



## Fire Ed 1 Firefighter Session Plan

Duration: 40 minutes

For Primary School Years 1 and 2 (Stage 1)

### Note to Teachers

Firefighters delivering Fire Ed 1 to Primary School Years 1 and 2 (Stage 1) are instructed to follow this session plan script.

The Firefighter Session has been designed to reiterate and consolidate the content taught during the teacher-led lessons.

If Firefighters are delivering this session to students with Diverse Learning Needs, please read the plan to determine its appropriateness. If you would like to make amendments, please let the Firefighters know when booking the session.

Please note, the fire truck is no longer used as part of the education session. Fire truck play has engagement rather than educational outcomes. To organise a pure engagement activity, fire truck play can be booked separately through your local fire station. To understand why we have separated the fire truck from the education programs, read the [Evaluation Report](#).

**Topics:** Introduction, Firefighter Familiarisation, Home Fire Escape Drill, Quiz Game, Student Presentation, Ask a Firefighter.

**Resources:** Structural Firefighting PPC, SCBA, Battery Operated Smoke Alarm, Brigade Kids Activity Books, Home Fire Safety Visual Guides.

Topics	Time	Content	Resources
Introduction All Firefighters	2 mins	<p>Introduce yourselves by your first name, rank, station, and let the students know how long you have been a firefighter and what you like about being a firefighter.</p> <p><i>Hello everyone. My name is Pam, and I am a Firefighter at Hornsby. I have been a firefighter for 10 years and my favourite thing about my job is that I get to teach children about fire safety.</i></p> <p>Ensure each firefighter introduces themselves.</p> <p>Give students a brief lesson overview.</p> <p><i>Today, we will be talking about what firefighters do, what we wear to keep safe in a fire, and how to safely get our attention if you are trapped in a house that is on fire. We are then going to watch you practice your home fire escape drill and play a game to see how much fire safety information you remember. We will look at your presentations and answer your questions at the end.</i></p>	Introduction
Firefighter Familiarisation Firefighters 1 & 2	12 mins	<p><b>What do firefighters do?</b> <i>Can anyone tell me what firefighters do?</i> Reinforce all correct responses and address any misconceptions.</p> <p><b>What do firefighters look like in their special protective clothing and equipment?</b> <i>Now, the Firefighter is going to get dressed for a fire. Do you think the Firefighter can go into a fire in what they are wearing now? No, of course not. We need special clothing to protect us from heat, smoke, and fire.</i></p> <p><i>As the firefighter gets dressed, I want you to tell us what they are putting on and why they need to wear it to stay safe in a fire.</i> Have a firefighter slowly dress up in their structural PPC and SCBA. As the firefighter puts on an item of clothing or piece of equipment, have students label each item and explain its purpose or what it protects.</p> <p>- <i>Over-pants – to protect our legs from heat and sharp objects.</i></p>	<p>Discussion</p> <p>Structural PPC and SCBA</p> <p>Demonstration – Firefighter gets dressed</p>

