



Sparky the Fire Dog® is a registered trademark of the NFPA.

## 2nd Annual NH State Fire & Life Safety Calendar Contest Winners Awarded!

The NH State Fire Marshal's Office, along with the New Hampshire Fire Prevention Society, is pleased to announce that the winners for the 2nd Annual Fire and Life Safety Calendar Contest were chosen. On Tuesday, April 22nd many State Dignitaries were on hand to celebrate a **Night of Recognition** in honor of our winning students at the NH Fire Academy in Concord, NH. 14 third grade students were awarded and recognized for their artistic fire and life safety poster messages. Winners, their families, teachers and local fire department members enjoyed an Ice Cream Sundae Social with Sparky the Fire Dog. We'd like to thank ALL of 3rd grade students who participated in this year's contest. We look forward to distributing these calendars in the beginning of the 2014-2015 school year throughout the state. To see more photos from this Night of Recognition please visit:



[www.nh.gov/safety/divisions/firesafety/2014calendarawardsnight.html](http://www.nh.gov/safety/divisions/firesafety/2014calendarawardsnight.html)

For any questions regarding the contest please contact Mary MacCaffrie at

[Mary.MacCaffrie@dos.nh.gov](mailto:Mary.MacCaffrie@dos.nh.gov)



### SUMMER WATER SAFETY

[www.safekids.org](http://www.safekids.org)

Now that school is out for the summer many kids will want to stay cool by swimming. Without the necessary information a day at the pool/lake could quickly lead to terrible misfortunes. Childhood drowning and near-drowning can happen in a matter of seconds. They typically occur when a child is left unattended or during a brief lapse

of supervision. Severe and permanent brain damage affects as many as 20 percent of near-drowning victims. Please make sure your family is safe around water by following these safety basics.

**Safety Basics**

☀ Make sure pools and spas are enclosed on four sides with a fence at least 5 feet

high with self-closing and latching gates.

☀ Drains in pools and spas should have anti-entrapment drain covers.

☀ Learn infant and child CPR and always have a phone near the pool for emergency use.

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**In the event of an emergency,  
be sure you and your children  
know how to use 9-1-1 with  
the phone you own.**





## FIREWORKS: Leave them to the Professionals

[www.nh.gov/safety/divisions/firesafety/special-operations/fireworks/permits/fireworkssafety.html](http://www.nh.gov/safety/divisions/firesafety/special-operations/fireworks/permits/fireworkssafety.html)

ever, should you decide to use consumer fireworks he is asking that you use them with extreme caution.

- ▶ Check your local fire department to make sure they are permitted in your community.

- ▶ Always follow the specific directions for each item.

- ▶ Be sure to have an extinguishing device readily accessible (water hose, bucket of water, fire extinguisher).

- ▶ Stay the recommended distance away from buildings and viewers and avoid areas with dry brush, grass or debris; flying sparks easily ignite them.

- ▶ Light one item at a time and never inside an enclosed container.

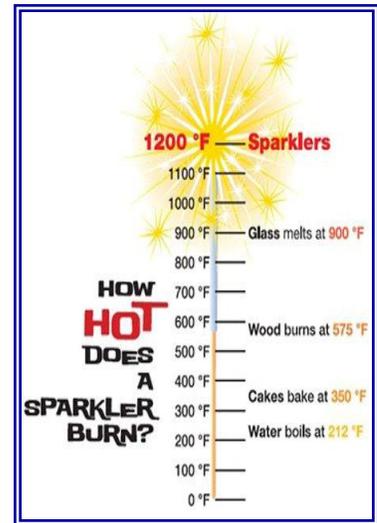
- ▶ NEVER attempt to relight a non functioning firework.

- ▶ NEVER allow children to handle

fireworks or to pick up leftover fireworks debris off the ground.

Fire Marshal Degnan says, "Everyone wants to enjoy a safe July 4<sup>th</sup> holiday so please act responsibly."

[www.nfpa.org/education](http://www.nfpa.org/education)



With warm weather and family events, the Fourth of July can be a fun time with great memories. Before your family celebrates, make sure everyone knows about fireworks safety. If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home — period. Attend public fireworks displays, and leave the lighting to the professionals.

