

FIRE SAFETY

JOURNAL

28th Annual

28^e annuel



SÉCURITÉ-INCENDIE

LIVRET DE



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@CityFredFire

Fredericton

FIRE DEPARTMENT • SERVICE D'INCENDIE

Est 1817

**Proud to support
New Brunswick
Association
of Fire Chiefs**



New Brunswick Association of Fire Chiefs

The NBAFC is the voice of over 5000 Officers and Fire Fighters within the Province of New Brunswick.

The fire service of New Brunswick is no different than our counterparts worldwide, a mix of career and volunteer firefighters who meet the challenges of fire suppression, fire prevention, rescue, emergency medical services and Hazardous Material response. Continuous training is a necessity for the fire service in order to keep abreast of changing technologies.

The NBAFC continues to strive to improve legislation in areas of Training for our fire service as well as Fire Prevention & Safety Education to our Provincial Schools to educate our children in fire safety. Health and Safety is the number one priority of our fire fighters and we continue to meet with Government to stress the importance of providing our members with the most up to date equipment and regulations.

Association des chefs pompier du Nouveau-Brunswick

L'ACPNB est la voix de plus de 5 000 officiers et pompiers du Nouveau-Brunswick.

Le Service d'incendie du Nouveau-Brunswick ressemble aux services d'incendies de ses homologues du monde entier : un mélange de pompiers de profession et de pompiers volontaires qui surmontent les défis d'extinction d'incendies, de prévention d'incendies, de sauvetage, de services médicaux d'urgence et d'interventions liées aux matières dangereuses. Les membres des services d'incendie doivent suivre une formation continue pour évoluer avec les nouvelles technologies.

L'ACPNB continue de travailler fort pour améliorer la législation sur la prévention des incendies et la sur la formation. Elle veut améliorer la santé et la sécurité des pompiers, ainsi qu'exercer des pressions sur le gouvernement pour offrir à ses membres l'équipement et les règlements les plus à jour.



167

Fire Departments
Services d'incendies



9

Regional Associations
Associations régionales



5500

Firefighters
Pompiers



www.nbafc.ca

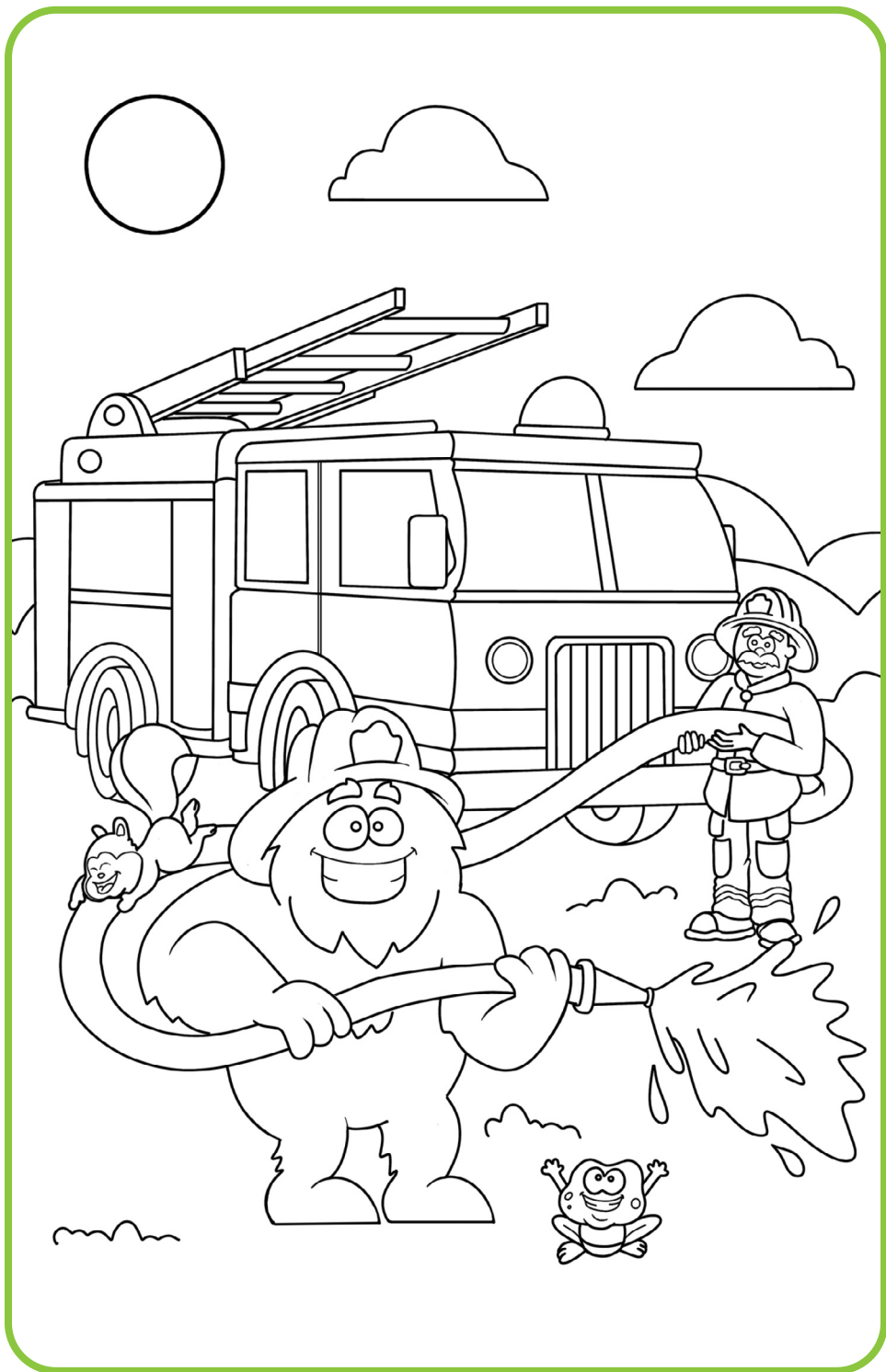


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STOP SHOP
FOR ENERGY
EFFICIENCY!**

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Battery & Cellphone Recycling Program

Help divert hazardous waste from the landfill; increase the quantity of batteries and cell phones recycled by following these three steps.

1 SAFELY PROTECT

OPTION 1



✓ Original packaging

OPTION 2



✓ Tape terminals

OPTION 3



✓ Bag & Seal

2 SAFELY STORE



✓ Store in a non-metal container

3 RECYCLE!



✓ Safely and responsibly recycle your batteries and cell phones

ACCEPTED FOR RECYCLING:

- Consumer batteries (less than 5 kg)
- Nickel Cadmium (Ni-Cd),
- Nickel Metal Hybride (Ni-MH),
- Nickel Zinc (Ni-Zn),
- Lithium Ion (Li-Ion),
- Small Sealed Lead Acid (SSLA/Pb),
- Lithium Primary,
- Alkaline (AA, AAA, 9V, etc),
- Cellphones and their batteries.

Visit our website or contact us for a list of drop off sites located in the region.

**Fire Safety
always
starts
with you!**



**Vous êtes
toujours le point de
départ des mesures
de sécurité contre
l'incendie!**

*This is my Fire
Safety Journal*

*Ceci est mon Journal
de sécurité - incendie*

*Draw a picture of
yourself here and fill
in the blanks below.*

*Faites un dessin de
vous-même et remplissez
les cases ci-dessous.*



My name is:

Mon nom est: _____

My school is:

Mon école est: _____

I live at:

J'habite au: _____

My phone # is:

Mon numéro de téléphone est: _____

***And remember, if you are in trouble,
you can always go to a firehouse or fire fighter for help!***

***Il est bon à savoir que si vous avez des ennuis, vous
pouvez trouver secours auprès de la caserne de pompiers
ou un pompier!***



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(506) 473-3550



2023 Fire Chief for a Day Chef pompier d'un jour 2023



CONGRATULATIONS,
Rayna!



FÉLICITATIONS,
Rayna!

Congratulations to the winner of the Fire Chief for a day!

Rayna May Williams

of Sussex Elementary School.

Félicitations à la gagnante du concours
Chef pompier d'un jour!

Rayna May Williams

de l'école primaire de Sussex.



IBEW Local 37



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OF NEW BRUNSWICK
ASSOCIATION OF
FIRE CHIEFS**

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our members and their families

www.ibew37.com



HAZARD SYMBOL FRAMES:

The shape of the frame around the hazard symbol tells you what part of the product is dangerous:

If it's a **triangle**,
it means the container is **dangerous**.



If it's an **octagon**,
it means the contents are **dangerous**.



The signal word(s) underneath the hazard symbol explain the degree of risk:

Signal words:

CAUTION means temporary injury may result.
Death may occur with extreme exposure.

DANGER means may cause temporary or permanent injury, or death.

EXTREME DANGER means exposure to very low amounts may
cause death or serious injury.

DO NOT play with, touch, shake, eat or drink any of
the things that have these symbols shown on them:



EXPLOSIVE

The container can explode if heated or punctured. Flying pieces of metal or plastic from the container can cause serious injury, especially to your eyes.



CORROSIVE

The product can burn your skin or eyes. If swallowed, it can damage your throat and stomach.



FLAMMABLE

The product or its fumes will catch fire easily if it is near heat, flames, or sparks. Rags used with this product may begin to burn on their own.



POISON

If you swallow, lick, or in some cases, breathe in the chemical, you could become very sick or die.

