yells or screams in pain
- b. Make sure they do not run.
- c. Help them get down on the floor, ground and direct them to SDR.

IV. What to do after the fire is out

- a. Tell an adult and/or dial 9-1-1.
- b. Once the fire is out, you must cool a burn with water. Use cool water, not cold or ice water.

Summary: 5 minutes

Targeted Problems

1. What to do when your clothes catch fire
2. How to stop the burning process

Home / School Connection:

Students fill out the Stop, Drop and Roll letter home to their parents/guardians.

Reading Connection:

Stop, Drop and Roll Activity Sheet: *student handbook*

Art Connection:

Crawl low under smoke Coloring Sheet: *student handbook*

Suggested Activities:

- a. Watch each student as they demonstrate how to Stop, Drop and Roll. Have them pretend there is something in their way.
- b. Ask if their clothes catch fire, would they run and jump in a pool, run over and turn the hose on, or run into the house to tell your mom or dad?
(Correct answer is to Stop, Drop and Roll)

Supplies Needed:

A piece of red felt to simulate a fire on their clothes. Use a carpeted area if at all possible.