NH State Fire Marshal J. William Degnan recommends that public displays conducted by trained professionals are the safest way to enjoy fireworks. How-



## SUMMER WATER SAFETY CONTINUED...

- ☼ Children should always swim under the supervision of a grown-up.

- ☼ Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.

- ☼ Children should understand and obey the posted rules.

- ☼ Make sure children swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

- ☼ Children using air-filled swimming

aids should always be supervised by an adult within arm's reach. They are fun toys not life saving devices.

- ☼ A U.S. Coast guard approved lifejacket should be worn for water sports such as tubing, skiing or jet skiing. Air-filled aids such as inner tubes, water wings and inflatable rafts are not substitutes for approved lifejacket.

### Encourage children to:

- ☼ Check with the lifeguard to find out how deep the water is.

- ☼ Never go near or in water without an adult present.

- ☼ Have a swimming buddy.



*U.S. Coastguard approved lifejacket should be worn for*

- ☼ Never jump or dive unless the lifeguard or a grown-up says it is okay to do so.

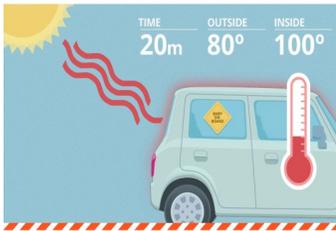
- ☼ Teach children that swimming in open water is not the same as swimming in a pool. Be aware of uneven surfaces, river currents, ocean undertow and changing weather.

- ☼ Never swim at night.

- ☼ Get out of the water right away if you hear thunder or see lightning.

Continue reading to learn how you can keep your kids safe this summer:

[www.safekids.org](http://www.safekids.org)



## PREVENTING HEAT STROKE

### Did You Know?

A child's body heats up three to five times faster than an adult's body. Heatstroke deaths have been recorded in 11 months of the year in nearly all 50 states. More than half of heatstroke deaths occurred when a distracted caregiver forgot a quiet child was in the vehicle. Creating reminders and habits is an effective way to ensure that a child is not forgotten in the vehicle.

### ACT

**A**void heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Always lock your doors and trunks – even in your driveway. And keep your keys and key fobs out of the reach of kids.

**C**reate reminders. Place something you'll need at your next stop -like a briefcase or cell phone - next to the child safety seat. It may seem simple, but can be a helpful reminder on a chaotic day.

**T**ake action. If you see a child alone in a car, take action. Call 911. Emergency personnel are

trained to respond to these situations. **Learn more at:**

[www.safekidsnh.org](http://www.safekidsnh.org)

Injury Prevention Center Dartmouth  
Hitchcock Medical Center



**#1**

Heatstroke is the #1 cause of non-crash, vehicle-related deaths for children ages 14 and under.

**10**

Number of minutes it takes the inside of a car to heat up 20 degrees. (And cracking the window doesn't help.)



## HOTEL SAFETY: Your Home Away From Home

Learn More:

[www.usfa.fema.gov/citizens/hotel](http://www.usfa.fema.gov/citizens/hotel)

[www.nfpa.org](http://www.nfpa.org)

As summer months arrive and we begin to travel away from home, hotels and motels become our home away from home. It is just as important to be prepared and know what you would do in a hotel/motel emergency as it is in your own home. The U.S. Fire Administration would like you to review the following safety tips to assist you in preparing for traveling.

### Plan Ahead:

- Choose a hotel/motel that is protected by both smoke alarms and a fire sprinkler system.
- When traveling pack a flashlight with you.
- When you check in, ask the front desk what the fire alarms

sound like.

- Locate the fire alarms on your floor.
- When you enter your room, review the escape plan posted in your room. If it is not available contact the front desk immediately.



*Review the escape plan posted in your room. If it is not available contact the front desk immediately.*

- Locate two emergency exits, count the number of doors between your room and the exit. Make sure the exits are unlocked.

If they are locked, report it to management right away.