Proud to Support the New Brunswick Association of Fire Chiefs

MONCTON
857-0575

SHEDIAC
532-2489

TRACADIE
393-6222

SHIPPAGAN
336-4444

CAMPBELLTON
753-5093

NACKAWIC
575-2215

OROMOCTO
357-8883

DALHOUSIE
684-3302

WOODSTOCK
328-3321

MIRAMICHI
622-8444

ROGERSVILLE
775-6777

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ANDOVER
273-2296

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523-4496

HAMPTON
832-3421

BOUCTOUCHE
743-9855

MINTO
327-4444

CHIPMAN
339-6642

FREDERICTON
458-1982

PLASTER ROCK
356-2634

PETITCODIAC
756-3347

SAINT JOHN
634-7666

SALISBURY
372-5298

SUSSEX
433-3830

SACKVILLE
536-2025

ST. STEPHEN
466-2333



AUTO PARTS

ENCADRÉS DE SYMBOLES DE DANGER: La forme de l'encadré entourant le symbole de danger vous indique quelle partie du produit est dangereuse:

Un **triangle**
signifie que le **contenant** est dangereux.



Un **octogone**
signifie que le contenu est **dangereux**.



Les mots avertisseurs sous le symbole indiquent le degré de risque:

Mots indicateurs:

ATTENTION peut causer des blessures temporaires. Un décès peut survenir en cas d'exposition extrême.

DANGER peut causer des blessures temporaires ou permanente, ou même la mort.

DANGER EXTRÊME une exposition au produit, même en très petite quantité, peut causer des blessures graves ou la mort.

IL NE FAUT PAS jouer, toucher, secouer, manger ou boire tout ce qui affiche ces symboles de sécurité.



EXPLOSIF

Le contenant risque d'exploser s'il est chauffé ou perforé. Les morceaux de métal ou de plastique du contenant projetés peuvent causer des blessures graves, surtout aux yeux



CORROSIF

Le produit peut brûler la peau ou les yeux. S'il est avalé, il causera des blessures à la gorge et à l'estomac.



INFLAMMABLE

Le produit ou ses vapeurs s'enflammeront facilement s'ils sont près d'une source de chaleur, de flammes ou d'étincelles. Un chiffon imbibé du produit peut s'enflammer spontanément.



POISON

Si le produit est ingéré, léché ou respiré, il peut causer des blessures ou la mort.

**Proud to support the
New Brunswick Association
of Fire Chiefs**



Extreme
WINDOW AND ENTRANCE SYSTEMS

Test your Smoke Alarms!

The fire fighters of New Brunswick remind you that smoke alarms save lives - but only if they are in good working order.

To make sure your smoke alarms work, test them each month by pushing the alarm test button.



If you have difficulty reaching your alarm, use a broom handle to gently push the test button for 30 seconds. If the alarm doesn't sound, have the battery or alarm replaced immediately. Only a working smoke alarm can save your life.

Courtesy of © 2004 Department of Public Safety

Vérifiez vos détecteurs de fumée!

Les pompiers du Nouveau-Brunswick vous rappellent que les détecteurs de fumée sauvent des vies – mais

uniquement s'ils sont en bon état. Vérifiez vos détecteurs tous les mois pour vous assurer qu'ils fonctionnent. Vous n'avez qu'à appuyer sur le bouton d'essai d'alarme.



Si vous ne pouvez atteindre votre détecteur, utilisez un manche à balai pour appuyer doucement sur le bouton d'essai pendant 30 secondes. Si l'alarme ne se déclenche pas, faites remplacer la pile ou le détecteur immédiatement. Seul un détecteur en bon état peut vous sauver la vie.

Gracieuseté du © Département de la sécurité publique



New Brunswick has spectacular forests.

Let's keep it that way!

New Brunswick families and communities rely on our forest, both for work and play. Wildfires can threaten our forest, but most wildfires can be prevented.

By staying vigilant and playing safe, you can protect our forest.

Preventing wildfires



Starting a campfire?
Call 1-866-458-8080 or visit the Forest Fire Watch website first.



When burning, make sure you have enough people, water and shovels to control the flames.



Spot a wildfire? Call 911 to report it.



Learn more! Visit our website to find out how to protect your home from wildfires.



Les forêts du Nouveau-Brunswick sont spectaculaires.

Et il faut que ça reste comme ça!

Les familles et les communautés du Nouveau-Brunswick dépendent de nos forêts, tant pour travailler que pour s'amuser. Les incendies peuvent menacer nos forêts, mais il est possible de les prévenir.

En restant vigilants et en jouant prudemment, vous pouvez aider à protéger nos forêts.

Prévenir les feux de forêt



Vous voulez faire un feu de camp? Composez le 1-866-458-8080 ou visitez le site Web de l'Indice des feux d'abord.



Lorsque vous allumez un feu, assurez-vous qu'il y a assez de gens, d'eau et de pelles pour maîtriser les flammes.



Vous voyez un feu de forêt? Composez le 911 pour le signaler.



Apprenez-en plus! Visitez notre site Web pour voir comment vous pouvez protéger votre maison contre les feux de forêt.

Give Space Heaters Space

Portable space heaters can quickly warm up a cold room but they have also been the cause of many serious home fires. They must be used with care.



Keep portable heaters at least three feet (one metre) away from things that could burn such as clothing, bedding, furniture, or curtains. And make sure you turn heaters off before leaving home or going to bed.

Laissez de l'espace pour les radiateurs

Les radiateurs individuels portatifs peuvent réchauffer rapidement une pièce froide mais ils sont aussi la cause de nombreux incendies graves de maison. Ils doivent être utilisés avec précaution.



Prévoyez au moins trois pieds (un mètre) entre les radiateurs portatifs et les objets qui peuvent brûler, par exemple les vêtements, la literie, les meubles ou les rideaux. N'oubliez pas de fermer les radiateurs avant de quitter la maison ou d'aller au lit.

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Le choix d'ici.

Choose local.

OROMOCTO FIRE DEPARTMENT

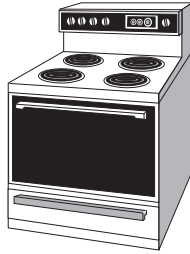
50 Miramichi Road
Oromocto, NB
E2V 1S2
(506) 357-2201



PROUD TO OFFER OUR SUPPORT TO THE NEW
BRUNSWICK ASSOCIATION OF FIRE CHIEFS

Don't Reach for Danger!

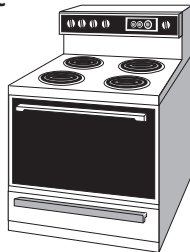
If a pot caught on fire in your kitchen, would you know what to do? Your fire department wants you to put a lid on cooking fires. Keep a proper fitting lid nearby and slide it over the burning pan, then turn off the burner.



When you cook, always wear tight fitting sleeves and never reach over a hot burner. A dangling sleeve passing over a burner can suddenly catch fire. If this happens, knowing what to do is a matter of life and death. Don't panic and run. Drop to the floor and roll over and over to smother the flames.

Attention au danger!

Si une casserole prenait feu sur la cuisinière, sauriez-vous comment agir? Votre service d'incendie vous conseille de mettre le couvercle sur une casserole en flamme. Tenez le couvercle à proximité et glissez-le sur la casserole puis fermez le brûleur.



Lorsque vous cuisinez, portez toujours des manches ajustées. N'étendez pas le bras au-dessus d'un brûleur chaud. Une manche pendante au-dessus d'un brûleur chaud peut prendre feu soudainement. Savoir quoi faire dans un tel cas est une question de vie ou de mort. Ne paniquez pas et ne courez pas. Laissez-vous glisser sur le plancher et roulez-vous par terre pour étouffer les flammes.



*Saving lives and
property since 1786.*



**ONE OF
THESE 3 KIDS
HAS A VISION
ISSUE THAT'S
AFFECTING
THEIR
LEARNING.**

**THEIR PARENTS DON'T KNOW,
BUT AN OPTOMETRIST WOULD.**



New Brunswick Association of
Optometrists



Association des
Optométristes
du Nouveau-Brunswick

Careless Smoking: Death by Fire

Careless smoking is the leading cause of fire deaths. If you know someone who smokes, be sure to remind them of these safe-smoking habits. Smokers should never smoke in bed or when tired. Heavy drinking and smoking can be a lethal combination.



Smokers should use large, deep ashtrays and never empty ashtrays into the garbage. Ashes should be disposed of in the toilet or doused with water. If there is a smoker in your household, make sure your home is well equipped with smoke alarms that will alert you in case of fire.

Usage imprudent du tabac: incendie mortel

L'usage imprudent du tabac est la principale cause de décès dus aux incendies. Si vous connaissez quelqu'un qui fume, rappelez-lui les habitudes sécuritaires de fumer. Les fumeurs ne doivent jamais fumer au lit ni lorsqu'ils sont fatigués. Une forte consommation de boisson et l'usage du tabac sont une combinaison fatale.



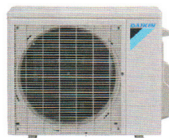
Les fumeurs doivent utiliser des cendriers profonds et larges. Ils ne doivent jamais vider les cendriers dans les poubelles. Les cendres peuvent être jetées dans la toilette ou trempées dans l'eau. S'il y a un fumeur dans votre ménage, assurez-vous que votre maison est bien équipée de détecteurs de fumée qui vous alerteront en cas d'incendie.

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Remember to practice your evacuation plan and
set a safe meeting place outside.



