

AGE 8-9

A BAD DAY



ACTIVITY BOOK

STUDENT

FUNDACIÓN **MAPFRE**

Cuidado 



AGE 8-9

A BAD DAY



ACTIVITY BOOK

FUNDACIÓN **MAPFRE**

Cuidado **SOS**



Special edition for the project CuidadoSOS FUNDACIÓN MAPFRE, August 2013

Technical co-ordinator FUNDACIÓN MAPFRE: Raquel Manjón

Editorial co-ordinator: Carla Balzaretti Flores

Edition: Carolina Pérez Gutiérrez

Cover and interior design: Jonás Gutiérrez

Layout: Verónica de la Sierra

Translation: Molly Bechert

Text: R. A. Vázquez

Illustrations: Oriol Vidal Pastor

Photographs: Antonio de la Cerda; PHOVOIR; CMCD; INGRAM; BRAND X PICTURES; 123RF

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TABLE OF CONTENTS

1. INTRODUCTION

1.1	Welcome!	4
1.2	What will I learn from this activity book?	5
1.3	What about my family?.....	5

2. FIRE SAFETY

2.1	The Fire Triangle	6
2.2	Humans and fire	7
	ACTIVITY SHEET 1	8
	ACTIVITY SHEET 2	9
2.3	Fire extinction and prevention	10
2.4	What to do in case of fire	11
	ACTIVITY SHEET 3	12
	ACTIVITY SHEET 4	13

3. EVACUATIONS

3.1	What happens in an evacuation?	14
3.2	Evacuation signs	16
	ACTIVITY SHEET 5	17

4. ACCIDENTS

4.1	Accident prevention	18
4.2	First aid	19
	ACTIVITY SHEET 6	20
	ACTIVITY SHEET 7	21

5. REVISION

5.1	Revision fun for everyone	22
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ANSWER KEY	24
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1.1 WELCOME!



Hi! We're Raúl, Marta and Fede, and we'd love you to come with us as, along with **FUNDACIÓN MAPFRE**, we discover some secrets to preventing fires and accidents.

Do you fancy coming along?

Your safety and the safety of those around you is in your hands.

NAME:

SURNAMES:

CLASS:

SCHOOL:



**1.2
WHAT WILL
I LEARN
FROM THIS
ACTIVITY
BOOK?**



In this activity book, you're going to learn lots of things that will help you stay safe.

Together we'll discover **how fires start**, and you'll make a **fire triangle**, or **combustion triangle**, which is a situation that may happen in your own life.

You'll learn how prehistoric humans discovered fire, what they used it for, and what we use it for today.

We'll explain **what you should do in case of fire** and in case of an **emergency evacuation at school**.

You'll learn some **basic rules for staying safe** at school, at home and on the road. And you'll find out what a first-aid kit should contain.

You can share everything you learn here with your family and friends.

Fire and accident prevention is very important no matter how old you are, and we should all know how to stay safe.

Are you ready to find out more about how to protect yourself and the people around you?

LET'S GO!

