

March 2014



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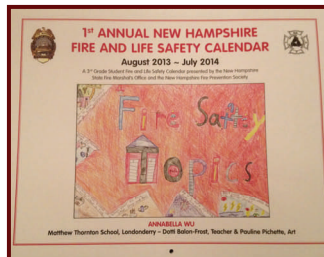
STATE OF NEW HAMPSHIRE

Safety Educator

Attention Teachers, Parents and Students!

2nd Annual Fire & Life Safety Calendar Contest

The Department of Safety, Office of the State Fire Marshal and the New



Hampshire Fire Prevention Society believe that fire prevention and life safety should be a part of daily life throughout the year in every New Hampshire household. Every year during the month of March, 3rd grade students will be challenged to design a poster representing an important fire prevention & life safety message. This annual poster contest is open to **ALL** third grade

students within the state of New Hampshire. 3rd Grade Students have an opportunity to assist in creating a 2014-2015 school year calendar that will promote fire and life safety messages to friends and families throughout the state.

[Learn more HERE about Calendar Contest details.](#)



Sleepover Safety for Kids

Is your child safe staying overnight at a friend's home? Before you permit your child to sleep over with a friend, talk to the child's parents. Depending on what you learn, it can either uncover serious safety or fire dangers or give you peace of mind during your child's sleepover. The majority of fire deaths occur late at night and if you don't know for certain that the home is equipped with working smoke alarms, and that the sleepover will be supervised by an adult, don't take the risk. Use the following checklist to ensure your child's

safety.

Before you say YES, ask yourself:

- ♥ How well do you know the home?
- ♥ Is the home in a safe area?
- ♥ Is there an easy escape route for your child to leave out of in case of an emergency?
- ♥ Is your child comfortable in the home?
- ♥ Are you comfortable leaving your child there overnight?
- ♥ How well do you know the parents?
- ♥ Are they mature, responsible and conscientious?
- ♥ Will they supervise the children throughout the stay?
- ♥ Are they cautious of

smoking materials such as candles, matchers and lighters?

Ask the Parents:

- ♥ Are there working smoke alarms on every floor and inside/outside of each sleeping area of the home?
- ♥ Are the alarms interconnected?
- ♥ Do you have a well-rehearsed fire escape plan that includes a meeting place?
- ♥ Where will my child be sleeping?

Visit the NFPA website for more Sleepover Safety information.

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Spring Ahead, March 9th



Poison Prevention Week: March 16-22

According to Safe Kids USA each year more than 60,000 children are treated in emergency departments due to accidental poisoning. That's about 165 kids – or roughly four school busloads of children – per day. Things that are convenient for grownups, like keeping vitamins by the sink, can be deadly if your child can get to them too. Keeping potentially dangerous substances out of little hands is a sure way to prevent unintentional poisoning. Below are resources to help you keep your kids safe.

Store potentially poisonous household products and medications locked out of your child's sight and reach.

► Read labels to find out what is poisonous. Unsafe household products include toilet cleaners, bleach, oven cleaners and dishwasher products. Other potential hazards include medicines, makeup, plants, toys, pesticides, art supplies and



alcohol.

- Do not mix cleaning products.
- Buy child-resistant packages when available.
- Keep products in their original packages to avoid confusion.
- Use child safety locks on cabinets where you have stored poisonous items.

Carbon Monoxide:

- Install a CO alarm outside every sleeping area and on every level of your home.
- Place CO alarms at least 15 feet away from every fuel-burning appliance to reduce the number of nuisance alarms.
- Test alarms every month and replace them every 10 years.
- Make sure alarms can be heard when you test them and practice an escape plan with your entire family.
- Have all gas, oil or coal burning appliances inspected by a technician every year to ensure they are working correctly and are properly ventilated.

- Never use a stove for heating.
- Do not use a grill, generator or camping stove inside your home, garage or near a window.
- Never leave a car, SUV, or motorcycle engine running inside a garage, even if the garage door is open.

Learn the toll-free nationwide poison control center number (1-800-222-1222) or keep it near every phone.

If you suspect your child has been poisoned, take the product to the phone and call 1-800-222-1222.

If your child has collapsed or is not breathing, call 911.

► Poison control centers offer fast, free, confidential help in English and Spanish. Most poisonings are resolved over the phone. The number works from anywhere in the United States 24 hours a day, 7 days a week.

► Follow the operator's instructions.

► Do not make the child vomit or give him anything unless directed.

→ www.usa.safekids.org/poisonsafety

→ www.cdc.gov/safekids/Poisoning/index.html

Spring Ahead! Change your Clock, Change your Battery

Daylight-saving time begins Sunday, March 9, at 2 am and marks the 27th anniversary of the Change Your Clock Change Your Battery® (CYCCYB) program, sponsored by Energizer and the International Association of Fire Chiefs, which reminds us to change and test the batteries in all smoke alarms and carbon monoxide alarms. This message is simple and the habit

can be lifesaving.

NH State Fire Marshal Bill Degnan reminds residents that this one easy step can help save lives. Fire Marshal Degnan encourages everyone to use this opportunity to not only change the batteries in their smoke and carbon monoxide alarms but to test them as well. Please remind friends, family, neighbors and fellow community members to do the same.

