



# Safety Educator



**When It Comes to Your Family..  
DON'T LEAVE FIRE & LIFE SAFETY TO PURE LUCK...**

## March 19-25th: POISON PREVENTION WEEK

### LAUNDRY LIQUID PACKETS



Young children are explorers, and as they develop, they often learn by touch and by putting things into their mouths. Liquid laundry detergent packets are designed to dissolve in water, so when they come in contact with wet hands or mouths they start to dissolve and might release the concentrated liquid inside. We want to encourage our kids to explore and discover new things; we just need to be careful to keep them safe.

Here are a few tips to show you how:

- Keep liquid laundry packets out of children's reach and sight.
- Keep packets in their original container and keep the container closed.
- If a child gets into them, call the Poison Help number immediately.

### POISON PREVENTION TOP TIPS



- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.

- Read product labels to find out what can be hazardous to kids. Dangerous household items include makeup, personal care products, plants, pesticides,

lead, art supplies, alcohol and carbon monoxide.

- Make sure that all medications, including vitamins and adult medicines, are stored out of reach and out of sight of children.
- Put the toll-free number **Poison Help Number 1-800-222-1222** into your home and cell phones. You should also post it near your phone and/or on your refrigerator for the babysitter. Hopefully you'll never need it, but it's nice to have just in case.

[Learn More](#)



**1-800-222-1222**

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# Molly's Minute Reminders



## MICROWAVE COOKING SAFETY

Spring is here and so is the busy family schedule as we run here and there with all the fun outdoor activities. With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

- PURCHASE a microwave oven that has the label of an independent testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.
- PLUG the microwave oven directly into the wall outlet — never use an extension cord.
- MAKE sure the microwave oven is at a safe height, within easy reach of all users.
- OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.
- FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.
- NEVER heat a baby bottle in the microwave. Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm water — not hot or boiling.
- Always supervise older children when they are using a microwave oven.
- Avoid letting young children use the microwave oven.
- Use only microwave-safe food containers or dishes. Never use aluminum foil or metal in a microwave oven.



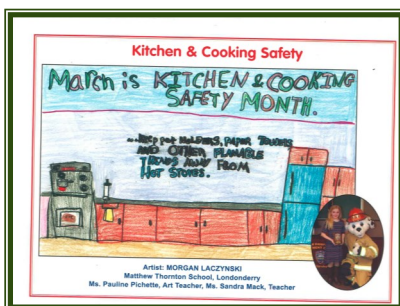
LEARN MORE



## HAPPY BIRTHDAY SPARKY®!



**K9 MOLLY & K9 PAL are excited to share that** March is National Reading Month, which is devoted to creating opportunities for children to fall in love with reading and discover new ways to celebrate the joys of reading. Through real life stories and interactive games, kids can learn with **Sparky the Fire Dog** important fire safety messages and skills to keep their families safe. Mobile apps are also available! Sparky would love to see you taking a moment to celebrate his birthday by reading and learning with him! **Visit his website at: [www.sparkyschoolhouse.org](http://www.sparkyschoolhouse.org)**



### MARCH: KITCHEN & COOKING SAFETY

Morgan Laczynski of Matthew Thornton School in Londonderry, would like to remind everyone about the importance of Kitchen and Cooking Safety. During the month of March you are encouraged to practice cooking and kitchen safety practices in your home. Morgan reminds us to keep pot holders, paper towels and other flammable things away from hot stoves. Thank you Morgan!

## PAL'S POINTS

SLEEPOVER SAFETY!

Think upset tummies and lack of sleep are your biggest concerns when your child is spending the night at his or her friend's house? Think again! Before you permit your child to sleep over at a friend's house, talk to the child's parents about fire safety within their home. Depending on what you learn, it can either uncover serious fire dangers or give you peace of mind about your child's sleepover.

According to the National Fire Protection Association, eight out of ten fire deaths take place in the home, with the majority of home fire deaths occurring late at night. If you don't know for certain that the friend's home is equipped with working smoke alarms, and that the sleepover will be supervised by an adult, don't take the risk; reverse the invitation and have the sleepover at your own home.

