

## **SAFETY TIPS FOR BABYSITTERS**

**Planning and prevention are the keys to fire safety. Protect yourself and the children in your care by taking some simple precautions.**

### **PLAN YOUR ESCAPE**

- \*Be familiar with the home. Learn all the exits.**
- \*Find out where the home's meeting spot is outside.**
- \*Discuss the escape plan with the children.**

### **PUT AWAY MATCHES AND LIGHTERS**

### **GIVE SPACE HEATERS SPACE**

### **BE KITCHEN WISE**

- \*Cook only with permission.**
- \*Never leave cooking unattended.**

### **USE MICROWAVES SAFELY**

- \*Never place anything in a microwave oven unless you are absolutely sure it is safe.**
- \*Most metal objects are not safe to place in a microwave.**
- \*Keep children away from the microwave.**
- \*Cool food before serving children.**

### **NEVER LEAVE CHILDREN ALONE**

### **IN CASE OF FIRE**

- \*Get out and stay out!**
- \*Crawl low under smoke.**
- \*Call the Fire Department - from a neighbors house.**
- \*Don't go back inside.**

### **IF YOUR CLOTHES CATCH FIRE - STOP! DROP! ROLL!**

- \*Babysitters may have to help young children do this.**

### **KEEP THIS INFORMATION HANDY WHILE BABYSITTING:**

- \*Emergency Telephone Number**
- \*Doctor's Name/Telephone Number**
- \*Where Parents can be reached**
- \*Address where you are babysitting**
- \*Neighbors Name and Telephone Number**