**1.3
WHAT
ABOUT
MY
FAMILY?**

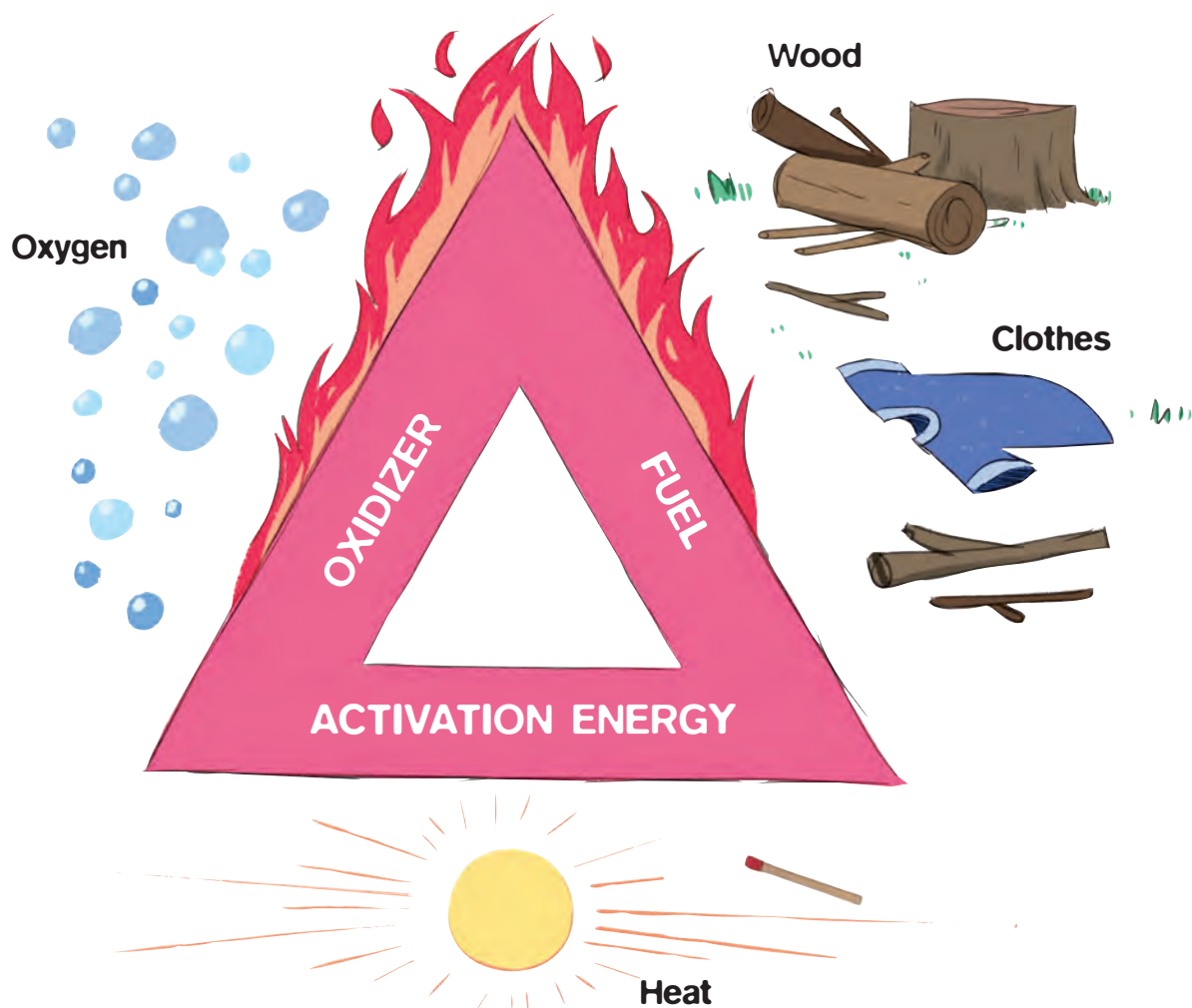


2.1 The Fire Triangle

There are flammable things all around us: at home, outside, at school...

And it's very easy for different things to come together and cause a dangerous fire.

The **Fire Triangle**, also called the **Combustion Triangle**, tells us the three elements a fire needs in order to burn.



The base of the triangle represents the activation energy a fire needs in order to burn. This energy can come from a heat source, such as a lightning bolt, a match, a spark, excess heat from the sun, or a chemical reaction.

On the right side represents fuel, which is anything that can catch fire: wood, clothing, paper, plastic, etc.

On the left side, there's the oxidizer, which is a mixture of gases containing a high enough proportion of oxygen, the other important ingredient a fire needs in order to burn.

2.2 Humans and fire

According to scientists, prehistoric humans' first contact with fire came when they witnessed either volcanic eruptions or lightning strikes. But when they learned how to produce fire on their own, they came to control something that played an incredibly important role in the development of civilisation.

The first fire-starting method involved rubbing the end of a dry stick in a notch on a piece of dry wood. Another early method was to strike stones containing iron pyrite together to create sparks. Matches weren't invented until 1827.

Our ancestors discovered many different uses of fire, some of which are still important today. Fire was used:

- To keep warm.
- As a means of communication.
- To ward off dangerous animals.
- To cook food.
- To bake clay pots and vessels.
- As a light source.
- To heat forges for melting metal, etc.