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Edmundston - 506.737.7463

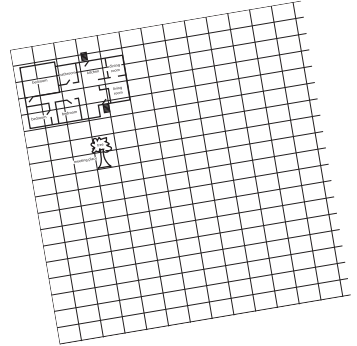


N'oubliez pas de pratiquer votre
plan d'évacuation et de déterminer un lieu de rencontre
sécuritaire à l'extérieur.

Fire Won't Wait - Plan Your Escape

If fire broke out tonight while you were sleeping, would you get out alive? You must develop a home fire escape plan now and practice it regularly. Make sure you know two ways out of each room. If you encounter thick smoke, drop to the floor and crawl on your hands and knees to safety. Call the Fire Department from a neighbour's

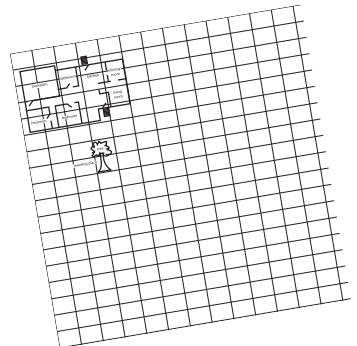
home. Remember, fire won't wait - so plan your escape.



L'incendie n'attendra pas – planifiez votre sortie

Si un incendie se déclarait cette nuit pendant que vous dormez, auriez-vous le temps de sortir? Vous devez maintenant dresser et mettre à l'essai régulièrement le plan d'évacuation de votre maison en cas d'incendie. Assurez-vous d'avoir deux voies de sortie de chaque pièce. Si la fumée est épaisse, laissez-vous glisser sur le plancher et rampez sur vos mains et genoux pour sortir. Téléphonnez

au service d'incendie à partir de la maison d'un voisin. N'oubliez pas que l'incendie n'attendra pas – c'est pourquoi vous devez planifier votre sortie.





FIRE DEPT.

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Plaster Rock, NB
E7G 2H2
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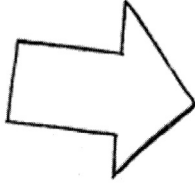
(506)635-5600

Servicing New Brunswick,
Nova Scotia and PEI

Stop... Drop... Roll... Cool... Call

If your clothes catch on fire, never run;
follow these five steps.

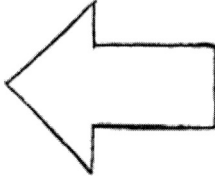
**1.
STOP**
- running
will make
the fire
worse!



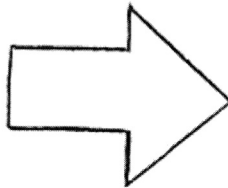
**2.
DROP**
- to the
floor.



**3.
ROLL**
- back and forth
and cover your face
with your hands. This will
make the fire go out.



**4.
COOL**
- the burn.



**5.
CALL**
- for help.



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Hi-Tech Family Dentistry
Dr. Bella Panjwani

Most Common Causes Of

ORAL BURNING

Infective

E.g. Candidosis, Viral

Autoimmune

E.g. Sjogrens

Metabolic

E.g. Diabetes,
Thyroid Dysfuction

Systemic

E.g. Deficiencies,
Hematinic
Deficiencies,
Hormonal Changes,
Age Related Changes,
Renal Problems,
Psychiatric Issues

Degenerative

E.g. Alzheimer's



Traumatic

E.g. Damage from causes such
as Gord/Anorexia, Dehydration

Idiopathic

E.g. Burning Mouth
Syndrome, Oral
Dysaesthesia

Neoplastic

E.g. CNS Pathology

Latrogenic

E.g. Medication Related
Immune-Mediated

E.g. Oral Mucosal
Diseases such as Oral
Lichen Planus

Traumatic (Iatrogenic)

E.g. Radiotherapy, Surgery

About Us



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info@hitechdentist.ca

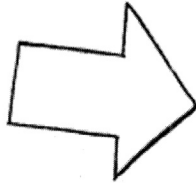
541 Millidge Ave
Saint John, NB E2K 2N5

Arrêtez ... Tombez ... Roulez ... Refroidir ... Appelez

Si vos vêtements prennent en feu, ne courez pas;
suivez ces cinq étapes.

1.
ARRÊTEZ

- courir
empire
le feu!

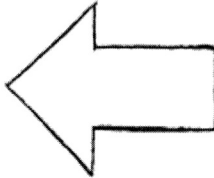


2.
TOMBEZ
- par terre.

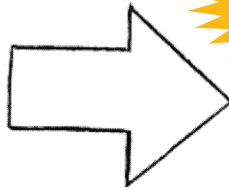


3.
ROULEZ

- avant et en arrière et
couvrez votre visage
avec vos mains. Ceci
éteindra le feu.



4.
REFROIDIR
- la brûlure.



5.
APPELEZ
- pour de l'aide.





OROMOCTO
(506) 357-3304

Proud to support New Brunswick Association of Fire Chiefs



Delco Forest Products

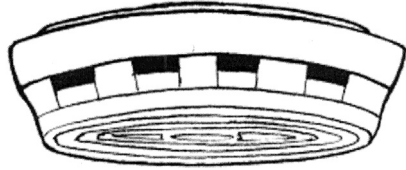
Producing Quality Lumber Since 1984.

Delco Forest Product is a SPF Sawmill based in West Branch, New Brunswick. We are a family run business that is committed to sustainable harvesting of forestry products, providing responsible stewardship of its woodlands and being a premier supplier of lumber products for domestic and non-domestic clients.

Call **(506) 523-6480** or **delfor@nbnet.nb.ca**

delcoenterprises.com

Smoke Detectors Save Lives



Do you know what a smoke detector is?

It is very important because it lets you know when there is a fire in your home - even when you are asleep!

Smoke Detector Checklist

- We have smoke detectors near where we sleep.
- We make sure grandparents have working smoke detectors in their home.
- We change the battery twice a year on the days we change our clocks.

Go over this
checklist
with a grown-up.

Early warning
makes a
difference.





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t: (506) 356-4100
f: (506) 356-4105

www.acadiantimber.nb.ca



Les détecteurs de fumée sauvent des vies!



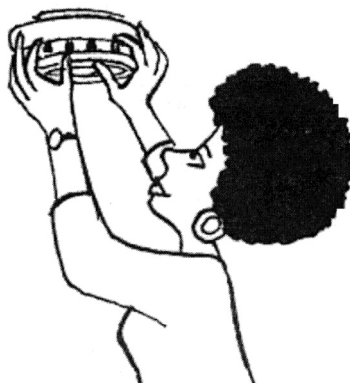
Savez-vous ce qu'est un détecteur de fumée?

Il est très important car il vous permet de savoir quand il y a un incendie dans votre maison - même lorsque vous êtes endormi!

Liste de vérification pour votre détecteur de fumée

- Nous avons des détecteurs de fumée près de là où nous dormons.
- Nous nous assurons que les grands-parents ont des détecteurs de fumée fonctionnels dans leurs maisons.
- Nous changeons la pile deux fois par an quand nous changeons notre horloge.

Passez sur cette liste avec un adulte. Une alerte opportune fait la différence.





9235 Rue Main Unité 1,
Richibucto, NB
E4W 4B4

We are pleased to support our
**“New Brunswick
Fire Chiefs”**

Thank you for your courage
and hard work!

Atlas Copco Compressors Canada

675 Malenfant Boulevard,

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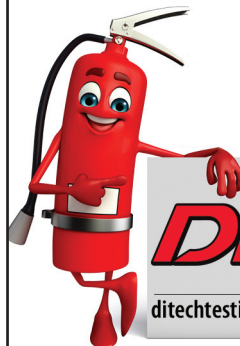
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- **Most people are killed by smoke inhalation**, not the flame of the fire.
- **The heat of the fire is extremely intense** and can kill you instantly.

Statistics show that 78% of deaths from fire occur in the home and most of these fatal fires occur between 2 a.m. and 4 a.m. when occupants are sleeping.





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Having A Home Fire Escape Plan Can Prevent Tragedy

Most fire victims never even see flames. They die from smoke inhalation.



PLANNING AND PRACTICING A HOME FIRE PREVENTION AND ESCAPE PLAN CAN SAVE YOUR LIFE.

In order to react fast to fire, you should draw a diagram of your house and plan your escape from each room, to familiarize yourself with it. However, since the majority of fire deaths occur while you are sleeping, you should practice your plan at night as well, get down on your hands and knees with a flashlight and crawl to safety.





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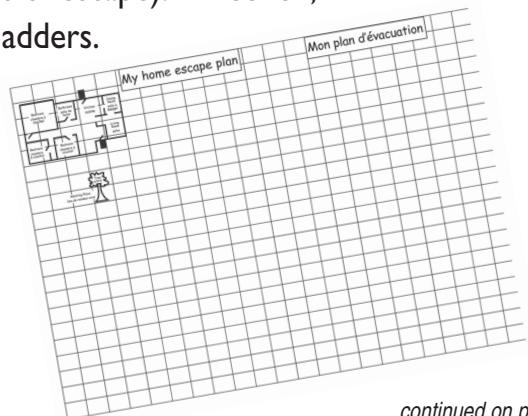


Create Your Personal Escape Plan, And Do The Following:

- **Install smoke alarms on every level** - outside the bedroom, near the kitchen and garage. Keep them clean and dust-free. Check smoke alarms monthly. (Some fire departments and manufacturers say weekly.) Replace batteries yearly and alarms every 10 years.