- Keep your room key by your bed and take it with you if there is a fire.
- If the alarm sounds, leave right away, closing all doors behind you. Use the stairs NEVER use elevators during a fire.
- If you must escape through smoke, get low and go under the smoke to your exit.

### IF YOU CAN'T ESCAPE:

**SHUT** off fans and air conditioners.  
**STUFF** wet towels in the crack around the doors.

**CALL** the fire department and let them know your location.

**WAIT** at the window and signal with a flashlight or colored cloth.



# Teaching Your Child How to Use 911

One of the challenges of being a parent is arming your kids with the skills to handle the obstacles life presents. Teaching them how to use 9-1-1 in an emergency could be one of the simplest, and most important lessons you'll ever share. 9-1-1 is a central number for all types of emergencies. 9-1-1 is for emergencies or potential emergencies only. An emergency is a threat to life or property. Use the non-emergency numbers for your local police or fire department for questions and non-emergency matters. Upon dialing 9-1-1, an emergency dispatch operator quickly takes information from the caller and puts the caller in direct contact with whatever emergency personnel is needed, thus making response time quicker.

**Be sure to:**

- ♥ Post your address and phone number near each phone in your home as visitors and family members may need to relay this information.
- ♥ Try to remain calm.
- ♥ Dial 9-1-1.
- ♥ Give dispatcher location of emergency and the phone number.

- ♥ Describe what type of help is needed (police, fire, ambulance).
- ♥ Stay on the line and answer dispatcher's questions.
- ♥ Don't hang up until call is completed

**CELL PHONE 9-1-1**

Many households are dropping landline telephone service in exchange for wireless phones in order to cut costs. It is imperative to teach our children how to use cell phones and smartphones in the event of an emergency. As many of us are aware, there are many cell phone options available, all coming from different manufacturers, with different ways to activate the dial pad, and how to access the key pad when locked for emergency purposes. Most smartphones will allow one to access a dial pad if the phone is locked, but the process can vary. It is necessary to provide children with this knowledge so that they know just what to do in the event of an emergency while at home or away. During this instructional time be sure to:

- ♥ Teach children the proper use of a cell phone in emergency situations.
- ♥ Instruct with the different modes the phone could be in when our

children have access to the phone and show them how to get to the dial pad from those screens.

- ♥ Teach your child to push 911 and then the "call" or "send" button in an emergency.



- ♥ Explain the seriousness of making the call and that it will result in a police officer, firefighter or emergency medical technician coming to the scene.

- ♥ Discuss landmarks. If a child doesn't know their location they

should be able to describe their surroundings (street signs, highway mile markers, buildings, etc).

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There are several smart phone apps available to instruct your child on how to dial 9-1-1 in an emergency.

**For more information on New Hampshire's 9-1-1 system, visit [www.nh.gov/nh911](http://www.nh.gov/nh911)**



**SAVE THE DATE: Tues, AUG 5TH  
CONCORD NATIONAL NIGHT OUT**

The Concord Police Department will be hosting National Night Out on Tues, Aug 5th in Rollins Park from 5pm-8:30pm. This event is for all ages and is being held across the country to heighten crime and drug prevention awareness, strengthen neighborhood and community police relationships, and to send a message to criminals that neighborhoods are organized and fighting back on crime. Don't miss this year's festivities which will include food, prizes, K9 demonstrations, the Touch-A-Truck Program, a zoo exhibit, a rock climbing wall, as well as a visit from Sparky the Fire Dog! Bring the whole family for a fun night!



## CHILD PEDESTRIAN SAFETY

Whether your kids are walking to school, the park or a friend's house, Safe Kids

would like to remind you of a few simple tips to make sure your child gets there safely.

### Teach Kids the Basics from the Beginning

- Talk to your kids about how to be safe while walking. It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic and as far away from vehicles as possible.
- Teach kids at an early age to put down their devices and then look left, right and left again when crossing the street.
- Remind kids to make eye contact with drivers before crossing

the street and to watch out for cars that are turning or backing up. Teach them not to run or dart out into the street or cross between parked cars.

