

RED THE FIRE DOG'S

I CAN BE  
SAFE



IN THE  
KITCHEN

LEARNING AND ACTIVITY BOOK

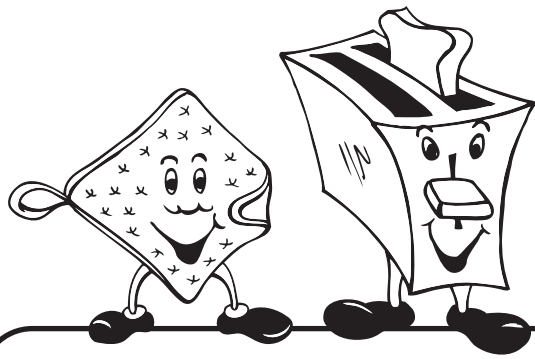


**Hi! I'm Red the Firedog.** The kitchen can be a very dangerous place. Kids need to learn how to be safe in the kitchen.

*Let's learn about kitchen fire safety with the help of my **Kitchen Fire Safety Friends.***

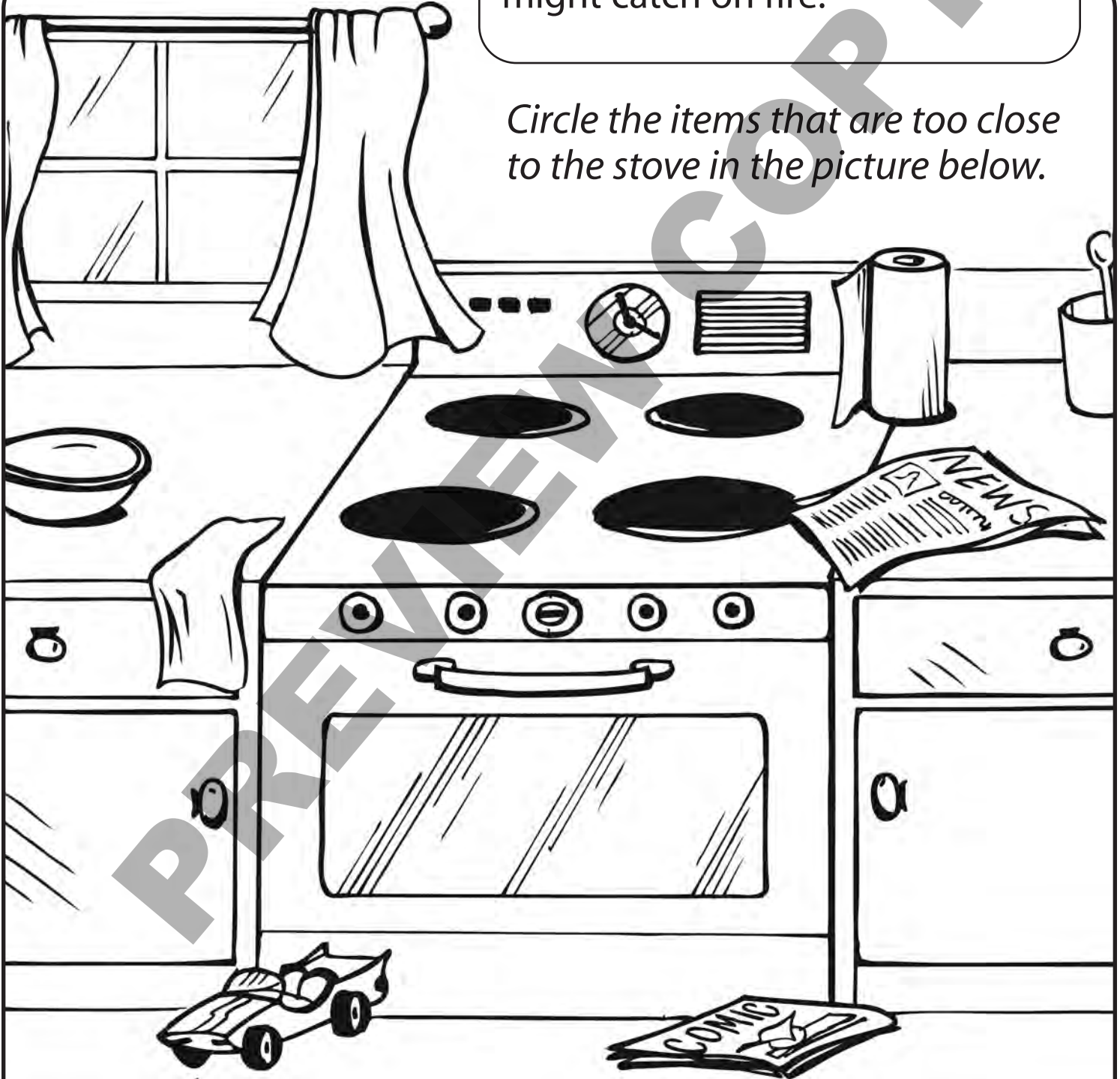






Things like curtains, dish towels and paper should be kept 3 feet away from the stove. If they are too close to a hot stove, they might catch on fire.