- **Draw a floor plan of all levels of your home** with normal and emergency exits, including two from each bedroom. Designate a safe meeting place outside and someone to call 911 from a neighbour's home.
- **Practice the plan**, including crawling out with eyes closed (heavy smoke impairs breathing and sight; staying close to the floor increases chances of escape). If needed, practice using escape ladders.



continued on page 37..



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- Small children unable to escape can learn to open their windows and wave an article of clothing to attract attention. They can wait at the window until someone comes, and never hide from the fire. Discuss with a fire department official whether an escape ladder would be appropriate.
- **Sleep with doors closed.** If children are frightened, parents can close doors after the children fall asleep and use a room monitor to hear them in the night.
- If awakened by a smoke alarm or a fire, instruct family members to feel the door for heat and check air at bottom. If you don't smell smoke and the air is cool, kneel and open the door slowly, turning your face away from the opening. If smoke is present or the door is hot, use another exit.
- **Have your parents purchase and learn how to use an A-B-C fire extinguisher.**

Remember “**PASS**”:

PULL the pin, **AIM** the extinguisher, **SQUEEZE** or press the handle, **SWEEP** side to side at the base of the fire.

(The rating is based on the fuel. A is a wood or paper fire; B is caused by flammable liquids; C is an electrical fire.)





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La force meurtrière du feu

- **La fumée est noire**, très dense et impossible à voir.
- **Dépêchez-vous.** Une maison entière peut s'enflammer dans cinq minutes.
- **La plupart des décès sont attribuables à l'inhalation de la fumée**, non aux flammes.
- **La chaleur du feu est très intense** et peut vous tuer instantanément.

Les statistiques démontrent que 78% des décès imputables au feu se produisent dans les maisons et que la plupart de ces incendies meurtriers surviennent entre 2 heures et 4 heures, tandis que les occupants sont endormis.





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La plupart des victimes d'incendie ne voient jamais les flammes. Elles meurent des suites de l'inhalation de fumée.



LA PLANIFICATION ET LA MISE EN PRATIQUE D'UN PLAN DE PRÉVENTION-INCENDIE ET D'ÉVACUATION DES LIEUX PEUVENT VOUS SAUVER LA VIE.

Afin de réagir rapidement au feu, vous devriez tracer un diagramme de votre maison afin de vous y familiariser et planifier l'évacuation à partir de chacune des pièces. Toutefois, comme la majorité des décès imputables aux incendies surviennent tandis que vous dormez, vous devriez mettre en pratique votre plan durant la nuit également en vous mettant à quatre pattes avec une lampe de poche et en rampant vers une sortie.





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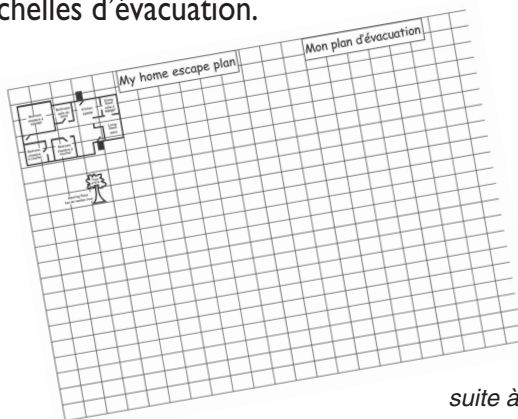


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Créez votre propre plan d'évacuation, comme suit:

- **Installez vos avertisseurs d'incendie à chaque étage**, à l'extérieur de chaque chambre, près de la cuisine et du garage. Gardez-les propres et exempts de poussière. Vérifiez-les chaque mois (certains services d'incendie recommandent de le faire chaque semaine). Remplacez les piles chaque année et les détecteurs, tous les dix ans.
- **Dessinez un plan de chaque étage de la maison** en y incluant les sorties normales et d'urgence, y compris deux sorties pour chaque chambre à coucher. Déterminez un lieu de rencontre sécuritaire à l'extérieur de la maison, de même que le nom de l'occupant qui devra faire le 911 à partir de la maison d'un voisin.
- **Mettez le plan en pratique** en rampant avec les yeux fermés (une fumée dense affaiblit la respiration et la vue). Au besoin, pratiquez en vous servant des échelles d'évacuation.



suite à la page 45...

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...suite de la page 43

- Les jeunes enfants incapables de s'échapper peuvent apprendre à ouvrir leur fenêtre et à faire flotter un morceau de tissu pour attirer l'attention. Enseignez-leur à demeurer à leur fenêtre jusqu'à ce que quelqu'un vienne les chercher et à ne jamais se cacher. Demandez à votre service des incendies s'il serait pertinent de vous munir d'une échelle de sauvetage.
- **Dormez les portes fermées.** Si les enfants ont peur, attendez qu'ils soient endormis pour fermer leur porte et utilisez un appareil d'écoute pour les entendre durant la nuit.
- Si vous êtes réveillé par un avertisseur d'incendie, les membres de votre famille doivent vérifier si leur porte est chaude et l'air circule en dessous. Si vous ne sentez pas la fumée et que l'air est frais, agenouillez-vous et ouvrez lentement la porte, sans regarder. S'il y a de la fumée ou que la porte est chaude, dirigez-vous vers une autre sortie.
- **Demandez à vos parents d'acheter et d'apprendre à utiliser un extincteur A-B-C.**
Rappelez-vous du mot **TOPO**.
TIREZ la goupille, **ORIENTEZ** l'extincteur, **PESEZ** sur la poignée et **OSCILLEZ**-le d'un côté à l'autre à la base du feu.
(L'évaluation dépend du type d'incendie; A correspond à un incendie de bois ou de papier; B correspond à des liquides inflammables; et C correspond à un feu électrique.)



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Your Fire Escape Plan

Where possible, plan two exits - a main route and an alternate exit route from each room.

Make certain that everyone understands that if they hear the smoke alarm, or someone shouting **"FIRE"**, they should immediately evacuate the home.

Designate a meeting place outside your home in the event of fire.

If you live in an apartment building, develop your escape plan taking into account fire escape procedures provided by the building management.

Make sure your baby-sitter understands your fire escape plan.

If anyone in your home is unable to evacuate without assistance, assign someone to assist them.

Ensure that everyone in your home knows **NOT TO RE-ENTER.**

Call 911 from a neighbour's home.

Draw your plan on pages 94 - 95.





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Votre plan d'évacuation

Lorsque c'est possible, prévoyez un trajet d'évacuation principal et une deuxième sortie pour chaque pièce.

Assurez-vous que tout le monde comprend qu'il faut évacuer immédiatement la maison quand l'avertisseur de fumée se déclenche ou que quelqu'un crie « **AU FEU!** ».

Choisissez un lieu de rencontre à l'extérieur de la maison où tous doivent se rendre si un incendie se déclare.

Si vous vivez dans un immeuble d'habitation, établissez votre plan d'évacuation en tenant compte des consignes fournies par le gestionnaire de l'immeuble à cet égard.

Assurez-vous que la gardienne d'enfants comprend bien le plan d'évacuation.

Si une personne ne peut évacuer l'immeuble seule, désignez quelqu'un pour l'aider.

Assurez-vous que tout le monde dans votre maison sache de **NE PAS RETOURNER**.

Appelez 9-1-1 à partir du téléphone d'un voisin.

Faites un dessin de votre plan d'évacuation aux pages 94 - 95.



