**Preventing Burns from Fire: Stop Drop and Roll**

**Purpose:**
To prevent the loss of life or the possibility of severe burns when a person catches on fire.

**Objectives:**
Participants will understand and demonstrate the lifesaving technique of stop, drop and roll.

**Overview For Trainers:**
This lesson has been proven to save lives. You are playing a major role in preventing fire and saving lives when you teach this lesson.

Please be reminded to give the community the correct number or numbers to call for emergencies in your local area (Fire and Medical emergencies).

**Time:**
30 minutes - 1 hour

**Story:**
The little girl, Lucy, wanted to be like her mother when she grew up. She often thought about what it would be like to cook. Her mother let her older sister cook for the family when she had to go to work and Lucy wanted to help too. She never anticipated her clothes catching on fire that day. When she leaned over the stove, her clothes caught on fire and started to burn. She immediately became scared and started to run.

**SHOWD Questions**
S – What do you see?
H – What is happening?
O – Does this happen in our place?
W – Why does this happen?
D – What will you do about it?
<table>
<thead>
<tr>
<th>Method</th>
<th>Time</th>
<th>Knowledge</th>
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<tbody>
<tr>
<td>If your clothes catch fire what do you do?</td>
<td>5-10 minutes</td>
<td>Participants may discuss running (making the flames bigger), screaming or even dropping to the ground.</td>
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| Does what you do make the fire bigger or smaller? | 5-10 minutes | Running = bigger fire  
Screaming = doesn’t stop the fire  
Dropping to the ground = might help |
| Do you think there is a better way to stop the fire? | 5-10 minutes | Teach STOP DROP and ROLL  
**Stop** – When your clothes catch on fire you must immediately identify the problem and stop. Do not run away, it will only make the fire bigger and hurt you more.  
**Drop** – After you stop you must prepare yourself by dropping to the ground.  
**Roll** – Next take action by covering your face and rolling back and forth until the fire is out.  
This action should be done very quickly if your clothes catch fire. |
| Do you think that this could work to prevent the fire from growing if your clothes catch fire? | 5-10 minutes | Discuss what would make it easy or difficult. Talk about how this technique can reduce burns and injuries from fire. |
| Let’s practice Stop, Drop and Roll          | 5-10 minutes | Ask the participants to practice this skill.                              |
| Role Play:  
1 person - Pretend that you catch on fire and practice STOP, DROP and ROLL to put out the fire |            |                                                                           |
| What is the number for contacting the fire brigade in your community? | 5-10 minutes | Provide the number for the fire brigade and other emergency services.     |
| **Summarize:**  
What have you learned?                      | 5-10 minutes | If you use stop drop and roll you will prevent burn injuries and decrease the spread of fire. |
**Attitude:** Facilitator understands that properly showing people how to extinguish fire when it involves you and your clothes could save a life.

**Skill:** Participants will be able to demonstrate the technique of stop, drop and roll.

**Evaluation:** Participants should be able to demonstrate the technique of stop, drop and roll.

**Materials:** Newsprint, Markers, Emergency Numbers

Additional Resources Retrieved May 25, 2016:
Talking with families after a fire or emergency:
http://www.sesamestreet.org/parents/topicsandactivities/toolkits/emergencies

Information on how to use a fire extinguisher - British Type:
http://www.safefiredirect.co.uk/Page/54/videos-how-to-use-a-fire-extinguisher-safely.aspx
http://www.mfs-fire-extinguishers.co.uk/types.htm

Information on how to use a fire extinguisher (includes a video) - United States Type:
http://www.fire-extinguisher101.com/using.html
To operate an extinguisher:

1. Pull the pin
2. Aim nozzle at base of fire
3. Squeeze the handle
4. Sweep nozzle side to side

Know your extinguisher
Use the correct extinguisher

(Know your own extinguisher's label for detailed instructions.)

KNOW YOUR FIRE EXTINGUISHERS
TO BS EN 3 & BS 7863

WATER
For use on wood, paper, fabrics etc.
DO NOT use on electrical or flammable liquid fires

FOAM
For use on flammable liquids, oils, fats, spirits etc.
DO NOT use on electrical fires

POWDER
For use on all risks, including electrical and flammable liquids.
DO NOT use in confined spaces. Where there is a danger of backfire or explosion.

CO2
For use on electrical and flammable liquid fires.
DO NOT use on Live Electrical equipment

WET CHEMICALS
Specifically for use on fires in deep fat fryers.

For additional resources go to: www.AfricaFireMission.org