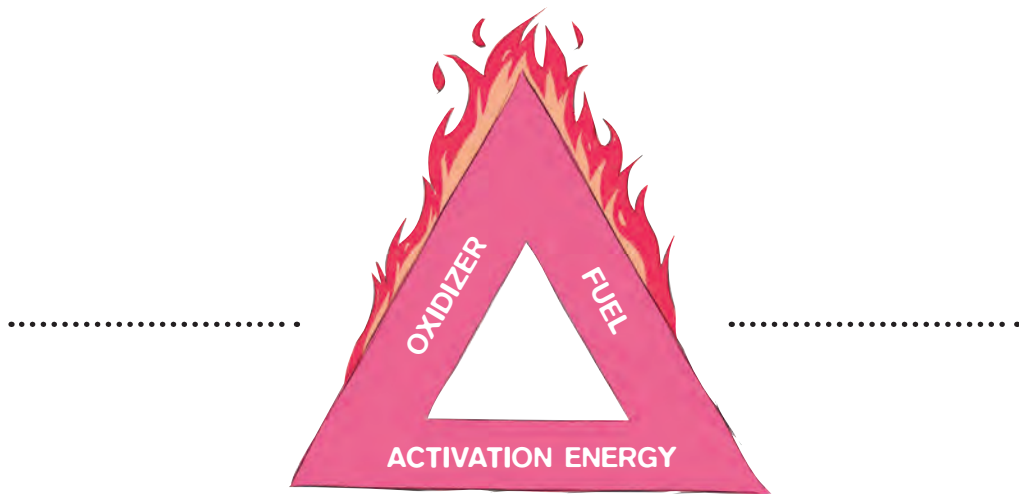
REMEMBER

FIRE CAN BE USED IN MANY POSITIVE WAYS, BUT IT'S ALSO VERY DANGEROUS. YOU MUST NEVER PLAY WITH FIRE.

SHEET 1

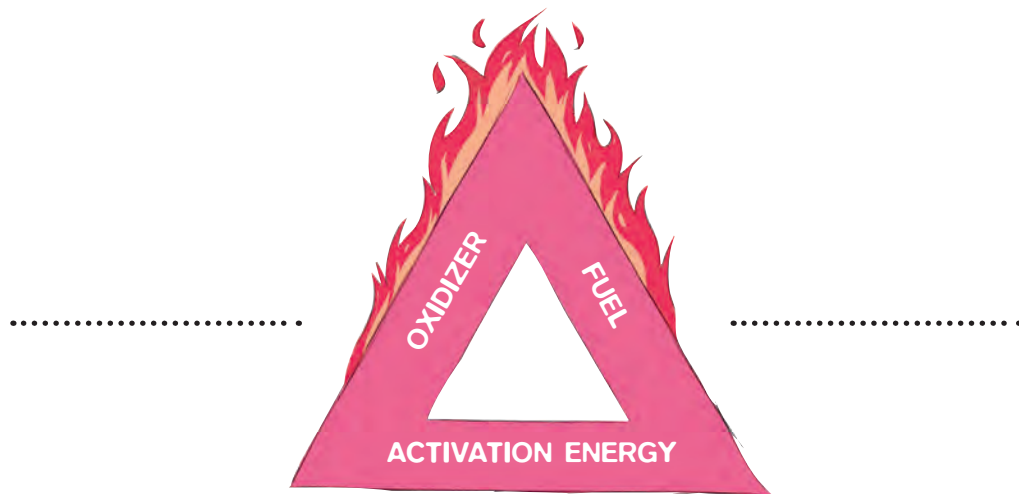
You've seen the triangle that explains what fires need in order to burn. And you've learned that it's not all that difficult for a fire to start, even in the most familiar of places, remember?

- Complete this triangle with what you think caused the fire in the story.



.....

- Now complete this triangle with an example of how a fire could start in a place that is familiar to you if you weren't careful.



.....

SHEET 2

- In your own words, explain what's happening in these two pictures.



- Why must you never play with fire or objects that could start a fire? Explain your reasoning.

.....

.....

.....

- Find the words printed in bold in these sentences in the word search.

- At a **barbecue**, we use an open fire to cook food.
- **Fire** is used to bake and harden clay pots.
- In forges, fire is used to melt **metal**.
- When we go camping, we often light a **campfire** to keep warm.

K	J	N	H	E	I	U	R	E	F	E
O	A	C	N	T	Q	S	A	X	N	A
A	S	L	A	D	F	I	R	E	O	A
C	E	R	E	I	Q	U	N	A	E	S
B	A	R	B	E	C	U	E	P	T	Y
Y	S	A	U	Z	U	Z	R	E	V	S
V	C	A	M	P	F	I	R	E	A	Z
P	E	L	F	H	L	I	A	N	O	A
A	B	R	M	E	T	A	L	B	S	Z



2.3 Extinction and prevention

There are many different systems and products used to put out fires. The most common way to extinguish a fire is with water, which cools down the fuel, reducing the amount of heat.

You must never try to put out a fire yourself. If you see a fire, even a small one, tell an adult (for example your parents or a teacher).

Although you should never try to extinguish a fire yourself, it's very important for you to be familiar with some of the things around you that are used to put out a fire or to sound the alarm.

Fire extinguisher: a small device used to put out small fires. Fire extinguishers are red and must be located in a place that is easy to access.



Fire alarm call point: a device used to sound the alarm when there is a fire. When activated, it sends a signal to the fire brigade, causing a siren or bell to sound and setting fire-extinguishing systems in motion.