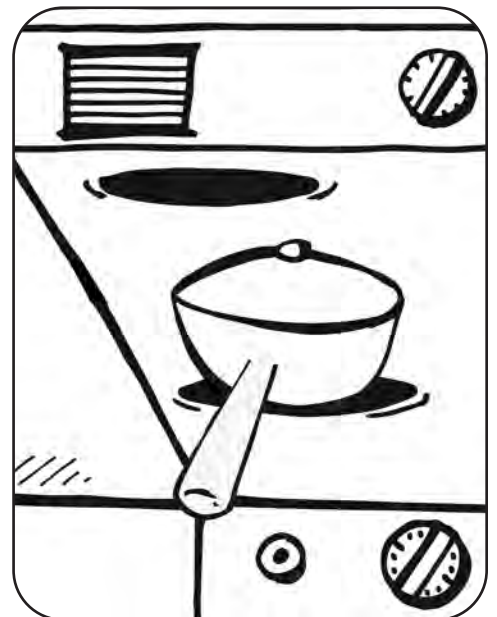
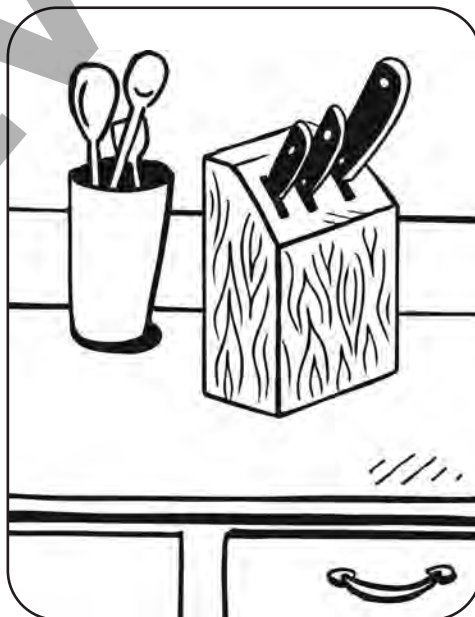
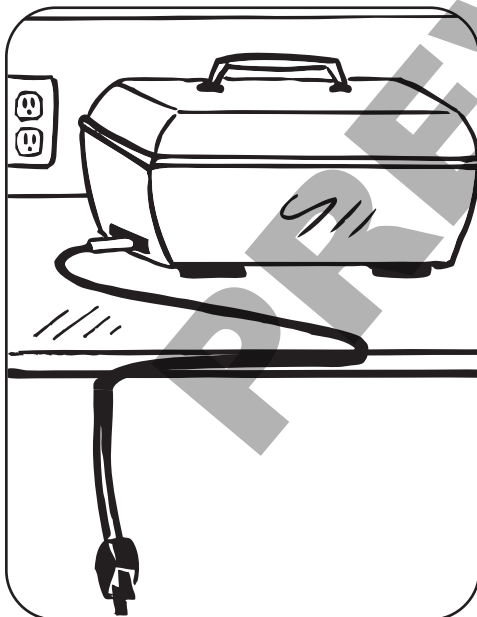
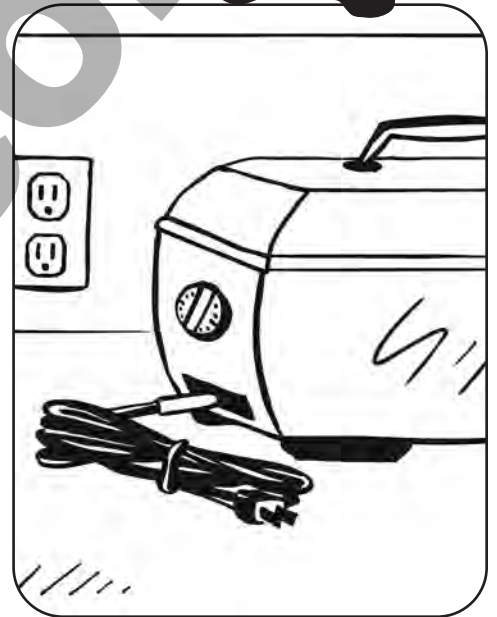
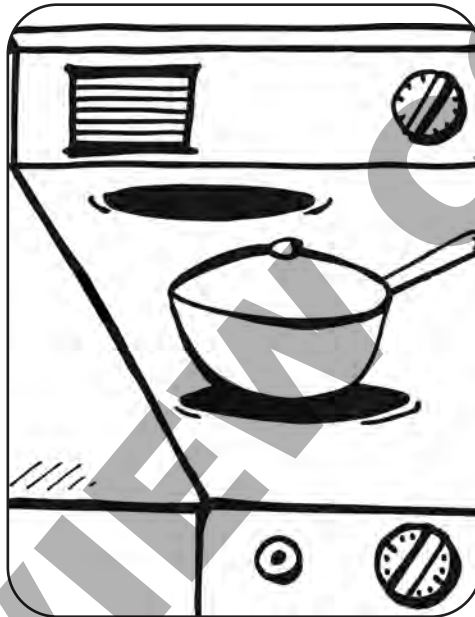
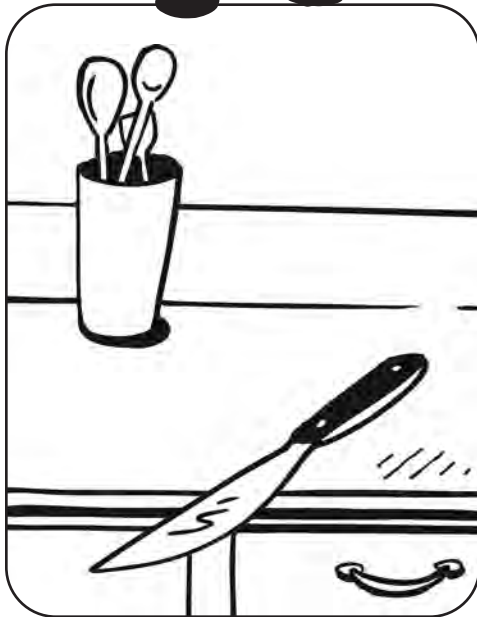
*Circle the items that are too close to the stove in the picture below.*



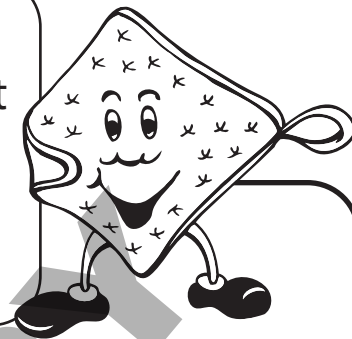


Lots of things can hurt you in the kitchen. Never pull electrical cords, pot handles or knives hanging over counters. Grown-ups should keep these dangerous things a safe distance away.