	<ul style="list-style-type: none"><li>- Boots – to protect our feet.</li><li>- Flash hood – to protect our head and neck from heat.</li><li>- Jacket – to protect our arms and bodies.</li><li>- Radio (or walkie talkie) – so that we can talk to each other when we are fighting a fire.</li><li>- Torch – so that we can see at night and when we are in a dark, smokey environment.</li><li>- Breathing Apparatus or air cylinder – like a backpack full of air that we can carry with us.</li><li>- Facemask or mask – which is connected to our air cylinder and lets us breathe in clean air when we go into a fire.</li></ul> <p>Now, listen very carefully. Before the firefighter puts their facemask on, can you hear them breathe?</p> <p>Firefighter breathes normally.</p> <p>Let's see what the firefighter sounds like when they put their facemask on and start to breathe the air that is in their air cylinder/backpack.</p> <p>Turn air on. Don mask. Breathe.</p> <p>Listen. The firefighter sounds different now. This is what a firefighter will sound like when they go into a fire. If you hear this sound, it means that a firefighter is here to rescue you.</p> <p>Now, we have two more special things to put on before we go into a fire.</p> <ul style="list-style-type: none"><li>- Helmet – to protect our heads from sharp objects and heat.</li><li>- Gloves – to protect our hands.</li></ul> <p><b>Getting the Attention of a Firefighter</b></p> <p>If you are trapped in your home because of a fire, it is important that you let us know where you are.</p> <p>How do you think you could get the firefighter's attention if they were looking for you?</p> <p>Firefighter in PPC and SCBA crawls on the ground away from the students, as if looking for them.</p>	<p>Practical Activity – Firefighter stays dressed</p>
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		<p><i>First, if it is safe to do so, stay where you are and crouch down low under the smoke. Yell 'Help, I'm over here' and wave your arms to let us know where you are. It is very hard to hear through the flash hood and helmet, so you need to yell loudly.</i></p> <p>Let the children practice crouching, yelling loudly, and waving.</p> <p><i>Very good. Now, if we can't hear you, and if it is safe, crawl to us and tap us or grab us to get our attention.</i></p> <p>Ensure <b>all</b> students practice crawling to the firefighter and tapping them.</p> <p><i>Very good! Now quickly come back to the centre so we can help the firefighter get undressed. It is very hot in our protective clothing, so the firefighter will need a rest.</i></p> <p>As the firefighter gets undressed, ask the students what they are removing and what comes next.</p>	<p>Demonstration – Firefighter gets undressed</p>												
<p>Home Fire Escape Drill Firefighters 3 &amp; 4</p>	<p>15 mins</p>	<p><b>Home Fire Escape Drill</b> <i>Now, have you been practising how to safely escape if your house is on fire? There are eight steps. Do you remember them?</i></p> <p>Read out each step <b>in order</b> and get a firefighter to <b>demonstrate</b>.</p> <table border="1" data-bbox="577 970 1823 1353"> <thead> <tr> <th data-bbox="577 970 622 1059"></th> <th data-bbox="622 970 965 1059">Steps</th> <th data-bbox="965 970 1823 1059">Key Points to Emphasise</th> </tr> </thead> <tbody> <tr> <td data-bbox="577 1059 622 1168">1</td> <td data-bbox="622 1059 965 1168"><b>Get down low and go, go, go</b></td> <td data-bbox="965 1059 1823 1168"><i>Get down low under smoke (this is where the air is cooler and easier to breathe) and get out of the house (away from the fire).</i></td> </tr> <tr> <td data-bbox="577 1168 622 1259">2</td> <td data-bbox="622 1168 965 1259"><b>Shout "Fire, Fire, Fire!"</b></td> <td data-bbox="965 1168 1823 1259"><i>Shouting "Fire" will warn others of the fire, but you must continue to get out of the house.</i></td> </tr> <tr> <td data-bbox="577 1259 622 1353">3</td> <td data-bbox="622 1259 965 1353"><b>Hold the back of your hand up to the door</b></td> <td data-bbox="965 1259 1823 1353"><i>Check for heat. If the door is hot, there is a fire on the other side, and you need to take another escape route.</i></td> </tr> </tbody> </table>		Steps	Key Points to Emphasise	1	<b>Get down low and go, go, go</b>	<i>Get down low under smoke (this is where the air is cooler and easier to breathe) and get out of the house (away from the fire).</i>	2	<b>Shout "Fire, Fire, Fire!"</b>	<i>Shouting "Fire" will warn others of the fire, but you must continue to get out of the house.</i>	3	<b>Hold the back of your hand up to the door</b>	<i>Check for heat. If the door is hot, there is a fire on the other side, and you need to take another escape route.</i>	<p>Discussion and Demonstration</p>
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4	<b>Close doors behind you</b>	<i>This helps stop the fire from spreading.</i>	
5	<b>Get out and stay out</b>	<i>Take the safest and quickest escape route. If you live in an apartment building or are at school, use the Exit Signs to help you find a safe exit. Once you are outside, never go back in for others, toys, or pets.</i>	
6	<b>Go to your safe meeting place</b>	<i>This is where you will meet your family and pet(s). Make sure the students know their safe meeting place at home. It may be their letter box, front gate, driveway, tree etc. Make sure the students know their safe meeting place at school.</i>	
7	<b>Call Triple Zero (000)</b>	<i>Use a mobile or neighbour's phone or ask an adult to call Triple Zero (000). Speak clearly, answer all questions, and stay on the phone until the operator tells you to hang up.</i>	
8	<b>Wait for firefighters</b>	<i>So that the firefighters know you are safe, and you can answer their questions.</i>	
<p><i>Great! Now, before we practice, who can tell me what this is?</i> Show the students the smoke alarm.</p> <p><i>What does a smoke alarm tell us?</i> That there is smoke in the room, and there might be a fire.</p> <p><i>The smoke alarm is very loud. <b>Cover your ears</b> and I will show you what it sounds like.</i> Activate smoke alarm.</p> <p><i>Ok, now we are going to practice our escape drill with the smoke alarm.</i></p> <p>Ask the teachers where the students can safely assemble. Use a real or pretend door so that students can practice feeling and closing the door. Ensure students demonstrate <b>all eight steps in the correct order</b>. You should complete this activity with the students.</p> <p><i>Pretend that your safe meeting place is [location chosen by teachers]. When I set the smoke alarm off, I want everyone to show us the safest way to escape if your house is on fire. Now, close your eyes and pretend you are asleep.</i></p>			<p>Battery Operated Smoke Alarm</p> <p>Practical Activity and Demonstration</p>

