

# M workbook

for the Prevention of Fire  
and other risks



Edition for the Fire Prevention Week by FUNDACIÓN MAPFRE and APTB  
7<sup>th</sup> Edition of English translation: August 2016

**Prepared by:** APTB (*Asociación Profesional de Técnicos de Bomberos*, Spanish Professional Fire Officers Association)

Technical advisor

Javier Larrea Cuena

Pedagogic Advisor

Inés Ruiz Ribes

**Coordination and revision**

FUNDACIÓN MAPFRE

Jesús Vicente Hernández Hueros

**Illustrations, design and layout**

APTB

Natalia Rodríguez Calle

**Translation**

Eurologos Madrid. ISEB Traducción Industrial, S.L.

© FUNDACIÓN MAPFRE, 2016

Legal deposit: M-21130-2014

Edited by: FUNDACIÓN MAPFRE

Printed in Spain

FREE COPY. NOT FOR SALE.

Partial reproduction is authorised provided the source is acknowledged.

**MY WORKBOOK FOR THE PREVENTION OF FIRE AND OTHER RISKS** is part of the educational material created for **FIRE PREVENTION WEEK** which has been organized jointly by **FUNDACIÓN MAPFRE**, and the *Asociación Profesional de Técnicos de Bomberos (APTB)*, Spanish Professional Fire Officers Association and Firefighting Services by different Spanish Administrations since 2006.

The aim of **FIRE PREVENTION WEEK** is to transmit knowledge on self-protection to the general population. We want everyone to learn to recognize the risk of fire in their surroundings: homes, work centres, shopping centres and leisure centres.

The publication, “**MY WORKBOOK FOR THE PREVENTION OF FIRE AND OTHER RISKS**”, will teach students how to recognise and prevent possible risks in their daily lives. They will learn how to prevent fires, which items are dangerous, what to do in case of a fire, the emergency telephone number and they will become familiar with the main protection equipment such as fire extinguishers and hydrants, etc.

For more information please call 91 602 52 21 or see:

[www.fundacionmapfre.org](http://www.fundacionmapfre.org)

[www.aptb.org](http://www.aptb.org)

[www.semanadelaprevencion.com](http://www.semanadelaprevencion.com)

Fundación  
**MAPFRE**



# My prevention workbook

Hello there, my name is Extin and I am a fire extinguisher, and Laura and Diego here are my friends.

The three of us are going to take you with us through this prevention workbook. We have lots of fun things ready for you.

For example, you will play a game to find the dangers you have at home, in the street and at school.



We will discover what items are dangerous and how to avoid them.