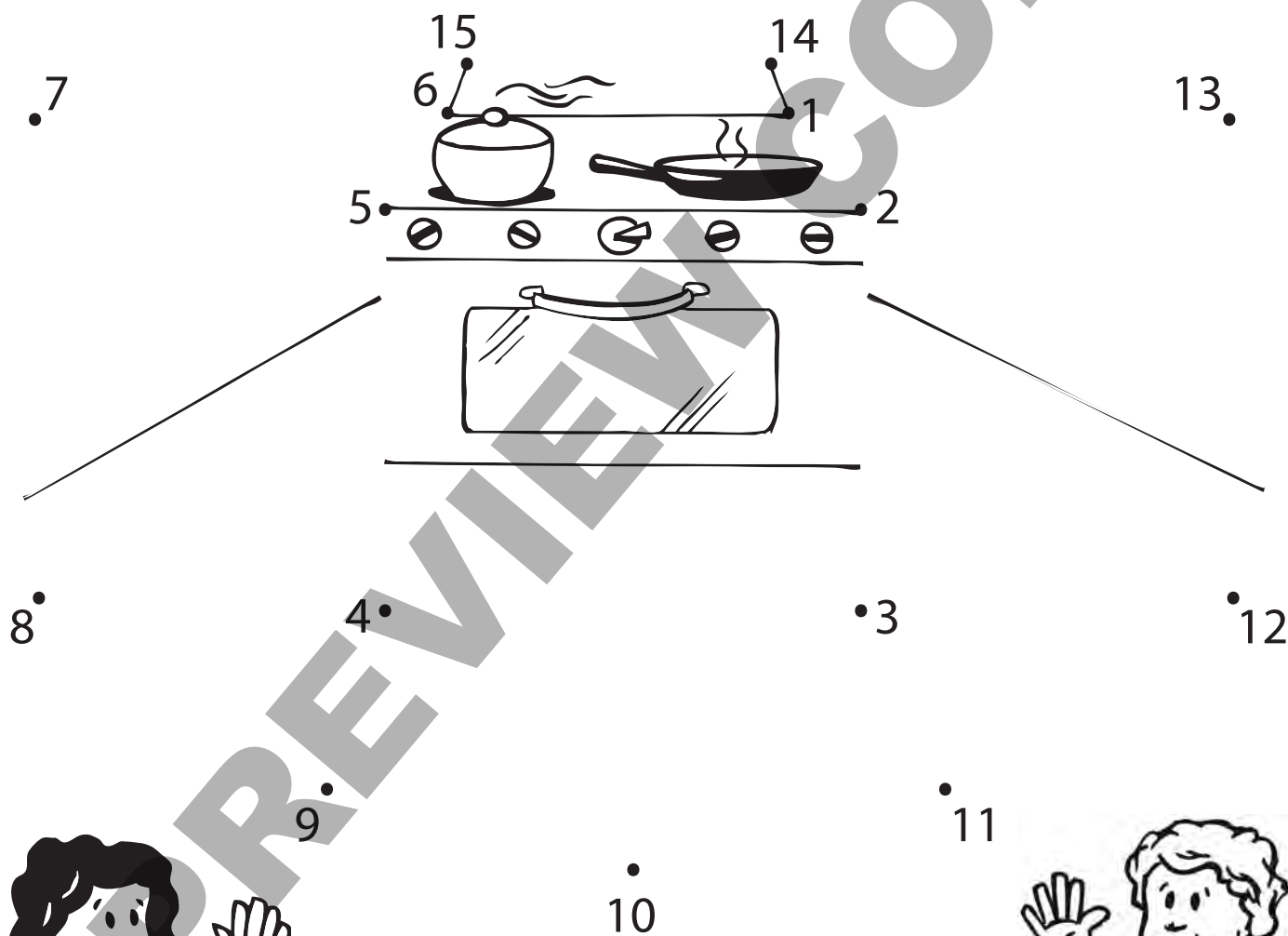
*Put an X over the unsafe pictures.*



The most dangerous place in the kitchen is around the stove. Stovetops and ovens get very hot. Stay at least 3 feet away from the stove. Ask a grown-up to mark a "Safety Zone" around the stove on the floor with tape.