		<p>Activate the smoke alarm. Ensure <b>all</b> students get the opportunity to practice.</p> <p><i>Well done. Let's go and sit down.</i></p>	
<p>Quiz Game Firefighter 4</p>	6 mins	<p><b>Quiz Game</b> Divide the students into 2-4 teams (by class group if possible). Give each group a team name. Give each team a turn at answering a question. If they get the answer wrong, give the other team/s the opportunity to answer. Each correct answer attracts one point and incorrect answers do not incur a penalty. The team with the highest score wins. Use a whiteboard to keep score if available.</p> <ol style="list-style-type: none"> <li>1. <i>Can you call Triple Zero (000) if your phone is locked or doesn't have any credit?</i> Yes, <b>by using the emergency button.</b></li> <li>2. <i>Why do we need a smoke alarm?</i> They alert you that there is smoke or a fire and that it is time to carry out your Home Fire Escape Plan.</li> <li>3. <i>What do you do if your clothes are on fire?</i> Stop, drop, cover, and roll.</li> <li>4. <i>Why do you need to hold the back of your hand to the door before opening it?</i> To feel if it is hot.</li> <li>5. <i>If a door is hot, what should you do?</i> Don't open it. There is fire on the other side. Find another exit.</li> <li>6. <i>How many smoke alarms do you need in your home?</i> At least one on every level.</li> <li>7. <i>What should you do if you find matches or a lighter on the ground?</i> <b>Don't touch them</b> and tell an adult.</li> </ol>	Quiz Game

		<p>8. <i>If you are trapped in your home by fire, how can you let firefighters know where you are?</i> Crouch low and yell, or if safe, crawl to the firefighter and tap or grab them.</p>	
<p>Student Presentation All Firefighters</p>	2 mins	<p><b>Student Presentation</b> <i>Has anyone prepared any work to show us?</i></p> <p>The class may have prepared a presentation wall, or students may have been selected to present their work to you. Highlight the fire safety messages that are presented in the work and provide positive feedback.</p>	Student Presentation
<p>Ask the Firefighters All Firefighters</p>	2 mins	<p><b>Questions for Firefighters</b> <i>Have you prepared any special questions to ask us?</i></p> <p>A few students should have been selected to ask you questions. Let the students ask their questions and answer accordingly. If not, give some students the opportunity to ask questions.</p>	Question and Answer
<p>Congratulations and Take Home Kit All Firefighters</p>	1 min	<p><b>Congratulations</b> <i>Congratulations everyone! We are very impressed by how much you know about fire safety. Keep working hard and practicing your skills.</i></p> <p>Teachers may have printed certificates for the students. If they have, present the certificates with the Brigade Kids Activity Book and Home Fire Safety Visual Guide. If not, just present the students with the books.</p>	Certificates, Brigade Kids Activity Books, Home Fire Safety Visual Guides