Fire hose cabinet: a firefighting installation connected to a water supply system which consists of a fire hose that is folded or wound round a reel, a nozzle and a pressure gauge.



112: the emergency telephone number. Dial this number to contact the police, the fire brigade, hospitals, etc.

2.4 What to do in case of fire

What should you do if there's a fire?



If there's a fire at home or at school:

- On your way out, close doors and windows to keep the fire from spreading.
- Very important: **Don't hide or go out on your own.**

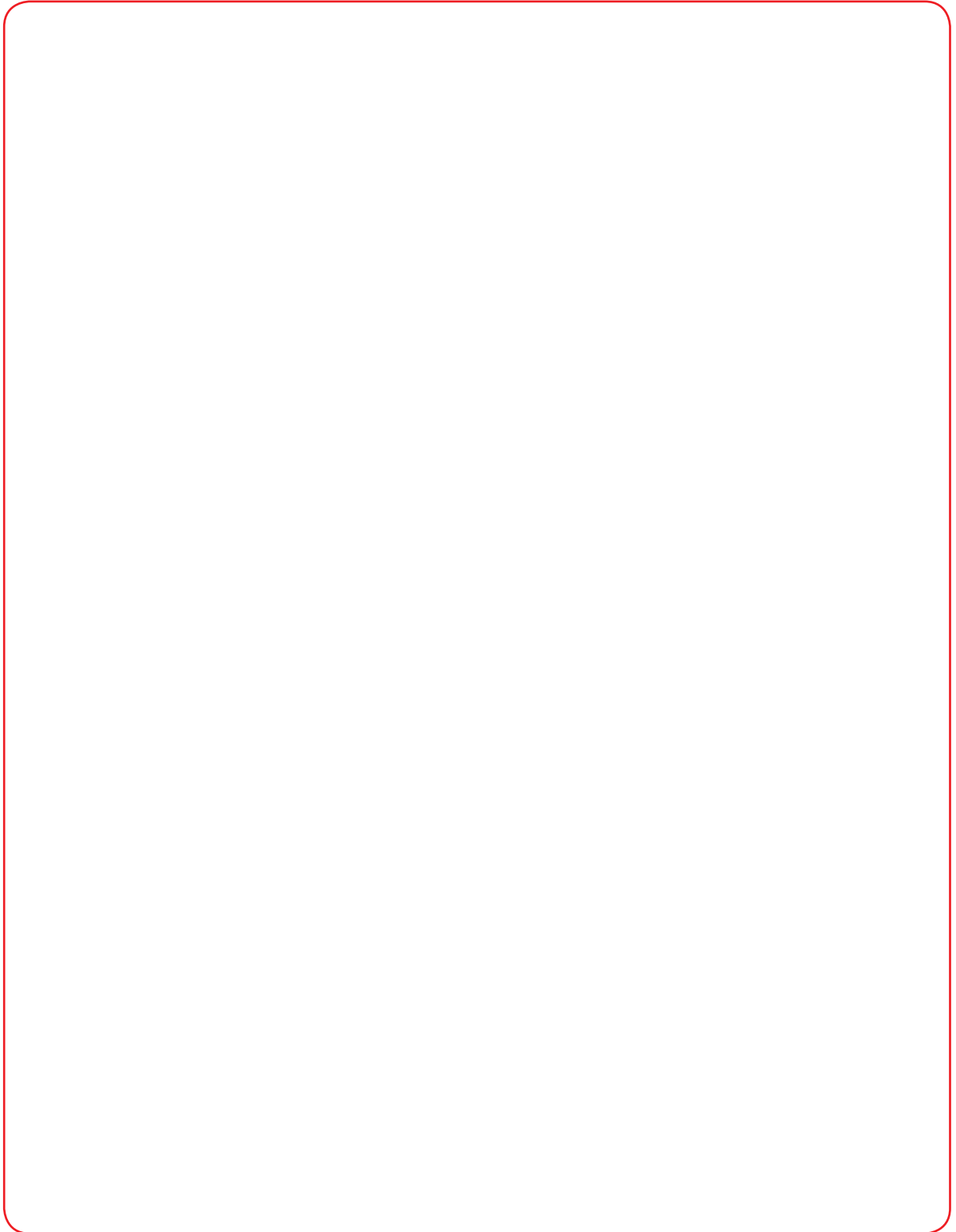
If there's smoke:

- Cover your mouth with a cloth (preferably a damp one).
- Crawl low under the smoke.
- Follow instructions from adults.

If you're trapped by the fire:

- Close the door and seal the cracks with wet clothes, towels, etc. to keep smoke from getting through.
- Get as far away from the door as possible.
- Open a window leading to the outside and call for help.
- Shout as loud as you can so that people know where you are.