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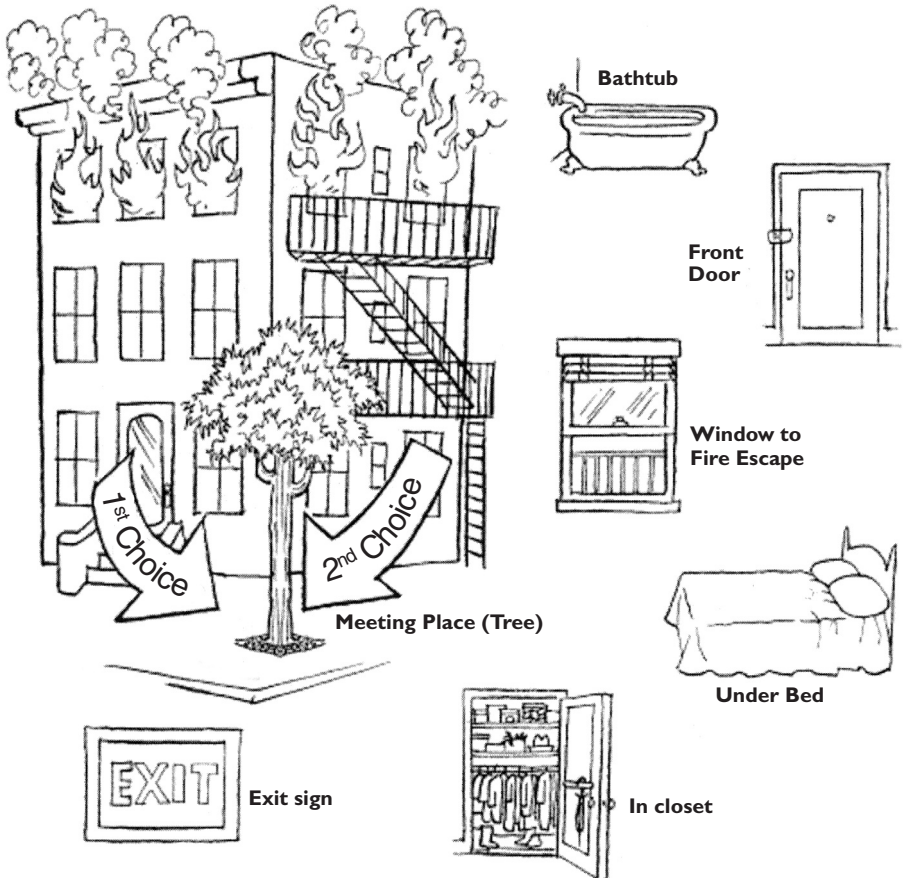
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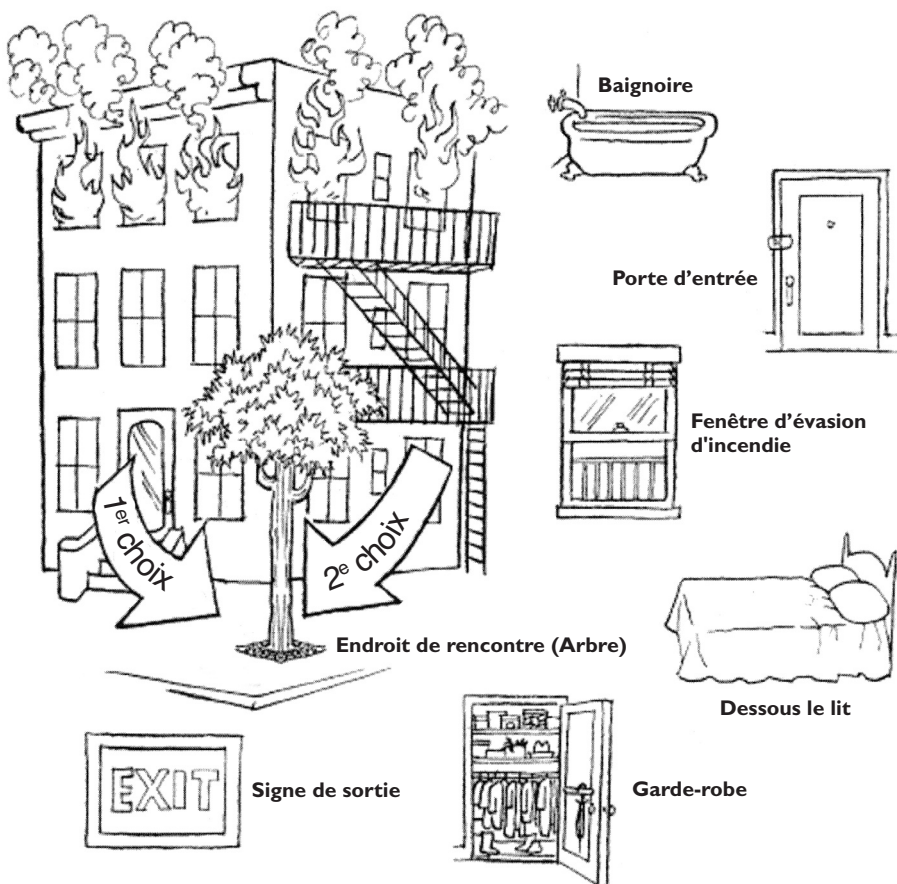


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Saviez-vous que vous et votre famille devriez faire des exercices d'incendie à la maison de sorte que vous saurez quoi faire en cas d'incendie? C'est ce qu'on appelle un **PLAN D'ÉVASION**!



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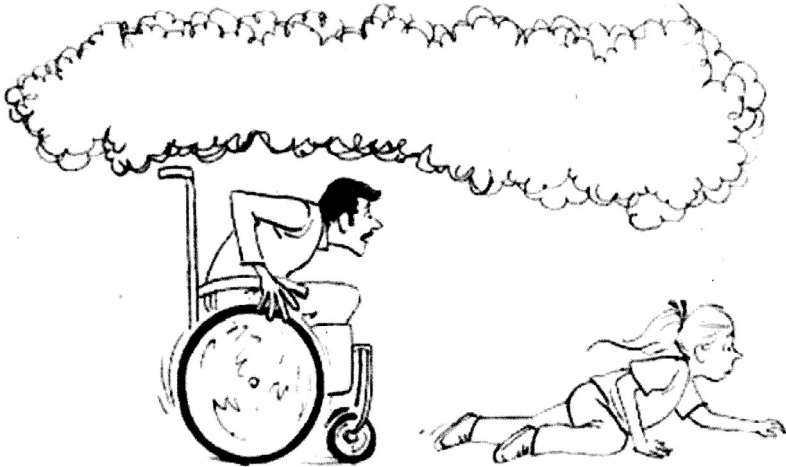
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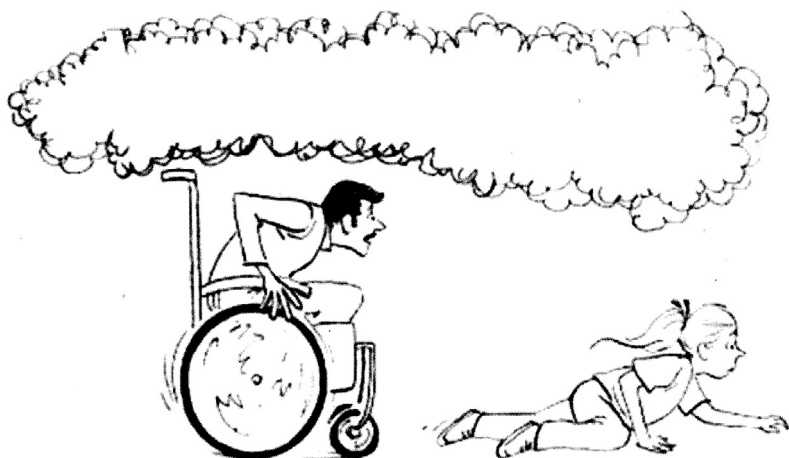


Là où il y a de la fumée et du feu ... restez bas et allez!

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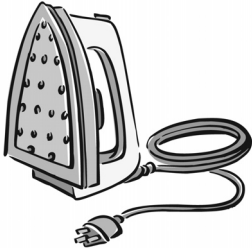
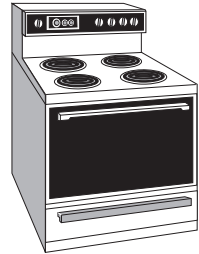
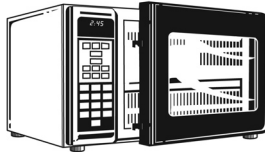
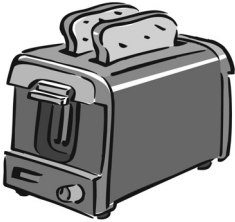
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Hot Things Can Burn

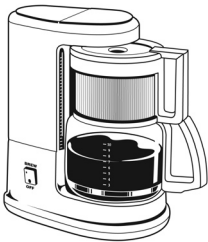
Children are often not aware that many household items can cause burns or start fires.



Unscramble the letters to name some things in your home that may be



HOT



OCEFFE _ _ _ _ _

TKEETL _ _ _ _ _

RINO _ _ _ _

EASTORT _ _ _ _ _

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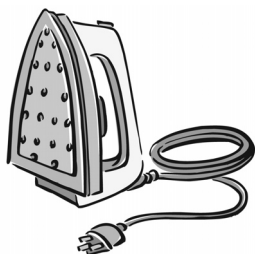
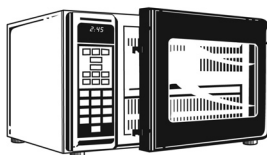
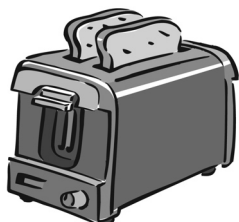
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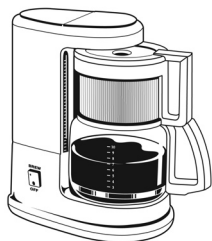

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Les objets chauds peuvent vous brûler

Les enfants ne savent pas toujours que plusieurs appareils ménagers peuvent causer des brûlures ou commencer un feu.



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Use The Words Below To Complete Each Sentence.

- (A) look (B) detectors (C) minutes (D) monthly (E) go
(F) meeting (G) reach (H) smokey (I) drop
(J) plan (K) face (L) smoke

1. If your clothes catch fire you should stop, _____ and roll.
2. Cool a burn for 10-15 _____.
3. Test your smoke detector _____.
4. Crawl low under _____.
5. Matches and lighters should be stored out of the _____ of children.
6. _____ for EXITS when you enter a public building.
7. When the school fire alarm sounds you should stop what you are doing, listen for instructions, and _____ to your meeting place outside the building.
8. Play it safe, _____ your escape.
9. Smoke _____ save lives.
10. Your hands should cover your _____ when you stop, drop and roll.
11. In a _____ area, cleaner air is near the ground.
12. A tree would be a good _____ place.

Answers on page 135



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Servez-vous des mots ci-dessous pour compléter les phrases.