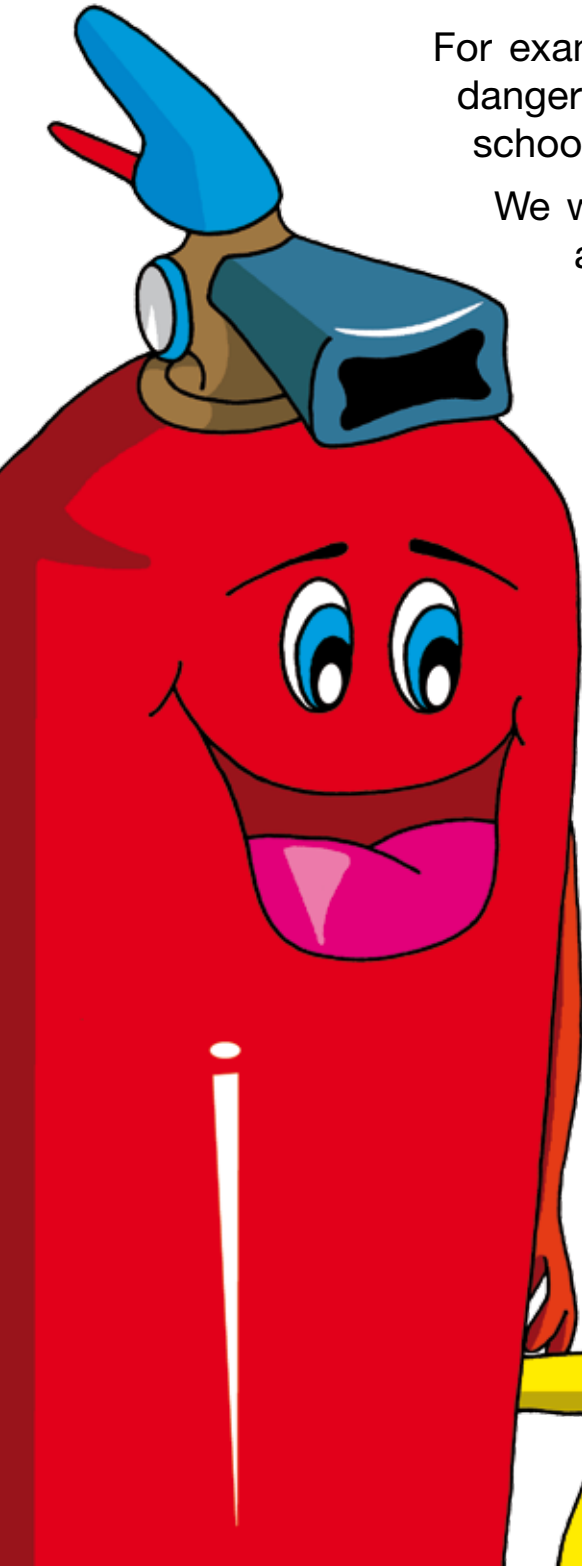


We will also teach you the important things you have to do if there is a fire at home and what telephone number you must call when there is an emergency.



The answers for the games and puzzles are at the end of this workbook.

HAVE FUN AND  
LEARN ALL YOU CAN!



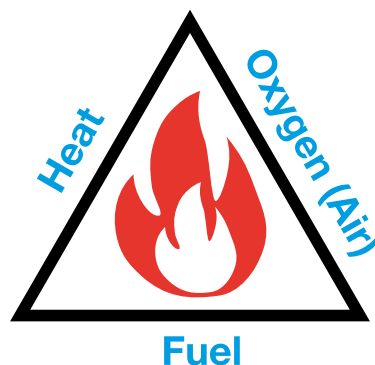
# The fire triangle

Three things need to be there for a fire to start:

- First of all there must be something that can burn. This is called **FUEL**. For example, paper, wood for a bonfire, or the wax in a birthday candle.
- Next, there must be **HEAT** or something that can make heat. For example, a match or a lighter.
- Finally, there must be **OXYGEN**. Oxygen is in the air all around us and in the air we breathe. If we do not have oxygen we will suffocate. But, did you know that fire also has to have oxygen? Just like us, if it doesn't have any oxygen, it will suffocate.



These three elements make **THE FIRE TRIANGLE**.



That is why these three elements are needed to have fire. So, how can a fire be put out? It is simple. Just remove one of these three elements and the fire will go out.

For example, when the firefighters put water on the fire, they cool it down, which means they remove the heat.



When a candle burns down it goes out because there is no more wax to burn, which means it does not have any fuel.



Remember this sum



FUEL



HEAT



OXYGEN



FIRE

# What to do in case of fire at home?

Here is a list of the things that you have to do if there is a fire. But they are out of order! You have to put them in the right order. Put your answers in the box below.



1 Go down the stairs. Never use the lift.



2 Close the doors in your house when you leave to prevent the fire from spreading.



3 If the fire gets bigger and cannot be put out, leave the house and let everybody know there is a fire.



4 Stay outside the house and do not go back inside until the fire is out.



5 Call the Fire Brigade (112).



6 If you see a fire, tell an older person so that they can put it out.



## Answers

- First, number:
- Second, number:
- Third, number:
- Fourth, number:
- Fifth, number:
- Sixth, number:

# Some dangerous items

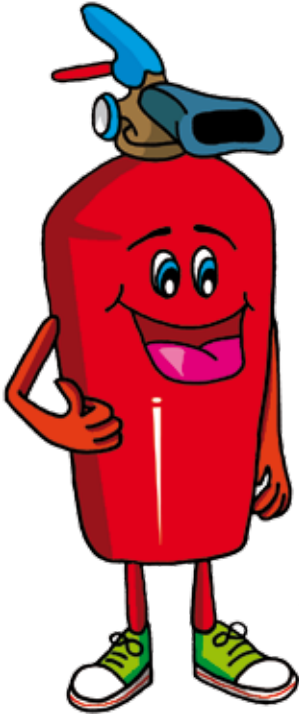
These are items that you can find in your house. Some of them can be dangerous.