- Draw the floor plan of your school in the box below. Don't forget to label the different classrooms and areas.



- Now show where you should find the signs related to putting out fires or notifying people that there is a fire.



SHEET 4

- Look carefully at these illustrations. If the person in the picture is doing what they should, mark the picture with a ✓. If not, mark the picture with a ✗.



- Write down the rules about what to do in case of fire to explain them to your classmates.

3.1 What happens in an evacuation?

The **aim of an evacuation is to get all occupants of a building or another space out as quickly as possible** and in an orderly way.

The evacuation signal, which is usually a bell like the one that goes off between classes, tells us that everyone must leave the building.

What to do in an evacuation

Try not to scream or cry. Keep calm, and follow your teacher's instructions.

Exiting the classroom:

- Exit the classroom in an orderly way.
- Don't waste time trying to take your bag and your books with you. Leave them where they are. They could get in your way during the evacuation.
- If you're the last one out of the room, close the door. If there is a fire this will help keep it from spreading.

In the corridor:

- Get in line and keep moving. Move quickly, but don't run or push.

Don't take the lift:

- The lift might stop between floors, trapping you inside. Or it could take you to a floor where there's fire or lose power due to the fire.
- Stay against the wall as you walk up or down the stairs.
- Never turn back.

Exiting the building:

- Follow the instructions of the person in charge of helping people exit the building.
- Don't cut in front of people to get out first, and stay in line.
- If someone falls, tell your teacher and help the person get up.



The assembly point (or evacuation centre)

- Stay at the assembly point and remain silent.
- At this point, the adults will do a headcount to make sure that everyone is there.
- If you notice that a classmate is missing, tell your teacher.
- Wait there until you are told that you can return to your classroom. Return in the same way you left, in an orderly fashion.
- If it's not possible to return to your classroom, wait for your family to arrive.

What is an assembly point or an evacuation centre?

This is the designated safe place where you are to gather in an emergency. You'll meet the rest of your classmates there.

What requirements must the assembly point meet?

- It has to be far enough away from the rest of the building for it to be considered a safe place.
- It must be fenced off or clearly marked in some way.
- If possible, it should be covered to provide shelter from bad weather (rain, wind, snow, etc.).
- It must be large enough to provide sufficient shelter to all evacuees in normal physical condition (in other words, people who have not had an injury).

What place almost certainly meets all these requirements?

The gym or the sport centre. But the location of the assembly point must be decided by the teachers at your school.

REMEMBER

Don't run. Don't stop. Don't push.

Don't use the lift. Never turn back.

If you're not in your classroom when the alarm goes off but on the same floor (in the toilets or in another area), join your class immediately.
If you're on another floor, join the class nearest to you.

3.2 Evacuation signs

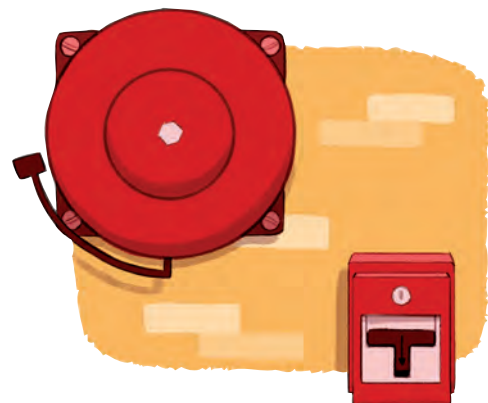
It is important for you to be able to recognise signs that will help you if you are asked to evacuate your school, a shopping centre or any building.

- **Emergency exit:** The way out of the floor or the building, which is designed to be used exclusively in case of emergency and is marked accordingly.



- **Telephone:** A communication device that can be used to dial 112 to call the fire brigade, an ambulance or the police for help.

- **Bell:** A device in a building that produces a ringing sound and sends a signal to a control centre, which activates an alert. Such a bell must be easily identifiable.



- **Siren:** A system for emitting sound and/or visual signals to the occupants of a building.

SHEET 5

Now you know what to do if there's an emergency at school, whether you're in your classroom, the toilets, the gym or the canteen.

This rhyme will help you learn the rules for evacuating safely. You could also put it to a beat and try it as a rap!

