

Lesson Plan-Home Escape Plans (E.D.I.T.H.)

Goals:

- Students will understand the main components of a home escape plan (E.D.I.T.H.)
 - Two exits for each room in the house
 - A designated meeting place
 - Regular practice
- Students will be able to help their families design a home escape plan
- Students will learn the proper procedure for a variety of situations involving fire in the home

Materials:

Home escape plan grid
Smoke detector

Procedure:

- Introduce yourself and your crew
- Tell students they must raise their hand to ask a question-no stories
- Questions will be taken at the end of the presentation
- Briefly discuss what happens at school when there's a fire drill:
 - Exit immediately
 - Remain calm and quiet
 - Listen for directions from your teacher and other adults
 - Go to class meeting place
- Explain that we have fire drills because the principal, teachers, and parents want to be sure the students know what to do in an emergency
 - Sometimes in an emergency, people are scared and it's hard to remember important things
 - The more we practice, the easier it is to stay calm in an emergency
- Ask students if they've ever practiced a fire drill at home
 - It is just as important to have fire drills at home so you know what to do if there is ever a fire
 - Since you sleep at home, it is especially important
- Ask students how many exits they need to have out of every room in their house (two)
 - Typically, a door and a window
 - First choice is always a door

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- Discuss with children the importance of talking about their escape plan with their family
 - Go room to room as a family and talk about the exits
 - Designate a meeting place so everyone in the family knows where to go
 - Can be a tree, mailbox, neighbor's driveway, etc.
- Go through the following scenario with the students:
 - In the middle of the night, you are awakened by the smoke alarm. What do you do?
 - Crawl to the door, feel it with the back of your hand to find out if it's hot
 - If it's hot, the fire is close by and you need to use your second exit (most likely a window)
 - If the door is cool, open it slowly, looking and smelling for smoke. If the hallway is clear, proceed to the outside exit
- Ask how many of the students sleep upstairs on the second floor
 - Explain that they follow the same procedure, but if the door is hot, they are not to jump out of the window. It is safer to stay where they are and wait for the firefighters to help them out of the house
 - While they are waiting for help, they should:
 - Call 9-1-1 if there is a phone in the room
 - Keep the door closed and stuff a blanket or bedspread in the space between the floor and the bottom of the door to minimize the amount of smoke coming in to the room
 - Open the window as wide as possible and push out the screen
 - Throw something soft and big out the window to alert firefighters that you are upstairs and you need help
 - Stand in the window and wave something light or white colored (a flashlight also works well) while yelling
 - It is important to get attention so people know you need help
 - If the room becomes smoky, stay low and **DO NOT HIDE!!**
 - Sometimes when children get scared they feel safer if they hide under the bed or in the closet
 - If there's a fire, children need to be easy to find
- Have a student volunteer come to the front of the classroom
 - Have the student pretend to be sleeping
 - Push button on smoke alarm to activate it
 - Student demonstrates crawling low to door
 - Demonstrates feeling door with back of hand (you decide if it's hot or not)

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◦Guide them through telling or demonstrating what the appropriate steps are:

- Cool door:
 - Open door slowly, look and smell for smoke
 - Go outside to meeting place
- Hot door:
 - Ground floor- Climb out window, go outside to meeting place
- Hot door-2nd Floor or higher
 - Stuff the space under the door
 - Open window
 - Push out screen
 - Throw pillows, etc. to attract attention
 - Yell and wave
 - Get down low if smoke is filling room

Conclusion:

- Thank students for being good listeners
- Review key points:
 - Having a home escape plan is important
 - A home escape plan should include:
 - Two ways out of every room
 - Meeting place
- What to do if they are upstairs and the door is hot?
 - Stuff the space under the door with something to block smoke
 - Open window
 - Throw pillows, etc. out to get attention
 - Yell out window and wave
 - If smoke is in room, stay low
- Strongly encourage students to go home and develop a home escape plan with their family