Colour the items that might cause a fire.



Remember, all flames could cause a fire!

# To defend ourselves against a fire

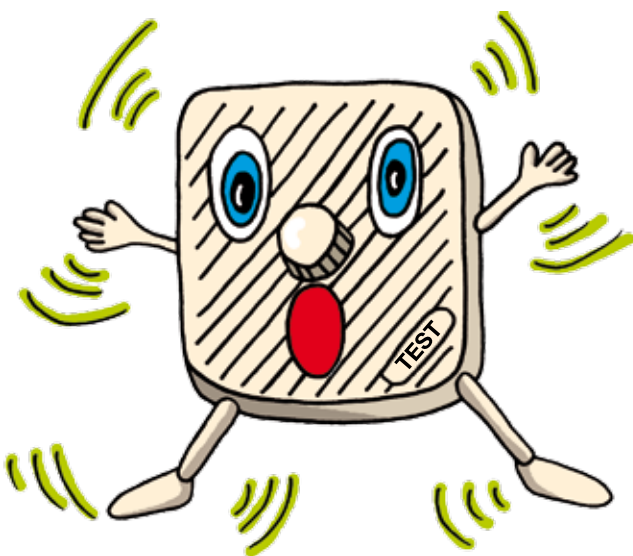
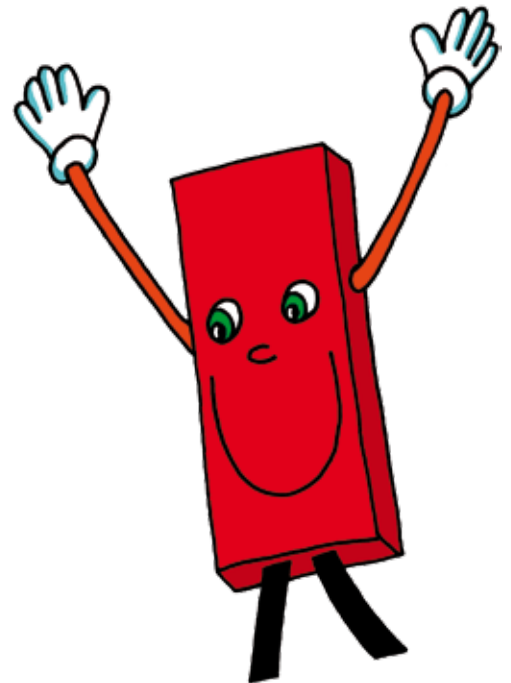


## Fire extinguisher

- A fire extinguisher can be used at home to put out a small fire.
- The extinguisher must be in a visible place and easy to reach.
- In order for it to be effective, you must know how it works. That is why **only older people should use them.**

## Fire blanket

- Fire blankets are used to put out liquid fires, like oil in a pan.
- The blanket must be in a visible place in the kitchen and easy to reach.
- Using a fire blanket can be dangerous. That is why **only older people should use them.**



## Fire detector

- Fire detectors are used to detect a fire and make a loud warning sound so that you can escape.
- If it is night, the alarm will wake you. This is why it is the best system to have for survival if there is a fire while we are sleeping.

Remember: You must never try to put out a fire, even if it is a little one. Tell someone older.



# Dangers at home, at school and in the street

Now let's learn about some of the dangers we have nearby, sometimes without even knowing it. If you know what these dangers are you can avoid them and that way your home and school will be a safer place to be in.

To learn about them first let's go to Laura's **home**, which is probably just like yours. Later, we will go Diego's **school**, then to a **shopping centre** and finally we will use a lift, with an older person, of course.

In all these places I am going to give you some advice and later you will have to pay attention and warn Laura and Diego about the advice they are not following.

I think Laura wants to show you her house so let's get started by turning the page and beginning to play.

HAVE FUN AND  
LEARN ALL YOU CAN!



# Dangers in your bedroom

Connect the advice with the picture.

## Remember

- Do not stick your fingers in the sockets •
- Never cover a lamp with clothes •
- Switch off the lights when you go to bed •
- Do not leave anything on top of the heaters •
- Do not leave the computer running •



Draw a red circle around the 3 dangers you find in this bedroom.