*If the bell rings at a strange time,
don't panic now, just think of this rhyme.*

*In an evacuation, when we've all got to get out,
you mustn't be rough or scream or shout.*

*Don't run, don't push,
leave your things right there;
and as for the lift, don't you even dare!*

*Follow your teacher to a safe place,
and don't look behind you, just in case.*

*If you're not on your floor, here's what to do:
join the first group you see,
and tell the teacher in charge your name
and your class number too.*

*Along with your classmates,
at the assembly point you'll wait
until the emergency's over
and someone comes for you, and your mates.*



4.1 Accident prevention

It's up to you to avoid dangerous situations and protect and care for yourself and those around you. So remember:

- Cleaning products are toxic: stay away from them.
- Don't put small objects in your mouth, because you could choke or cut yourself.
- Don't wear headphones when walking: they keep you from noticing potential dangers.
- Wear a helmet when skateboarding, skating or riding your bike.
- Don't climb on furniture to reach things that are high up.
- Don't touch electrical appliances if your hands or feet are wet.
- Never throw anything out of the car window, because it is harmful to the environment and could cause an accident.
- On the bus back home, if you reach your bus stop and you don't see the person who was coming to pick you up, tell the bus monitor.
- If you're playing with a ball and it goes into the road, don't run after it. Ask an adult for help.
- When you're playing, don't push your friends or classmates. They could fall and have an accident.
- Don't climb on goals, basketball hoops or fences, and don't slide down the handrails on stairs.
- Never accept food or drink from strangers.
- Don't take any medicine unless your teacher or your parents gave it to you.



4.2 First aid

Both at home and at school, there should always be a first-aid kit with the basic items needed to administer first aid. Although you mustn't use it yourself (you should always ask an adult for help), it's important that you know where to find it and what it may contain:

Dressing supplies: Sterile gauze pads in assorted sizes, bandages, rags, plasters, compresses, sterile gloves, etc.

Antiseptics: Povidone-iodine, pH-balanced soap, etc.

Medicine: Pain relievers and fever reducers (ibuprofen, paracetamol, etc.), cream for treating insect bites and stings, sachets of oral rehydration salts, etc.

Other: Saline solution, scissors, a thermometers, tweezers, cotton buds, etc.

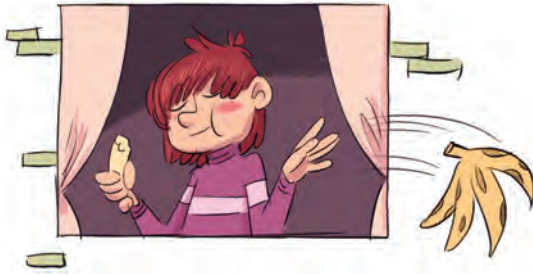


REMEMBER

IF YOU SEE AN ACCIDENT AND THERE AREN'T ANY ADULTS NEARBY TO TELL: CONTACT THE EMERGENCY SERVICES BY DIALLING THE EMERGENCY PHONE NUMBER, **112**.

SHEET 6

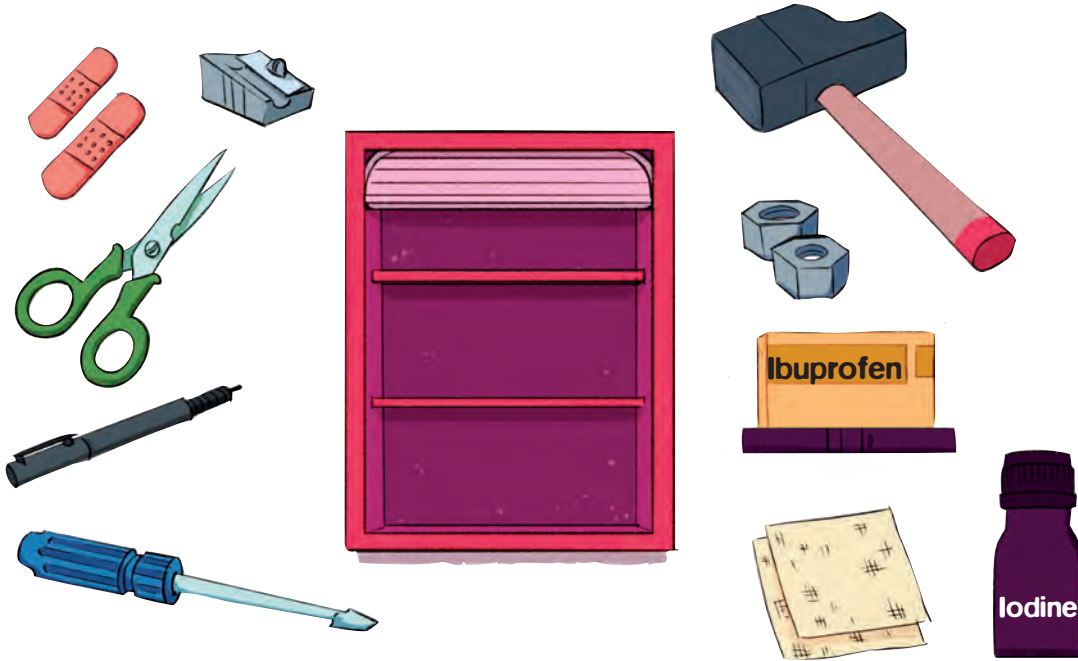
- Look carefully at the pictures below. Then draw a green triangle ▲ if the people in the picture are doing what they should, and a red circle ● if they are doing something dangerous or inappropriate.





