

BRECKER BUNNY LEARNS TO BE CAREFUL!

A Lesson in Fire and Burn Safety

It's easy for Moms and Dads to overlook potential fire hazards in the home. Brecker Bunny is a great book to read with your kids to help them become smart about burn prevention. And the Fire Safety Checklist is a must for every parent to review!

WHERE THERE'S SMOKE, THERE'S SCIENCE

Kids this age love science. The engaging "Where There's Smoke, There's Science " video teaches children the facts about fire and smoke to help them understand the rationale behind essential fire safety behaviors. Kid-friendly examples and illustrations present vital information in a non-threatening way.

As three students—one who just experienced a fire at home—prepare for the science fair, youngsters will learn along with them as they discover how fires start, why smoke is so dangerous, how to make an escape plan, the importance of crawling low under smoke, and more.

(Grades 2-4, 12 min.)

SMOKE ALARMS

A smoke alarm is a device that sounds an alarm when it detects smoke or an indicator of fire. There are two types of smoke alarms. The first is photoelectric which uses a small light source to detect smoke. Photoelectric are best used to detect a smoldering fire. The second is an ionization which are best used to detect flaming fires.

Berthoud Fire Protection District strongly suggests that you have a smoke detector in each room of your house. They should be checked monthly and batteries should be changed as needed. We also suggest changing your batteries each Daylight Savings to keep them working at their best.

THE LIFE YOU SAVE MAY BE YOUR OWN.

FILE OF LIFE

The file of Life program is meant to assist us in helping you in an emergency situation. This form has all the necessary information for us to help you quickly and effectively. It includes who you

are medical information, emergency contact, health information, health directives and more. Many times when crews arrive on scene, someone could be unconscious or unable to speak and this form means we know everything we need to know about you to be able to treat you effectively. By filling out this form, we save time and resources and we can make sure you are getting the exact treatment you need.

The process for the File of Life is as follows:

- Included is a sticker that you need to put somewhere on the front door or the door that the crews would enter. This notifies the crew that you have this packet on your refrigerator.

- We include a magnet and a bag to hold all the information. The information that should be in your bag includes
 - This form
 - A copy of Photo ID
 - Copy of last EKG from your physician
 - Any Advanced Directive Documents

It's important to update this form as often as needed, for example if you have a new prescription you have taken. Please fill this form out as complete as possible.

File of Life's can be picked up from the Berthoud Fire Protection Fire District administration office. If you would like one, please email us or call 970-532-2264 and we will send one to you.

REMEMBER WHEN

The approach and the content of "Remembering When", centered on 16 key messages, were developed by a technical advisory group comprising experts and practitioners from national and local safety organizations as well as through focus group testing in the high fire-risk states. Focus group research shows that older adults prefer a fun and interactive program "Remembering When" has adopted a nostalgia theme that has safety messages presented through discussion, trivia games, and handouts.

CAR SEAT PROGRAM

The leading cause of death among children ages 3-14 in the United States is motor vehicle accidents. We can decrease this number by more than half by placing children in appropriate

safety seats. Safety seats that are installed correctly can decrease the risk of death by 71% infants and 54% in toddlers, and decrease the risk of injury to children using booster seats by 59%.

Berthoud Fire Protection District wants to take a stand and keep our kids safe. According to SafeKids USA, 55% of fatal crashes happen in the rural communities and are usually more severe. As most of Berthoud Fire's district is in the rural area, we believe it is essential to properly install and always use a child's safety seat.

As there are many different types of car seats, it's important to take the time and choose the correct seat to fit your child's age, weight, and height. The safest seat is the one that is installed correctly and used correctly 100% of the time. Now we will go through the basics of car seat safety.

Rear facing: Ages 0-2+

Keep children rear facing until they outgrow their rear facing convertible seat and are a minimum of two years old. A toddler's spinal column is still developing and rear facing is the best protection for their neck and spine.

- Position harness straps at or below the shoulders.
- Place the chest clip at armpit level
- Straps are snug against the child's torso and you cannot pinch any slack at their collarbone.

Forward Facing: Ages 2+

Once a child has outgrown their rear facing convertible seat and is at least two years old, move them to a forward facing seat with a 5 point harness.

- Position harness straps at or above the shoulders.
- Place the chest clip at armpit level.
- Straps are snug against the child's torso and you cannot pinch any slack at their collarbone.
- Use the top tether if available.

Belt Positioning Booster: Ages 4+

Once a child has outgrown their forward facing 5 point harness and is at least four years old, move to a belt positioning booster. It is important that the child is mature enough to stay sitting in position with their seat belt fitting correctly for the entire ride.

- Shoulder belt should fit flush with the torso and even across the collarbone.
- Lap belt should sit low on the hips, touching the tops of the thighs.
- If using a high back booster, position the shoulder belt guide at or above the child's shoulders.
- If using a backless booster, position the vehicle's headrest so the child's ears are not above the top of the headrest.

Seat Belt Alone: Ages 8+

Colorado law requires children to ride in a booster seat until their eighth birthday, but most children are not tall enough to fit safely in a seat belt until they are 4'9 tall: average for an 11 year old. To determine if your child is ready to ride without a booster they should be able to:

- Sit all the way back in the vehicle seat.
- Knees bend at the edge of the vehicle seat.
- Shoulder belt fits flush against the torso and even across the collarbone.
- Lap belt sits low on the hips, touching the tops of the thighs.
- The child can stay seated comfortably this way for the entire ride.

All children under age 13 should ride in the back seat when available!

Additional Safety Tips:

- Install your car seat using LATCH or seat belt, not both.
- The car seat should not move more than 1" side to side or front to back once installed.
- Check your vehicle manual for rules about which seating positions have LATCH and what the LATCH weight limit is.
- Check your car seat manual for information about car seat expiration, height, and weight limits.
- Never use a seat that has been involved in a crash.
- Remove bulky clothing and coats before buckling up.
- Never use items in your car that didn't come with the seat.

Berthoud Fire Protection District believes in keeping our children safe. By following these rules and routinely checking the car seat, we can reduce the number of child injuries and fatalities from motor vehicle accidents.