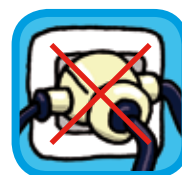


# Dangers in the living room

Connect the advice with the picture.

## Remember

- Switch off the television when you have finished watching it •
- Do not overload the sockets •
- Do not play with: matches, lighters or other items that start a fire •
- Do not play with wires or electric appliances •



Draw a red circle around the 3 pieces of advice that should be followed.



# Dangers in the bathroom

Connect the advice with the picture.

## Remember

- Do not latch the door •
- Do not go barefoot •
- Do not take medicine from the medicine cabinet •
- Do not touch switches if you are wet •
- Do not use electric appliances near the water: radio, hair dryer, and so on •



Draw a red circle around the 4 dangers in the bathroom.



# Dangers in the kitchen

Connect the advice with the picture.

## Remember

- Do not touch the hob, or pots or pans, or any other hot item •
- Do not play with cleaning products •
- If your clothes catch on fire, you should cover yourself with a blanket or throw yourself on the ground and roll •
- Do not play with cooker or oven or gas knobs •
- Do not grab knives or other pointed objects •



Draw a red circle around the 4 dangers in the kitchen.



# Dangers at school

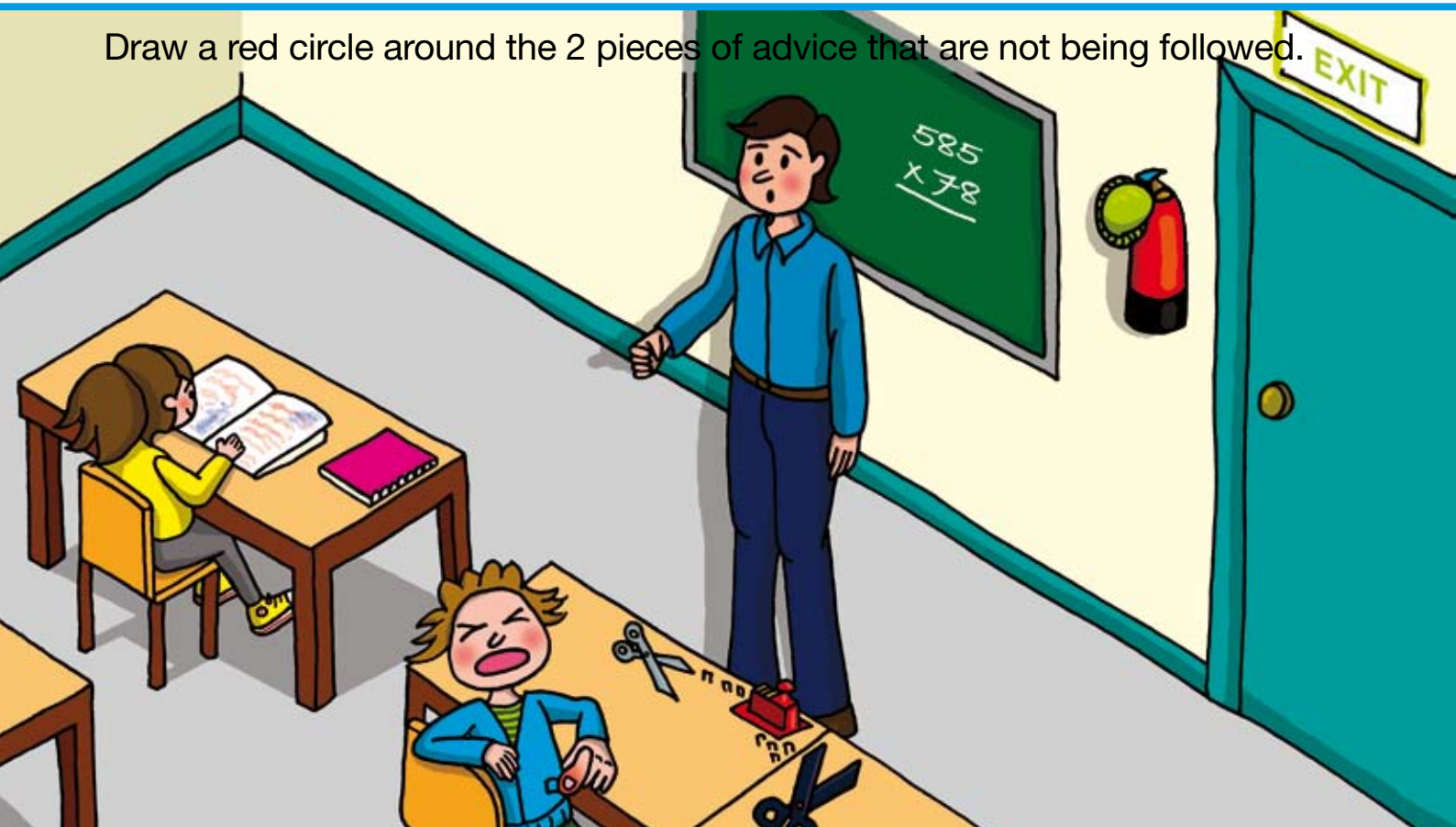
Connect the advice with the picture.