Teach your child about the importance of fire escape planning in a positive, non-threatening way. Ideally, your child will be well versed in home fire escape planning and drills in your own home. Before you permit a sleepover at a friend's, discuss the importance of knowing how to escape from a fire wherever you are, including a friend's home. Empower your child to ask friends and their parents about fire safety in their home, and to report anything that makes them feel unsafe. Remember, when it's your turn to host other children overnight in your home, make sure they know what your fire escape plan is.

SLEEPOVER SAFETY**Before you say "yes":**

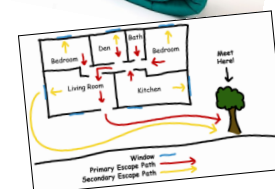
- How well do you know the home?
- Is the home clean? Does it appear to be structurally sound?
- Is the home in a safe area?
- If the home has security bars on doors and windows, do you know for certain that the bars have quick release devices inside, so your child could get out in an emergency?
- Is your child comfortable in the home and with all the occupants?
- Are you comfortable leaving your child in the home overnight?

**How well do you know the parent(s)?**

- Are they mature, responsible and conscientious?
- Will they supervise the children throughout the stay?
- Are they cautious with smoking materials, matches and lighters, and candles?

**Discuss with the parents:**

- Are there working smoke alarms on every level, inside and outside each sleeping area?
- Are the smoke alarms interconnected?
- Do they have a well-rehearsed fire escape plan that includes two ways out and a meeting place outside?
- Where will your child be sleeping? Is there a smoke alarm in the room? Are there two escape routes from the room?
- Will the parents walk through their escape plan with your child?
- Do the parents prohibit bedroom candle use by children?


[LEARN MORE](#)
APRIL: SPRING CLEANING: YARD, HOUSE & GARAGE

Molly Ava Lemay of Elm Street School in Laconia wants you to follow these safety rules:

1. Keep all garden tools out of reach of children.
2. Fuel mowers outside and only when the motor is completely cool.
3. Wear protective goggles and ear protection while using outdoor machinery to prevent sight or hearing loss.



**New Hampshire State  
Fire Marshal's Office**  
**J. William Degnan**  
NH State Fire Marshal

**Message from Fire Marshal Degnan:**

As we begin to prepare for the Spring months we ask that you take a moment to look through this newsletter and see what you can do to ensure your home, family, and visitors are kept safe. Over the last couple of months it has become more obvious that the need for up to date, working smoke and carbon monoxide alarms is extremely important. Please take a moment to ensure that your batteries have been replaced and that your alarms are in working order. To learn more about the types of alarms that are available for your home visit:



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

We also ask that you make sure your home is safe with the Poison Awareness and Sleepover Safety tips that have been provided. These types of safety measures take moments to learn and can save lives for a lifetime. Should you have any questions please do not hesitate to contact your local fire department or the NH State Fire Marshal's Office.

**Stacey Dubois**  
District Chief/K9 Handler  
**Mary MacCaffrie**  
Public Education Administrator  
**Sheryl Nielsen**  
Public Education Specialist  
Youth Firesetter Intervention & Education

**Department of Safety**  
33 Hazen Drive  
Concord, NH 03305  
Phone: (603)223-4289  
Arson Hotline:  
1-800-400-3526  
Email: FMO@dos.nh.gov

*J. William Degnan*  
J. William Degnan  
NH State Fire Marshal



**STUDENT & PARENT Approved Websites**

K9 MOLLY and K9 PAL encourage students to disconnect and enjoy safe outdoor play, however we dogs understand that sometimes the weather just doesn't cooperate. So, when it comes to computer time, try one of these family fun fire and life safety websites. Just click a picture below to open the links and play. Have fun and be safe!



Find Us on the Web:

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



Any questions or comments regarding this newsletter please feel free to contact:

**Sheryl Nielsen**  
Public Education Specialist  
Youth Firesetter Intervention & Education  
[Sheryl.Nielsen@dos.nh.gov](mailto:Sheryl.Nielsen@dos.nh.gov) 603-223-4289