Connect the dots to draw a 3 foot "Safety Zone" around the stove below.

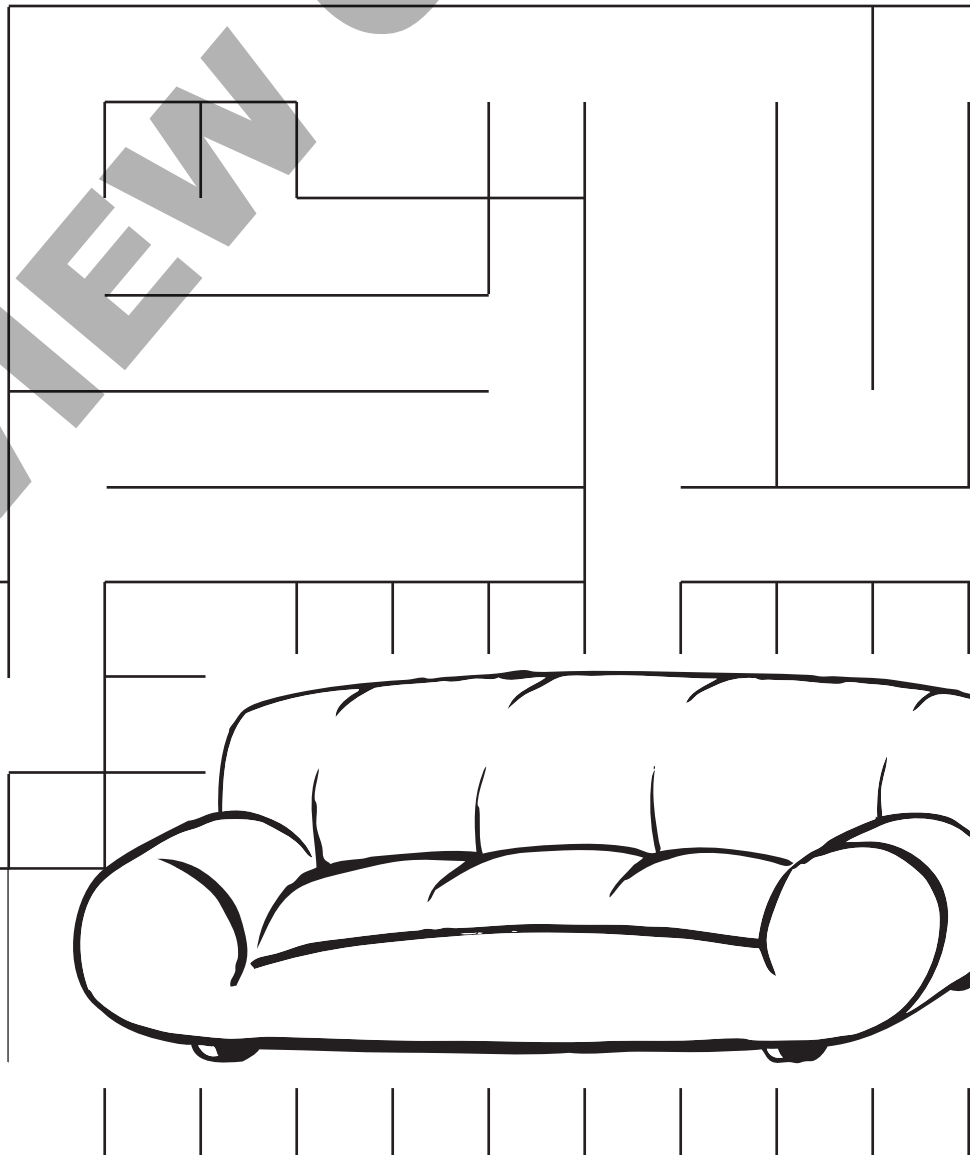


# SAFE

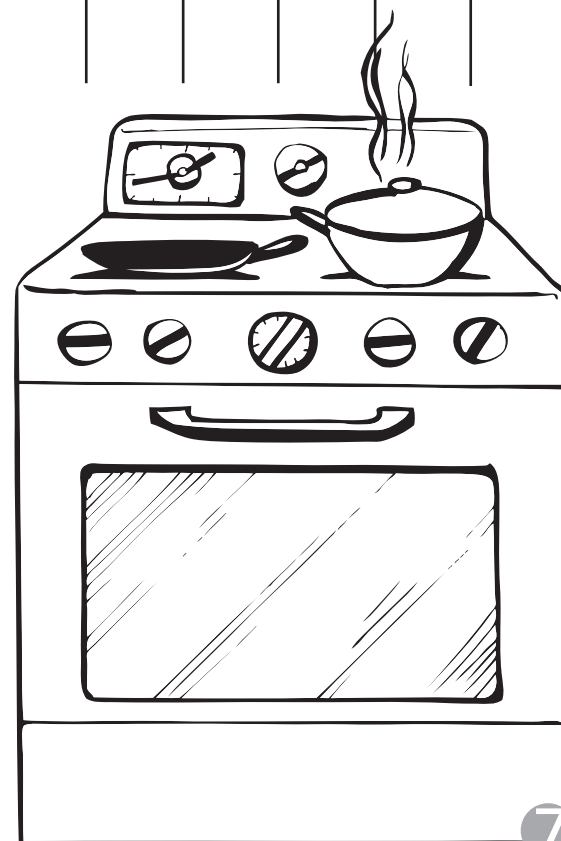
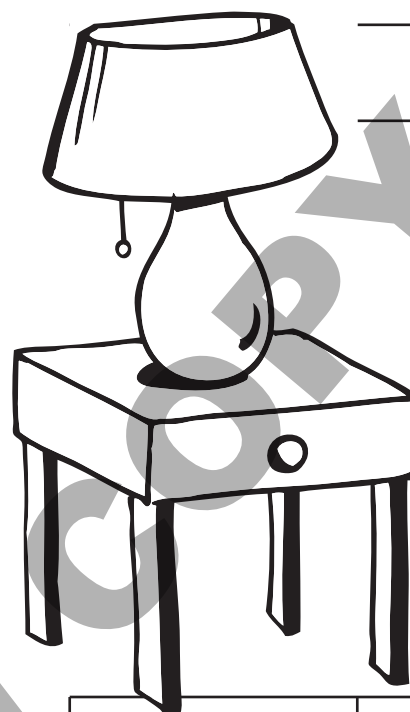
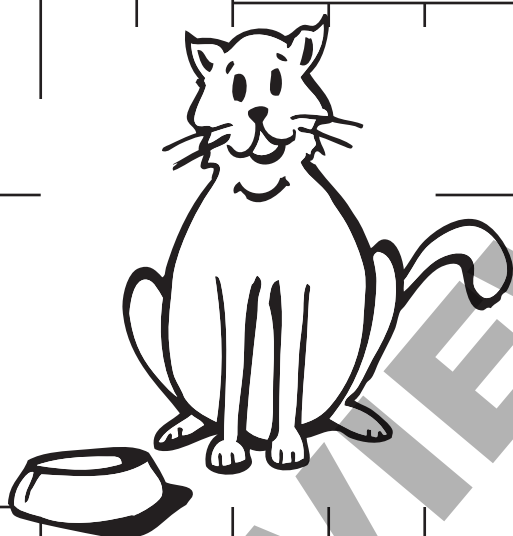


Grown-ups should always pay close attention when cooking food. But sometimes grown-ups forget. Remind grown-ups to watch what they heat on the stove.