## Remember

- Do not run in the corridors or on the stairs •
- Do not play with fire extinguishers or fire hoses •
- Be careful with scissors, staplers, and other school materials •
- When there is a fire go to the exit and follow your teacher's instructions •



Draw a red circle around the 2 pieces of advice that are not being followed.



# Dangers at the shopping centre

Connect the advice with the picture.

## Remember

- Obey the security guard •
- Follow the rules of the shopping centre •
- Never get separated from the older person who is with you •
- Never play in areas marked with danger signs •



Draw a red circle around the danger in this picture.



# Dangers in the lift

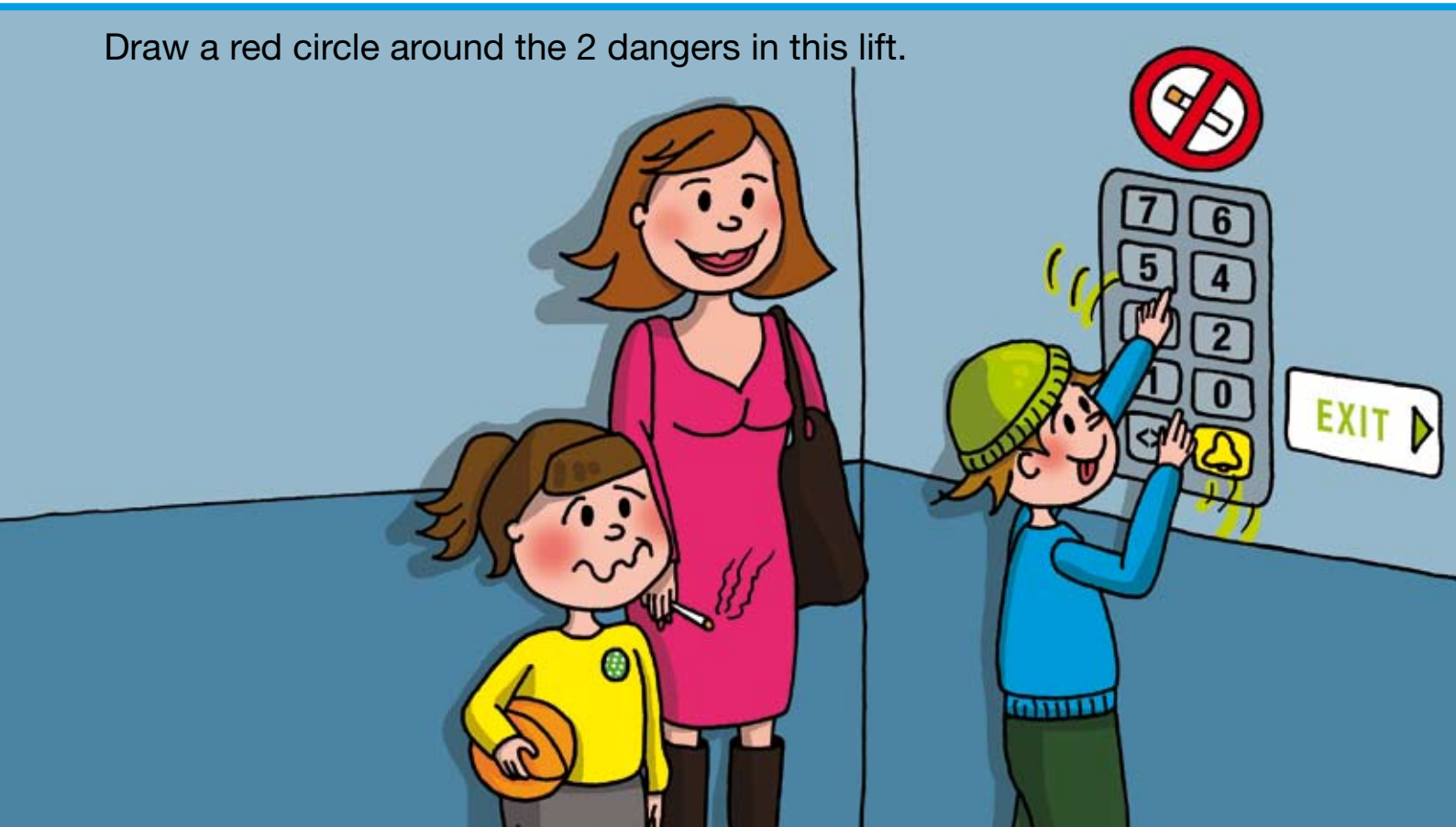
Connect the advice with the picture.

