

Stop, Drop, Roll, Cool, and Call

Lesson Plan for Grades K-5



Introduction

Clothing fires are the most common cause of devastating burn injuries to young children. A child's natural response, when their clothing catches fire, is to panic and run—a behavior that intensifies the fire and increases the severity of the burns. Children can be taught the skills of “stop, drop, roll, cool, and call” to help prevent serious burns in the case of clothing ignition. Of course, the best plan of action is to teach them to prevent clothing fires in the first place! To help teachers instruct students about these important lessons, the Burn Prevention Foundation has developed the following lesson plan. In partnership with the Burn Center of Lehigh Valley Hospital and Health Network, the Philadelphia Eagles, and PBS 39, students can view other prevention concepts by tuning in during the month of October. Support materials—a 17” X 22” classroom poster and a bookmark for each student will be available from the Burn Prevention Foundation and supported by State Farm Insurance.

Explain to the children that they will learn several important fire and burn prevention lessons and skills that could save their life, or perhaps someone else's life. Motivate the children to want to learn safety procedures by asking the children what would happen to them if their clothing caught on fire. (*They would get burned; it would hurt; etc.*). Ask the children to list ways that their clothing could catch on fire. Write the ideas on the chalkboard. (*Playing with matches or lighters; getting too close to an open flame—from a candle, fireplace, campfire, burning leaves, or trash; getting too close to a grill; leaning across a lit burner of a stove, etc.*). Discuss safety tips with the students. On a flipchart or poster board, make another list of safety measures to avoid clothing fires. Display the list on a bulletin board, hallway, library or cafeteria where other children can learn the important safety tips.



Brian Dawkins, Philadelphia Eagles Free Safety, teaches kids to prevent clothing fires and what to do if their clothing should catch fire. See him interact with children on PBS 39.

Objectives

Students will learn:

- dangers that can cause clothing to ignite
- safety tips to prevent clothing ignition
- how to “stop, drop and roll” to extinguish clothing fire
- proper burn first aid (“cool” the burn)
- how to place a “call” for emergency help

SDRC&C Program Addresses

PA Academic Standards

The **Stop, Drop, Roll, Cool & Call Program** is specifically designed to address the Academic Standards for Health, Safety & Physical Education set forth by the Commonwealth of Pennsylvania. This program supports the successful achievement of standard 10.3, Safety and Injury Prevention, as defined under Grade 3 measurement criteria:

- Recognize safe/unsafe practices in the home, school and community, and
- Recognize emergency situations and explain appropriate responses.



STOP, DROP, AND ROLL

Ask the children if they know what to do if their clothing would catch on fire. With a small doll, or one of your students, demonstrate the three things to do if clothing catches fire:

Stop where you are...do not run.

Drop to the floor or ground.

Roll over and over again until the fire is out.

Discuss with the children why it is important to **stop** immediately and **drop** to the floor or ground. (*Make sure that children understand that running will provide more air to the fire and will make it burn faster, causing a more severe burn*). Discuss why it is important to **roll** on the ground. (*The rolling, or rocking, back and forth extinguishes the fire by eliminating the air supply*).

Extended activity:

- Using a piece of masking tape to represent a flame, have several students volunteer to demonstrate the stop, drop and roll technique. Place the tape at different places on a child's clothing and have them demonstrate how to roll over that area to "extinguish" the flame.
- If time permits, have all students demonstrate the stop, drop, and roll technique on the floor, outdoors, or on mats in the gym.
- Present the concept of the fire triangle (heat, fuel, and oxygen) to older children, giving examples of heat sources, fuel sources (emphasizing various articles of clothing) and air, and how it makes things burn. Explain how the removal of any of the three points of the triangle will cause the fire to go out.

Advanced students can research the various types of fire extinguishers and report to the class, using the fire triangle to explain how each one works.

BURN FIRST AID

Use a "let's pretend" story to encourage critical thinking. Example: *Let's pretend that your friend's mother is cooking dinner. Your friend walks into the kitchen and smells something good. He walks to the stove and reaches over the small pan cooking on the front burner and lifts the lid on the big pan on the back burner to see what's cooking. His sleeve touches the front burner, catches fire and quickly spreads to the rest of his shirt. What should he do? Children should be encouraged to remember the stop, drop, and roll concept they just learned*). After the children agree that their friend should stop, drop and roll, ask the children what should happen next? Conclude that the friend's skin will be burned. Ask the children what would be the best first aid for a burn. If children suggest ice, explain that ice causes additional damage to the already burned skin because it decreases the blood supply to the injury. If they suggest butter or greasy first aid creams or ointments for the burn, explain that the butter or oily substance will hold the heat in the skin and cause more pain. Explain the immediate first aid for a burn is to **COOL** the burn with water. Provide some "what if" scenarios to allow the children to identify various sources of water or cool liquids to cool the burn. (*For example, bottled juice or soda packed in a cooler on a camping trip, or water from a stream are logical suggestions if water from a hose or spigot is unavailable*).

Extended activity:

- Use this opportunity to review the safety rules for preventing clothing fires. If the list you made during the introduction did not include not reaching over a stove when the burners are turned on, add that to the list.
- Allow the students to make safety posters identifying fire hazards, or posters that depict sources of water or cool liquids for burn first aid in situations where running water is not immediately available.

Have students locate age-appropriate books in the library on fire and burn safety. Older children can write a book report or read a book aloud to a group of younger children.

CALL FOR EMERGENCY HELP

Emphasize that burns can be a serious injury requiring help from emergency personnel. In order for the emergency people to help, they will need to know some information. Ask the students to suggest what information the operator will want to know.

To reach emergency help—**CALL 911**

Provide the following information:

- Their name
- The emergency—what has happened, why they are calling
- Their family name—(this might be different than their last name)
- Address, including house number, street name, apartment number, if applicable, and city or town