### Let Your Actions Speak as Loud as your Words

- Set a good example by putting devices down when you are driving or walking around cars. If we put our devices down, our kids are more likely to do the same.
  - Children under 10 should cross the street with an adult. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.
- ### Take Action Against Distraction
- Teach kids to look up and pay extra attention when using headphones, cell phones or electronic devices such as tablets or games. Make it a rule to put these devices down when crossing the street. It is particularly

important to reinforce the message with your teenagers.

- Be aware of others who may be distracted—and speak up when you see someone who is in danger.
- If your kids need to use a cell phone, teach them to stop walking and find a safe area to talk.
- For headphones, pull them down or turn off the volume before crossing the street.

### DID YOU KNOW?

Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all child pedestrian deaths.

[www.safekids.org](http://www.safekids.org)



## Hike Safe: It's Your Responsibility

Read More: ►► [NH Fish & Game](#)

Hey kids! Summer is here and going for a hike can be a fun way to spend time in the outdoors. You may see plants and animals you've never seen before, and you'll go places that only hikers go.

### When you go on a hike

- Dress for the hike. Wear sneakers or hiking boots, not sandals. Bring a warm jacket even if it's hot at home. It's cooler in the woods and on mountains.
- Carry your own gear. (You'll find a list of gear you should take in [Your Gear](#).)
- Hike with a buddy.
- Stay with your group. If you run ahead or lag behind, you may miss a turn and become lost.
- Never play hide and seek on a hike.
- Always wait at trail junctions.

Be a responsible hiker. Carry all your trash out.

### If you get lost

- STAY IN ONE PLACE. If you wander, it will be harder for searchers to find you.
- Stay together if you're with a friend or pet.
- Blow your whistle every few minutes.
- Stay warm and dry. You can snuggle up with your friend or dog. Or use your garbage bag to make a poncho. Most of your body heat escapes through your head, so cover it with a hat or scarf. And don't lie on the bare ground, because that will make you colder.
- Don't hide. Stay in the open where searchers can see you. Put out something bright for searchers to see like a bandana.
- Protect yourself from wind and

rain.

### Don't be afraid

- Mom and Dad won't be mad because you're lost. They'll be very happy to see you again. And they'll be proud that you remembered what to do when lost.
- As soon as they know you're lost, they'll get searchers to help find you.
- Wild animals don't like to be near people. If they sense you're near, they'll run away.
- If you hear a noise, make a noise back. If it's an animal, it will run away. If it's a searcher, they'll find you.
- Nothing changes because it gets dark. Try to memorize your surroundings while it's light; then you'll know where things are in the dark.

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

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Be sure to follow us on  
Facebook and Twitter!



**Safety Educator**

As the 2013-2104 school year comes to a successful end, it is our hope that you have found this school year's editions of the New Hampshire State Fire Marshal's newsletter, *Safety Educator*, to be helpful in assuring your homes and lives are kept as safe as possible. Please look over and discuss with your family how you can be kept safe this summer. We encourage you to share this information with family, friends and neighbors. Together we can keep our community safe. Should you need any assistance please do not hesitate to contact your local fire department or the NH State Fire Marshal's Office. May you have the safest of safe summer fun and we look forward to sharing *Safety Educator* with you during the next school year!

Any Questions or comments about this issue please feel free to contact:

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For previous issues please visit:

[www.nh.gov/safety/divisions/firesafety](http://www.nh.gov/safety/divisions/firesafety)

**Kids Can Be Firefighters Too! (kid friendly websites)**



**Hey Kids!  
Be sure to check out these kid  
friendly websites related to fire  
and life safety!**

**Your Friend,  
Sparky the Fire Dog**



[www.sparky.org](http://www.sparky.org)



[www.smokeybear.com/kids](http://www.smokeybear.com/kids)



[www.ready.gov/kids](http://www.ready.gov/kids)



[www.sesamestreet.org/ready](http://www.sesamestreet.org/ready)



[www.usfa.fema.gov/kids/](http://www.usfa.fema.gov/kids/)



[www.dangerrangers.com](http://www.dangerrangers.com)



[www.firefighterdayna.com](http://www.firefighterdayna.com)