## Remember

- Do not use the lift without an older person with you •
- Remind adults that no smoking is allowed in the lift •
- In case of fire do not use the lift •
- Do not jump up and down in the lift or play with the buttons •
- If there is a problem press the alarm button •



Draw a red circle around the 2 dangers in this lift.





# Call the emergency number

Connect the dots and find the number to call in case of an emergency such as an accident, fire, flood and so on.

Colour it so that you don't forget it.



# What do you know about fires?

Answer these questions and you will see how much you know about fires.

Draw a circle around the answer you think is correct.

- 1** When escaping from a fire you should...  
**A.** run up the stairs.  
**B.** use the lift.  
**C.** leave going down the stairs.
- 2** What is the emergency telephone number for the whole European Union?  
**A.** 112.  
**B.** 221.  
**C.** 121.
- 3** If your clothes catch fire, what should you do?  
**A.** Run outside.  
**B.** Throw water on me.  
**C.** Cover myself with a blanket or throw myself on the floor and roll.
- 4** In case of fire, should the doors be left open?  
**A.** Yes, the air current will put the fire out.  
**B.** Yes, so the people can get out quicker.  
**C.** No, the doors should be closed.
- 5** When a gas leak is detected in the kitchen because of the smell...  
**A.** you should switch off the light and run outside.  
**B.** you should rapidly close the gas valve.  
**C.** the first thing you should do is to notify the gas company.
- 6** The fire blanket is more useful in...  
**A.** the bathroom.  
**B.** the kitchen.  
**C.** the terrace.
- 7** What is the fire extinguisher used for?  
**A.** To put out small fires.  
**B.** It signals an alarm if there is a fire.  
**C.** To play with.





- 8** If you are sleeping and there is a fire, the smoke will wake you up.
- A.** True.
  - B.** False, it will not wake you up. The smoke and fumes will kill you.
  - C.** Only if you are sound asleep.

- 9** What device will wake us up if there is a fire and we are sleeping?
- A.** The fire blanket.
  - B.** The fire detector.
  - C.** The extinguisher.

- 10** Which of the following activities could start a fire?
- A.** Switching off the TV when I go to bed.
  - B.** Putting a T-shirt on a lamp that is lit.
  - C.** Switching off the computer if I am not using it.

Find out how many right answers you have by looking on page 23.

Each question is worth 1 point. Add up the number of correct answers and put your score in the box.



Score

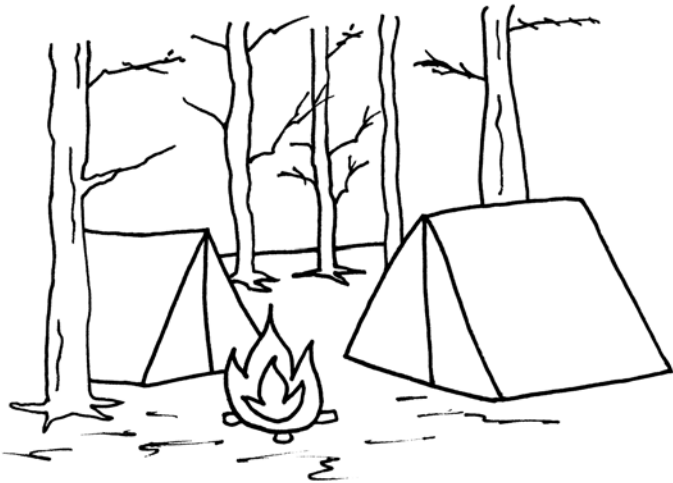
On this test about fire, I had a score of

.....  
Number of right answers.