SHEET 7

- Look at the objects around the first-aid kit. Then draw arrows to put the right objects in the kit.



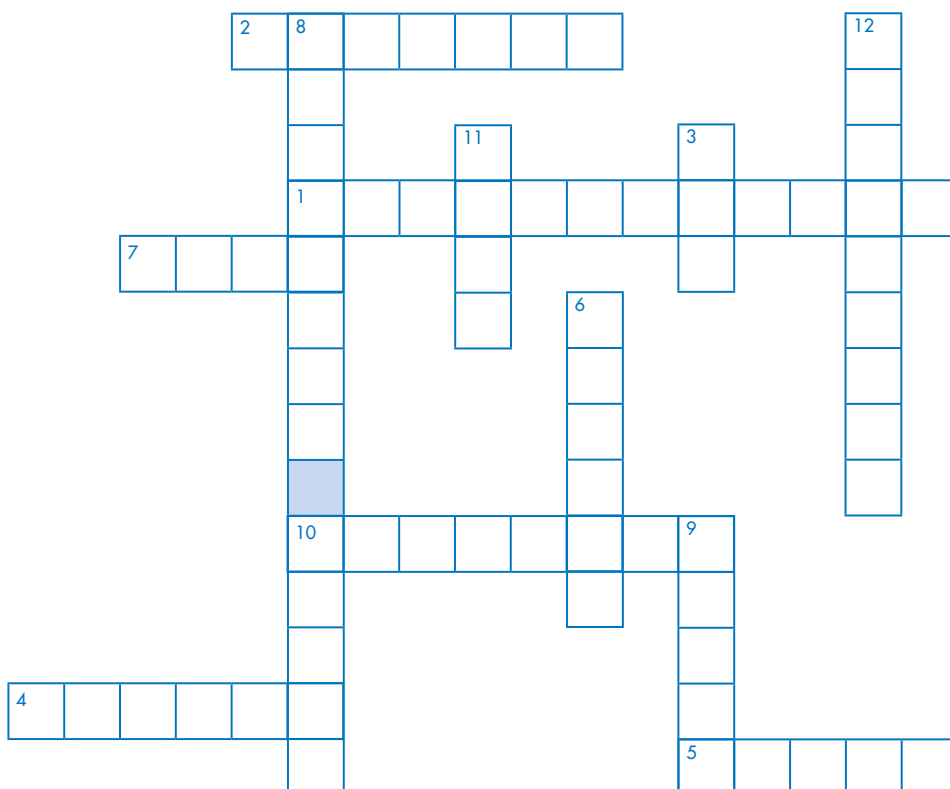
- Choose one of Spain's law enforcement agencies and describe what its members do for us every day. Include a drawing of a member of the agency you've chosen.

5.1. REVISION FUN FOR EVERYONE

SAFETY CROSSWORD PUZZLE

Now that you're an expert on fire safety, evacuations and accident prevention, how would you like to try something fun? Without looking at the previous pages, do the crossword puzzle below. You can look up any words you're missing once you've tried to solve the puzzle on your own, but no cheating!

1. This is used to put out small fires.
2. These were invented in 1827.
3. Plasters are kept in the first-aid...
4. An oxidizer is a mixture of gases containing a high enough proportion of...
5. Use one of these to cover your mouth if there's smoke.
6. Fire is used in these to melt metal.
7. In an emergency, you must keep...
8. This is the safe place where you must go if there is an emergency at school.
9. Cleaning products are...
10. You should always walk on the...
11. This must never be used when there's a fire.
12. 112 is the emergency ... number.





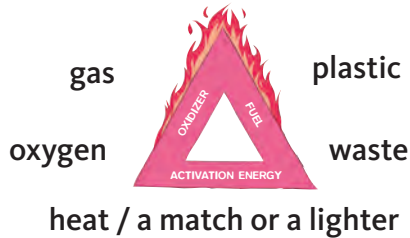
WOULD YOU RECOGNISE IRRESPONSIBLE BEHAVIOUR IF YOU SAW IT?

- In the box below, draw a scene showing someone behaving irresponsibly in an everyday situation (when crossing the street, playing sport, riding in the car, etc.).