(A) repérez (B) détecteurs (C) minutes (D) mois (E) aller
(F) rendez-vous (G) portée (H) enfumé (I) couchez
(J) planifiez (K) visage (L) fumée

1. Si vos vêtements prennent feu, _____-vous et roulez-vous par terre.
2. Laissez une brûlure se rafraîchir pendant 10 à 15 _____.
3. Vérifiez votre détecteur de fumée à chaque _____.
4. Restez bas au sol sous la _____.
5. Les allumettes et les briquets doivent être entreposés hors de la _____des enfants.
6. _____ les SORTIES quand vous entrez dans un édifice public.
7. Quand l'alarme à feu sonne à votre école vous devez arrêter ce que vous faites et écouter les directives, et _____ au lieu de rencontrer à l'extérieur du bâtiment.
8. Soyez prudent, _____ votre évacuation.
9. Les _____ de fumée sauvent des vies.
10. Vos mains devraient couvrir votre _____ quand vous vous couchez et roulez par terre.
11. Dans un endroit _____ l'air plus pur se trouve près du sol.
12. Au pied d'un arbre serait un bon lieu de _____.

Réponses à la page 135



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Home Fire Safety Quiz

Vérifions vos connaissances

- Home fires are _____.
 - Loud, hot and dark**
 - Quiet, hot and bright**
 - Quiet, hot and dark**
- Home fires spread fast.
 - True**
 - False**
- Kids can cook alone without asking permission.
 - True**
 - False**
- If you stand too close to the _____ you could get burned or your clothes could catch fire.
 - Smoke Alarm**
 - Fireplace**
 - Television**
- Kids should never touch lighters and matches.
 - True**
 - False**
- Les incendies de maison sont: _____.
 - Bruyants, chauds, et noirs**
 - Silencieux, chauds et brillants**
 - Silencieux, chauds et noirs**
- Les incendies de maison se propagent rapidement.
 - Vrai**
 - Faux**
- Les enfants peuvent cuisiner seuls sans demander la permission.
 - Vrai**
 - Faux**
- Si vous restez trop près de _____ vous pourriez vous brûler ou vos vêtements pourraient prendre feu.
 - Détecteur de fumée**
 - La cheminée**
 - Téléviseur**
- Les enfants ne devraient jamais toucher les briquets et les allumettes.
 - Vrai**
 - Faux**




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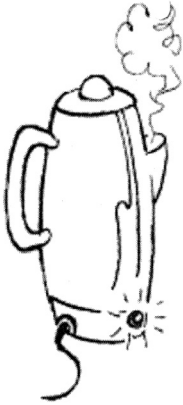
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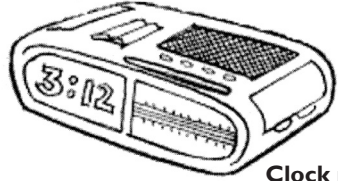


THINGS THAT ARE HOT! THINGS THAT ARE NOT!

Circle things that are hot in **RED**.
Circle things that are cool in **BLUE**.



Coffee pot



Clock radio

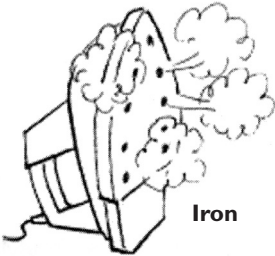
Coffee cup



Soda bottle

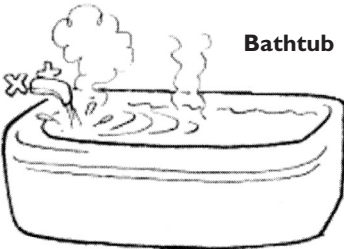


Glass



Iron

Pot on stove or table



Bathtub



Ice cream cone

Matches and lighters are not the only things adults use that can hurt you.



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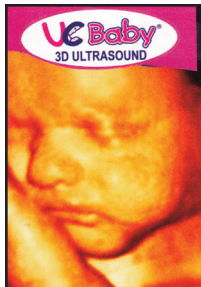
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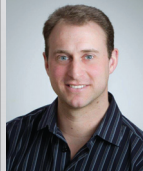


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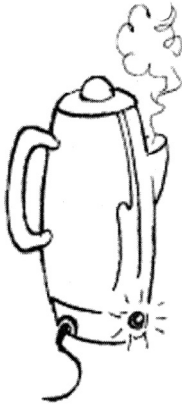
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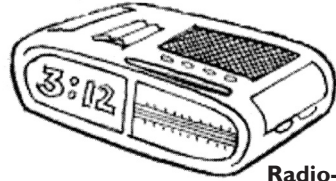
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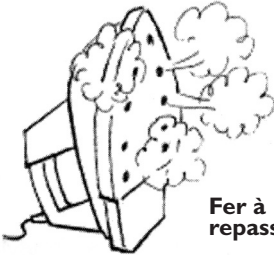
Tasse de
café



Bouteille
de soda

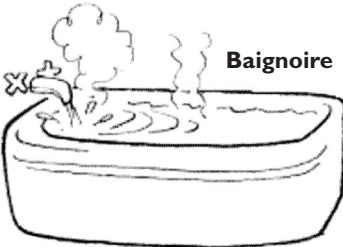


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7. erifgtfhire _____
8. mlfea _____
9. mmblaafle _____
10. rdnhyat _____
11. thescam _____
12. neris _____
13. mkoes _____
14. koesm tetdcroe _____



Answers on page 137

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1. lermaa _____
2. cheoub d' eenndiic _____ d' _____
3. lebûrr _____
4. moirpep _____
5. nalp d' notacuviéa _____ d' _____
6. toriess _____
7. terintexcu _____
8. memalf _____
9. flabminealm _____
10. tetselluma _____
11. neèris _____
12. meféu _____
13. técteurd ed mefué _____
14. riotuev ed moirpeps _____



Réponses à la page 137

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


 NEVER play with matches or **lighters**.

 NEVER play with or near a **fireplace, barbecue, campfire, or pilot light**.

 NEVER play in the **kitchen**.

 NEVER play with **fire crackers**.

 NEVER play with things marked **flammable**.

 NEVER play with things marked **poison**.

 NEVER play with things marked **explosive**.

 NEVER play with things marked **corrosive**.

 NEVER play with **electric cords**.

 NEVER play with **Christmas tree lights**.

Answers on page 133

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Pouvez-vous trouver ces mots en **caractères gras**?

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

-  Ne jouez jamais avec des **briquets** ou des **allumettes**.
-  Ne jouez jamais avec les objets marqués matières **toxiques**.
-  Ne jouez jamais avec ou près des **cheminées, barbecues, feux de camp** ou **veilleuses**.
-  Ne jouez jamais avec les objets marqués matières **explosives**.
-  Ne jouez jamais dans la **cuisine**.
-  Ne jouez jamais avec les objets marqués matières **corrosives**.
-  Ne jouez jamais avec des **pétards**.
-  Ne jouez jamais avec les **fils électriques**.
-  Ne jouez jamais avec les objets marqués matières **inflammables**.
-  Ne jouez jamais avec les lumières de l'**arbre de Noël**.

Réponses à la page 133



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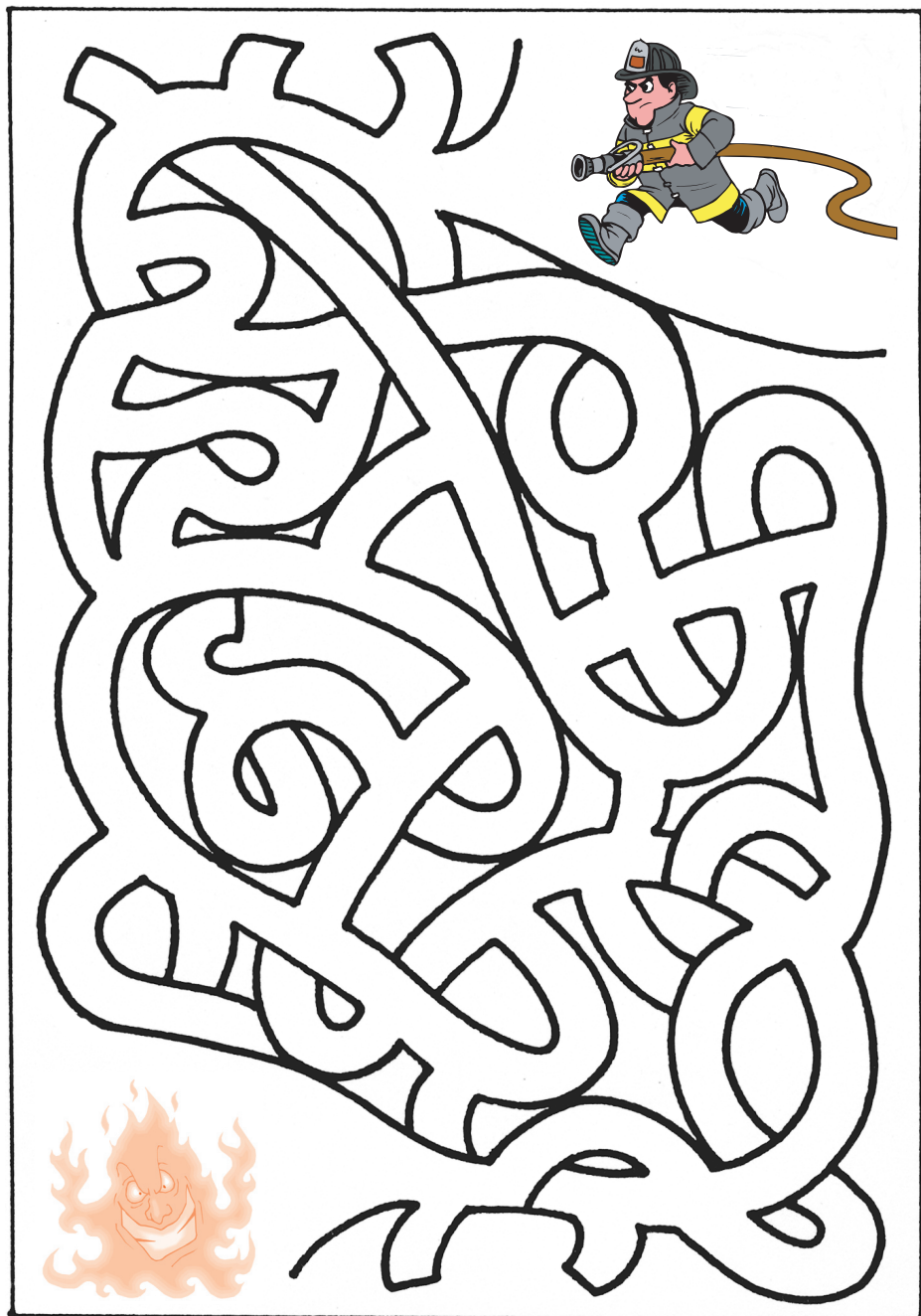
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Answer on page 137 / Réponse à la page 137



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The following words can be found going diagonal, vertically, straight across, or backwards.