# Holidays, dangerous days

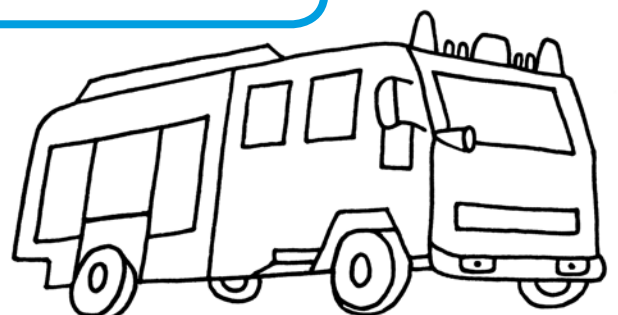
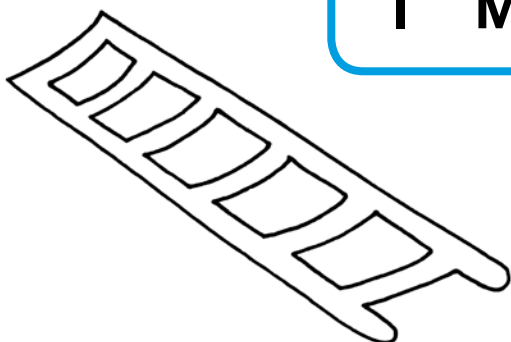
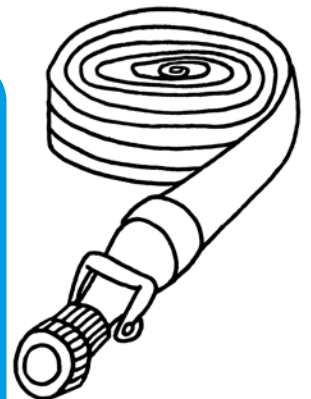
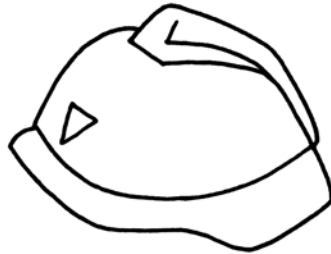
During the holidays there are also dangers. Be careful with birthday candles, bonfires, firecrackers, Christmas lights and so on.

Colour these pictures and draw a circle around the items that may be dangerous.



# Firefighter's materials

Look for these objects that firefighters often use in the alphabet soup word search. Colour them!





## Remember this advice

To finish our trip through the world of prevention, here is a summary of the more important things you should never forget.

Don't play with fire.

If there is a fire in your house:

- Go outside immediately.
- If there is smoke, crawl.
- If your clothes catch fire, stop, throw yourself on the floor and roll.
- Do not hide, and do not waste time looking for or gathering your things.
- Call 112. Stay outside the building.

Never try to put out the fire yourself, even if it is small.

Never use the lift alone.

Switch off the lights, the computer and the television when you are not using them.

Stay away from dangerous items such as:

- Matches and lighters. Tell an adult if you find these items.
- Hot items such as the iron, the heater and pots and pans.
- Cleaning products.
- Items that cut such as knives, scissors...
- Sockets and electric wires.

Electric appliances in the bathroom must be kept far away from the water.

When you go outside, do not get separated from the adult who is with you and obey the safety signs.

We hope that you had fun and especially that you learned how to prevent fires and other risks.

Sometimes older people don't always remember these things. So, now it's your turn to remind your parents and your brothers and sisters about everything you have learned.