"Many smoke/co alarm failures result from missing, disconnected or dead batteries," says NH State Fire Marshal Bill Degnan. "Please use this day to ensure that your family is safe and change the batteries in your smoke alarms."



Safe Kids 500: Save the Date

Wednesday, April 30, 2014 5:30pm - 7:30pm

Join Safe Kids NH for free bike and helmet safety checks, healthy snacks and educational safety information as well as an opportunity for you and your family to ride on the same track used by some of your favorite NASCAR stars! More information: call **(877) 783-0432** or email IPC@Dartmouth.edu

Spring Clean your Smoke Alarms



Hello Kids! Sparky the Dog here and I need your help to keep your family safe. Smoke alarms are tools that can tell us if there is

smoke in the air. They work even if you can't smell smoke! However it is very important to make sure smoke alarms are in good working condition to protect you and your family. If the smoke alarms get filled with dust, they will not be able to sense the smoke and alert the people who need to evacuate. By helping and encouraging the grownups in your house to clean your smoke alarms it is the best way to make sure your smoke alarms are capable of alerting your family when a fire occurs!

So grab the grown ups in your home and let's GO!

Grownups:

1. Remove your smoke alarm from the ceiling or wall. It is easier to clean if you can set it on your table or hold it in your hands.
2. Remove the batteries and use a dry rag to dust the battery compartment. Place new batteries in the smoke alarm and close the battery compartment.
3. Vacuum any dust particles in the smoke alarm.
4. Spray some Pledge **on a dry rag** and **wipe down the outside** of the smoke alarm. Pledge is mainly for wood, but it attracts dust and is perfect for collecting any dust on the outside of the smoke alarm.

5. **Replace the smoke alarm on the wall or ceiling**
TO TEST:



Hold down button to make sure it beeps and is in working order.

Should you have any questions or concerns please do not hesitate to contact your local fire department.

►►► [Learn More](#)



Microwave Oven Safety

With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner.

While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

♥ **PURCHASE** a microwave oven that has the label of an independent testing laboratory. Make sure to complete and return the product

registration card. This way the manufacturer can reach you if there is a recall on the product.

♥ **PLUG** the microwave oven directly into the wall outlet — never use an extension cord.

♥ **MAKE** sure the microwave oven is at a safe height, within easy reach of all users.

♥ **OPEN** food slowly, away from the face. Hot steam or the food itself can cause burns.

♥ **FOOD** heats unevenly in microwave ovens. Stir and test before eating or giving to children.

♥ **NEVER** heat a baby bottle in the microwave. Since a microwave oven

heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm — not hot or boiling water.

♥ Always **supervise** children when they are using a microwave oven.

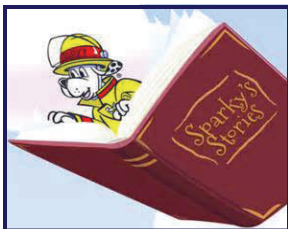
♥ Use only **microwave-safe** food containers or dishes. Never use aluminum foil or metal in a microwave oven.

♥ If you have a **fire** in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

→ www.usfa.fema.gov/mobile/safety/cooking.shtml

→ www.nfpa.org

Read Across America: Week of March 3rd



[Visit Sparky's Story Book App and eBook](#)

Teachers, Parent and children, be sure to check out Sparky's fire-safety story-book app and eBook. Through real-life stories and interactive games, kids can learn important fire-safety messages to keep their families safe. Our mobile app, for grades Prek-2, is packed with animation and games, while our eBook, for grades 3-5, mixes fire-safety messaging with fascinating stories of courage, quick-witted kids, science facts, and more.

Happy Birthday to Sparky the Fire Dog® on March 18th!

**THE NEW HAMPSHIRE STATE
FIRE MARSHAL'S OFFICE**

**J. William Degnan
State Fire Marshal**

**Mary MacCaffrie, M.Ed
Public Education Administrator**

**Sheryl Nielsen, M.Ed
Public Education Specialist**

**Department of Safety
33 Hazen Drive
Concord, NH 03305**

Phone: 603-223-4289
Fax: 603-223-4294
Arson Hot Line:

<http://www.nh.gov/safety/divisions/firesafety/>

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Safety Educator

As we begin to prepare for the Spring months we ask that you take a moment to look through this newsletter and see what you can do to ensure your home and family are kept safe. Over the last couple of months it has become more obvious that the **need** for working smoke and carbon monoxide alarms is extremely important as many lives have been lost without them. Please take a moment to ensure that your batteries have been replaced and that your alarms are in working order. Learn more about the types of alarms that are available for your home here: www.usfa.fema.gov/campaigns/smokealarms/alarms/index.shtm
Contact your local fire department should you need further assistance regarding the types of alarms your home may need.

Any Questions or Comments please feel free to contact:

**Sheryl Nielsen, M.Ed
Public Education Specialist
Sheryl.Nielsen@dos.nh.gov
603-223-4289**

www.nh.gov/safety/divisions/firesafety

Kids Can Be Firefighters Too! Practice Life and Fire Safety Skills Online



Check out these kid friendly websites related to fire and life safety.



www.sparky.org



www.smokeybear.com/kids



www.sesamestreet.org/ready



www.dangerrangers.com



www.ready.gov/kids



www.usfa.fema.gov/kids/



www.firefighterdayna.com