- Now recreate the same scene, this time showing the person being safe and careful.

ANSWER KEY

SHEET 1 (page 8)



SHEET 2 (page 9)

- In the first picture, some parents are having a barbecue in the garden. In the second picture, a teacher is telling stories around a campfire in the desert.
- You must never play with fire because it's very dangerous, especially for children.
- Word search:

K	J	N	H	E	I	U	R	E	F	E
O	A	C	N	T	Q	S	A	X	N	A
A	S	L	A	D	F	I	R	E	O	A
C	E	R	E	I	Q	U	N	A	E	S
B	A	R	B	E	C	U	E	P	T	Y
Y	S	A	U	Z	U	Z	R	E	V	S
V	C	A	M	P	F	I	R	E	A	Z
P	E	L	F	H	L	I	A	N	O	A
A	B	R	M	E	T	A	L	B	S	Z

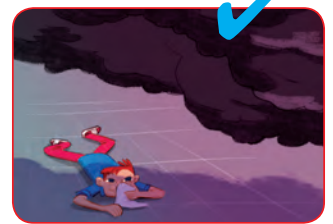
SHEET 3 (page 12)

- The signs related to objects that are used to put out fires or warn people should be on the ceiling, the walls, etc.

SHEET 4 (page 13)

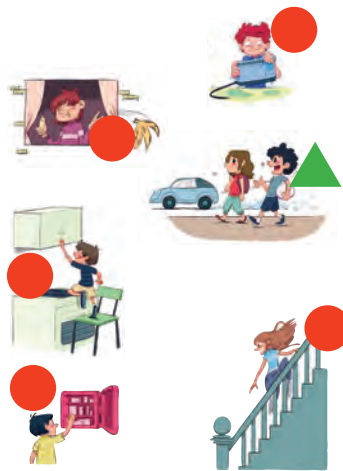


You should always shut the doors and windows in order to prevent the fire from spreading.



This is the right thing to do: stay low under the smoke with a cloth over your mouth to avoid breathing it in.

SHEET 6 (page 20)

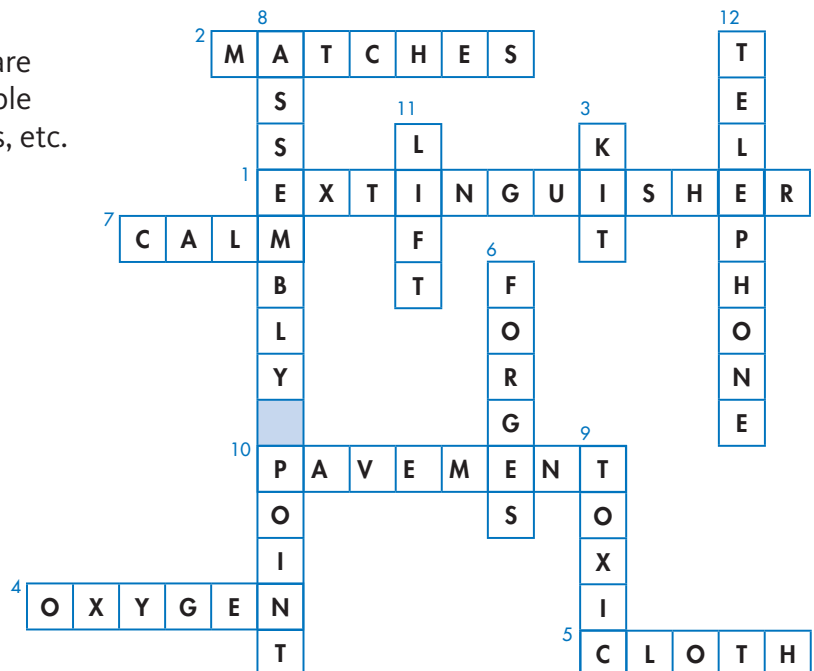


SHEET 7 (page 21)

- The plasters, the box of medicine and the gauze belong in the first-aid kit.

REVISION FUN FOR EVERYONE (page 22)

- Safety crossword puzzle:



This activity book is part of CuidadoSOS educational project and is aimed at 3rd and 4th year Primary School children.

Its goal is to foster the prevention of childhood accidents, at school and in the home. Both the information and activities proposed in the booklet encourage safe and responsible behaviour.

In these pages, FUNDACIÓN MAPFRE endeavours to make children aware of where and why accidents occur, how fires start (and how they could be prevented), how to proceed in case of evacuation and so on.

If you wish to receive further information about the CuidadoSOS project, or if you would like to collaborate with its circulation please contact us through the following websites:

www.fundacionmapfre.org

www.cuidadosos.com

www.educatumundo.com



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