*Help the grown-ups get back to the stove – fast!*



start



finish





Food cooked in microwaves can get really hot – really fast! Be careful when opening the cover off of food cooked in a microwave. You could get burned by HOT steam. Before you eat it, always let food cool off.

*Draw a line from the food below to either Hot or Cold.*

**HOT**

**COLD**







If anyone ever gets burned, always COOL A BURN WITH COOL WATER. Run cool water over the burn for at least 3 to 5 minutes. If the burn blisters ask a grown-up to take you to the doctor.

*Color in the message below.*



COOL A BURN  
with  
COOL WATER!



Matches and Lighters are tools that grown-ups use. You should never touch them. If you ever find matches or a lighter, don't touch them and go tell a grown-up right away.

*Color the picture below.*





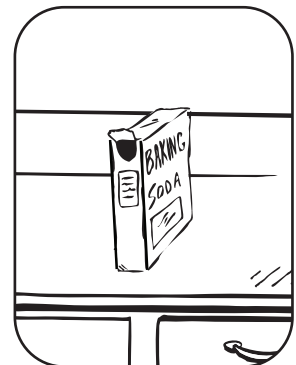
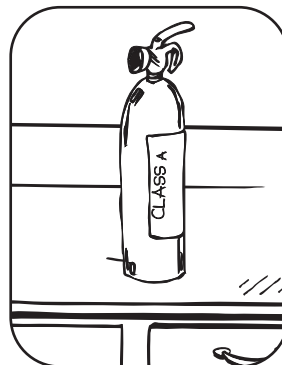
Grease fires happen when cooking oils get too hot. NEVER use water on a grease fire.

First, turn off the heat, but don't move the pot. Then, choose one of these options:

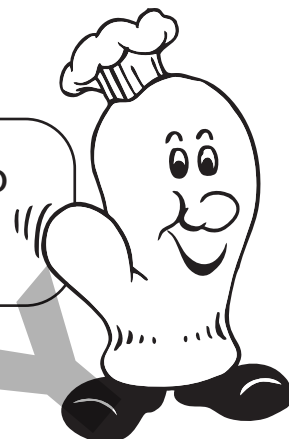
1. Cover the pot with a metal lid.
2. Pour baking soda on a small grease fire.
3. Use a Class B Fire Extinguisher.



*Draw a circle around what you should use in case of a grease fire, draw an x over what you should not use*



Before you eat something hot, have a grown-up test it to make sure it won't burn you.



*Color in the image below.*



**CAUTION: HOT FOOD !**



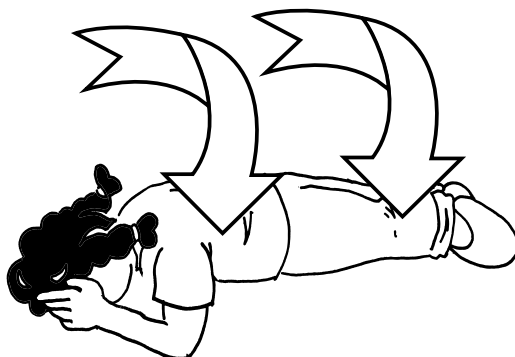
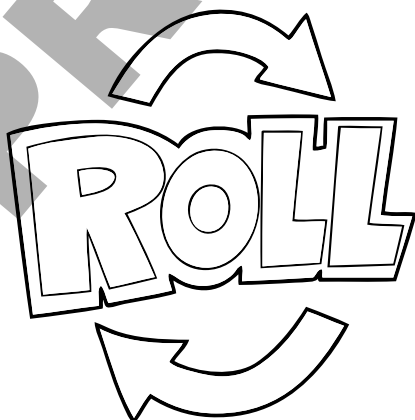
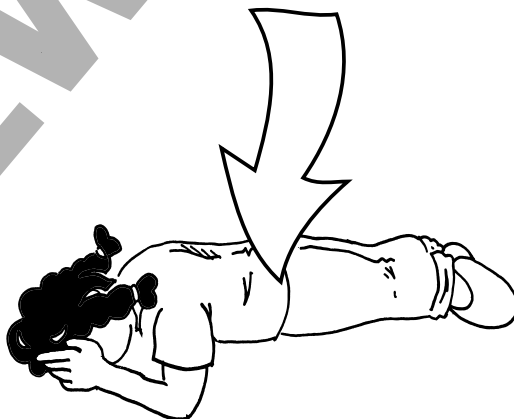
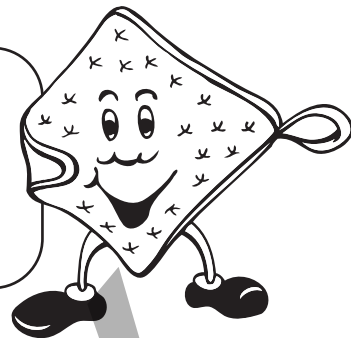