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LIGHTS	AMBULANCE	FACEMASK
INJURY	RADIO	DUMPTRUCK
AXE	AERIAL	ADAPTOR
HAZMAT	SUSPENDERS	UNIFORM
DISPATCH	FIRE ENGINE	ROPE
WATER	OVERHAUL	SMOKE
DALMATION	BUCKET	HYDRANT
INVESTIGATE	TOXIC	TARP



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

Answer on page 135



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

(Les accents ne sont pas indiqués.)

Réponse à la page 135



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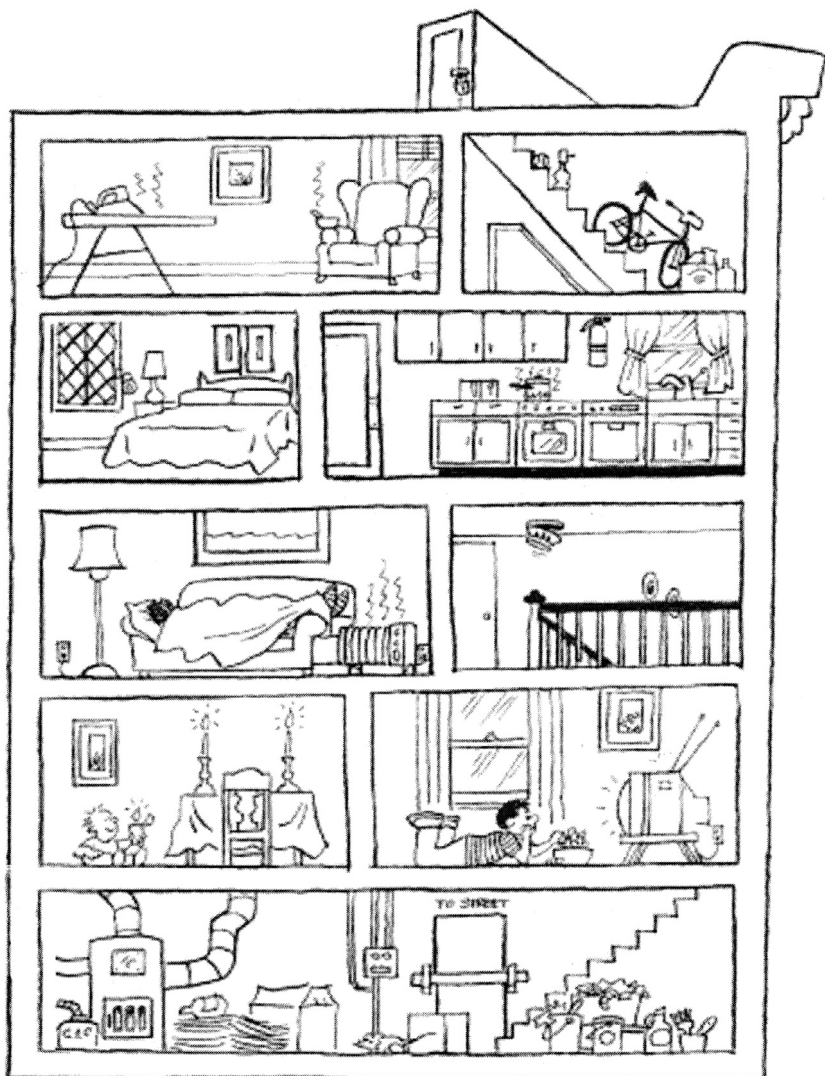
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First, you dial _ _ _ ,
then wait for an _ _ _ _ _ .

Give your _ _ _ _ and _ _ _ _ _ .

Tell where the _ _ _ _ _ _ _ _ _ _ is.

Stay on the _ _ _ _ _ and
wait for _ _ _ _ _ .

If there is a fire or
emergency, it's
important to
know how to call
for help.



Answers on page 137

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L'URGENCE	INSTRUCTIONS	RÉPONSE		
_____	_____	_____	_____	_____

D'abord, composez _____,
attendez une _____.

Donnez votre _____ et _____.

Indiquez l'endroit du _____ ou de _____.

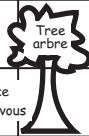
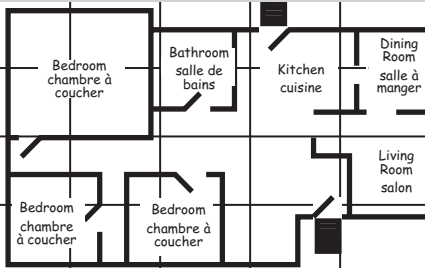
Restez sur le _____
et attendez des _____.