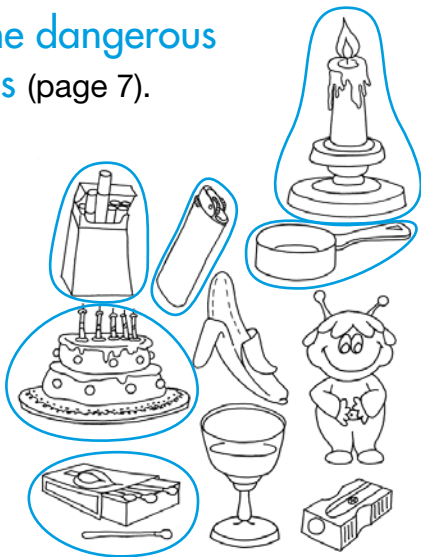
# Answers

## What to do in case of fire at home? (page 6).

### Answers

- First, number: 6.
- Second, number: 3.
- Third, number: 2.
- Fourth, number: 1.
- Fifth, number: 5.
- Sixth, number: 4.

## Some dangerous items (page 7).

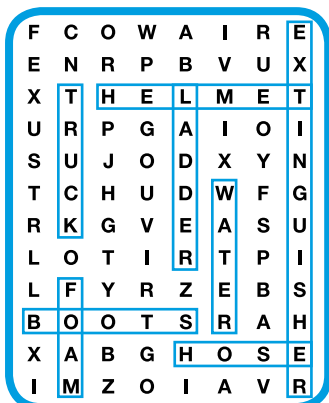


## What do you know about fires? (pages 18-19).

### Answers

- 1: C.
- 2: A.
- 3: C.
- 4: C.
- 5: B.
- 6: B.
- 7: A.
- 8: B.
- 9: B.
- 10: B.

## Firefighter's materials (page 21).



## Dangers (pages 9-16).

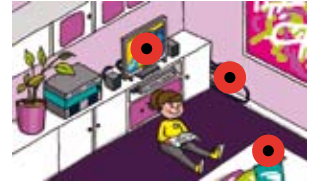
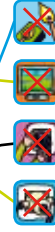
### In your bedroom. Remember...

- Do not stick your fingers in the sockets
- Never cover a lamp with clothes
- Switch off the lights when you go to bed
- Do not leave anything on top of the heaters
- Do not leave the computer running



### In the living room. Remember...

- Switch off the television when you have finished watching it
- Do not overload the sockets
- Do not play with matches, lighters or other items that start a fire
- Do not play with wires or electric appliances



### In the bathroom. Remember...

- Do not latch the door
- Do not go barefoot
- Do not take medicine from the medicine cabinet
- Do not touch switches if you are wet
- Do not use electric appliances near the water: radio, hair dryer, and so on



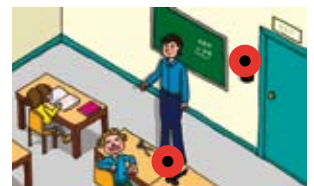
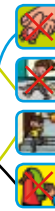
### In the kitchen. Remember...

- Do not touch the hob, or pots or pans, or any other hot item
- Do not play with cleaning products
- If your clothes catch on fire, you should cover yourself with a blanket or throw yourself on the ground and roll
- Do not play with cooker or oven or gas knobs
- Do not grab knives or other pointed objects



### At school. Remember...

- Do not run in the corridors or on the stairs
- Do not play with fire extinguishers or fire hoses
- Be careful with scissors, staplers, and other school materials
- When there is a fire go to the exit and follow your teacher's instructions



### At the shopping centre. Remember...

- Obey the security guard
- Follow the rules for the shopping centre
- Never get separated from the older person who is with you
- Never play in areas marked with danger signs



### In the lift. Remember...

- Do not use the lift without an older person with you
- Remind adults that no smoking is allowed in the lift
- In case of fire do not use the lift
- Do not jump up and down in the lift or play with the buttons
- If there is a problem press the alarm button



**MY WORKBOOK FOR THE PREVENTION OF FIRE AND OTHER RISKS** is a teaching material that will help school age children to recognise the risks they may find in these matters in their daily lives and the guidelines to follow to prevent them.

For more information please call 91 602 52 21 or see:

**[www.semanadelaprevencion.com](http://www.semanadelaprevencion.com)**



**FUNDACIÓN MAPFRE**

Paseo de Recoletos, 23  
28004 Madrid - España

**[www.fundacionmapfre.org](http://www.fundacionmapfre.org)**