Barbecuing Fun- Never go near a gas or charcoal grill while it is turned on. Try this fun safety tip: Using chalk, draw a circle around the "Grill Zone" so you and your friends know which areas to stay out of when playing outside.

*Trace the circle around the "Grill Zone"*



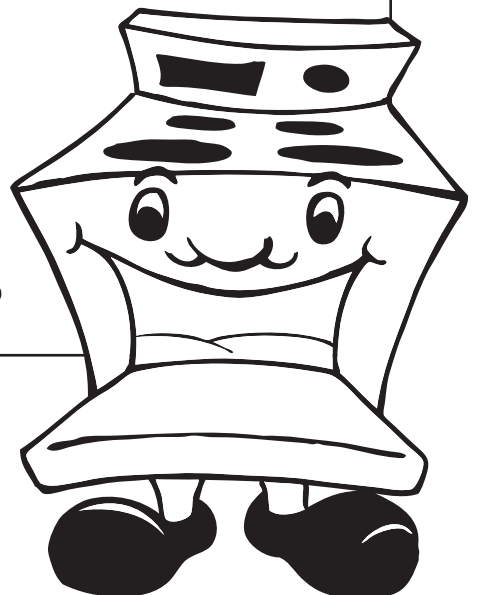
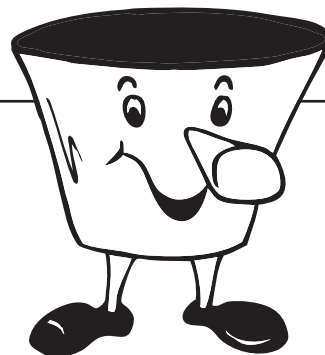
If your clothes catch on fire, STOP, DROP to the ground, and ROLL to put the flames out fast. Cover your face with your hands to protect it.





***Remember to always be safe in the kitchen.  
To be completely fire safe, follow Red's Ruff  
and Ready Fire Safety Tips:***

1. Make sure your family has a fire escape plan. Practice the plan at least twice a year.
2. Your home should have working smoke alarms on every level and outside sleeping areas. Have a grown-up test the batteries at least once a month!
3. Always Know Two Ways Out of every room in your house.
4. In a fire Crawl Low Under Smoke. Smoke rises, so if you're in a fire Get Low and Go.
5. Have a Safe Meeting Place where the whole family will meet in case of a fire.
6. Never Go Back Inside a Burning Building for any reason!





# i CAN BE SAFE IN THE KITCHEN!



This is to certify that \_\_\_\_\_ has been officially recognized as "Ruff and Ready" to prevent kitchen fires. He or she knows that it is dangerous to play in the kitchen or cook without adult supervision, how to put out a grease fire and how to evacuate the house and call 9-1-1 in case of a fire. Keep up the good work!

Signed \_\_\_\_\_ Date \_\_\_\_\_

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PREVIEW