**S'il y a un incendie
ou une urgence, il
est important de
savoir comment
appeler pour de
l'aide.**

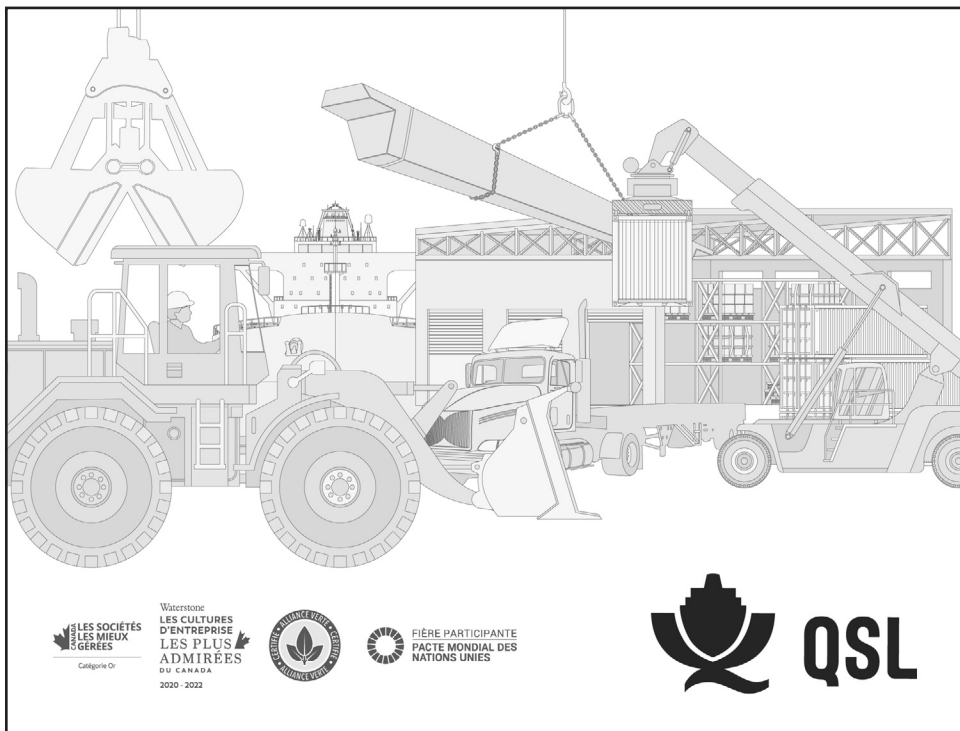


Réponses à la page 137

My home escape plan / Mon plan d'évacuation



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It can burn you!**

Circle things only
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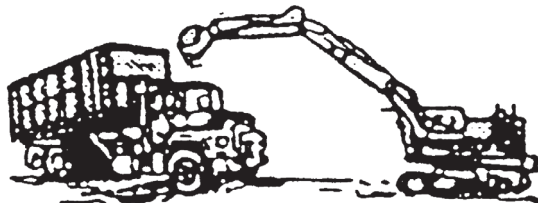
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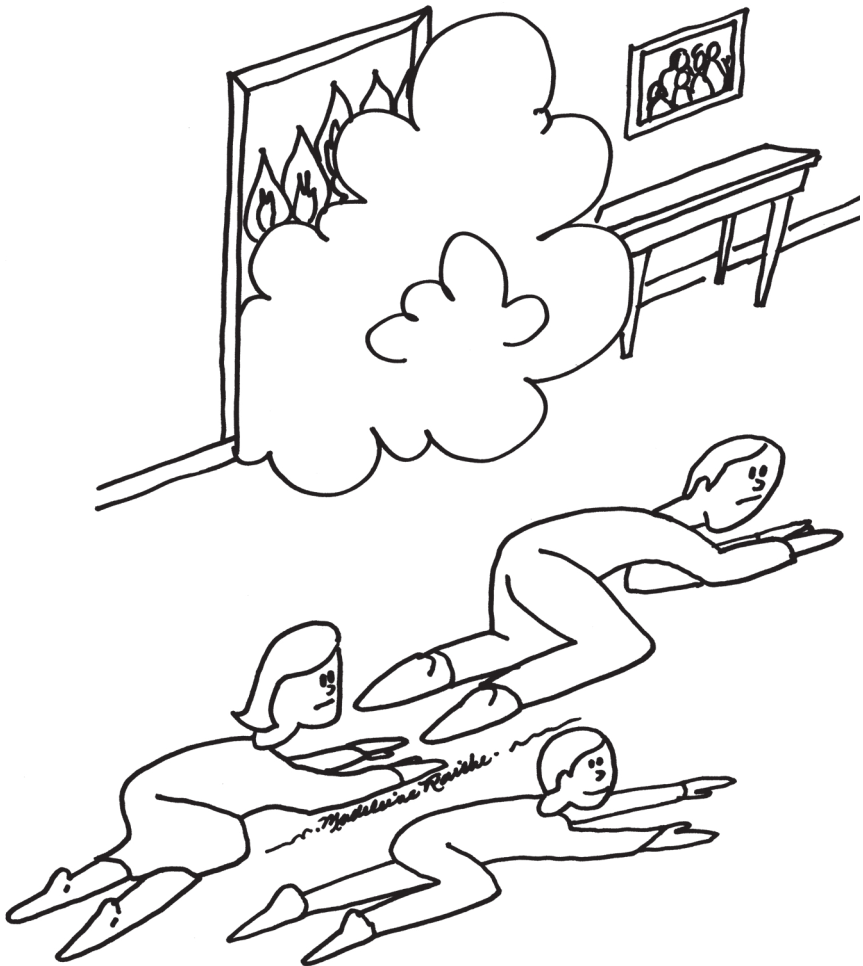
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Crawl low out of the room when it is filled with smoke.

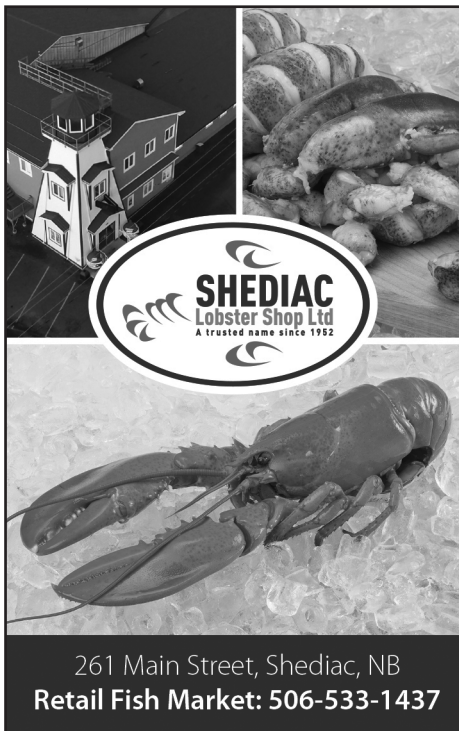
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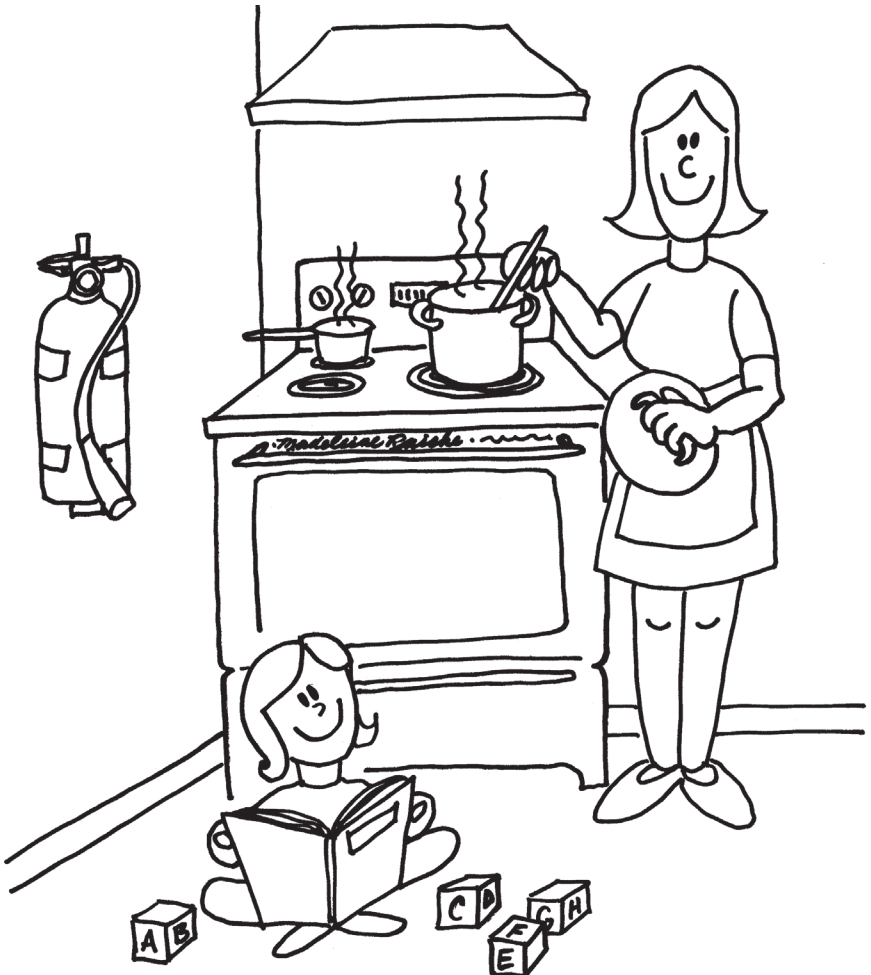
Apprenez en coloriant

Keep a fire extinguisher by the stove.

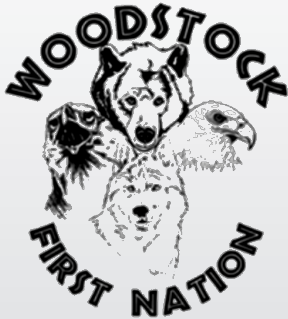
Do not play near the stove.

Gardez un extincteur près de la cuisinière.

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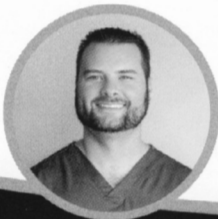
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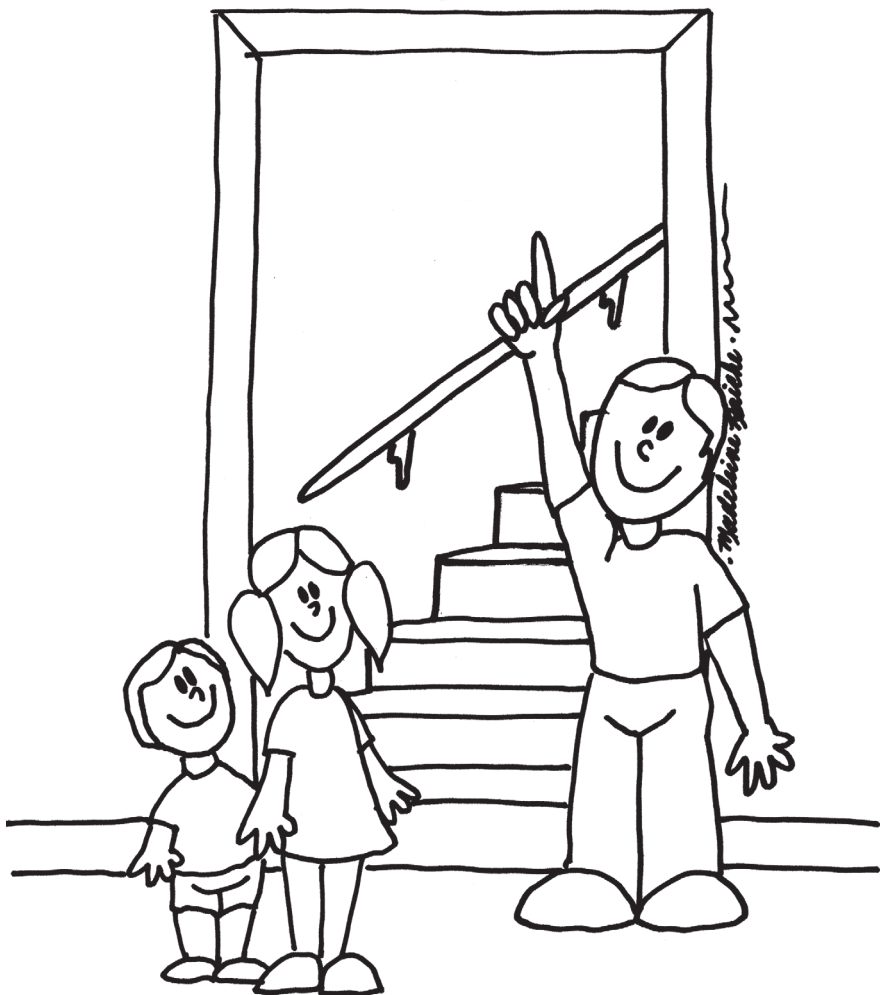
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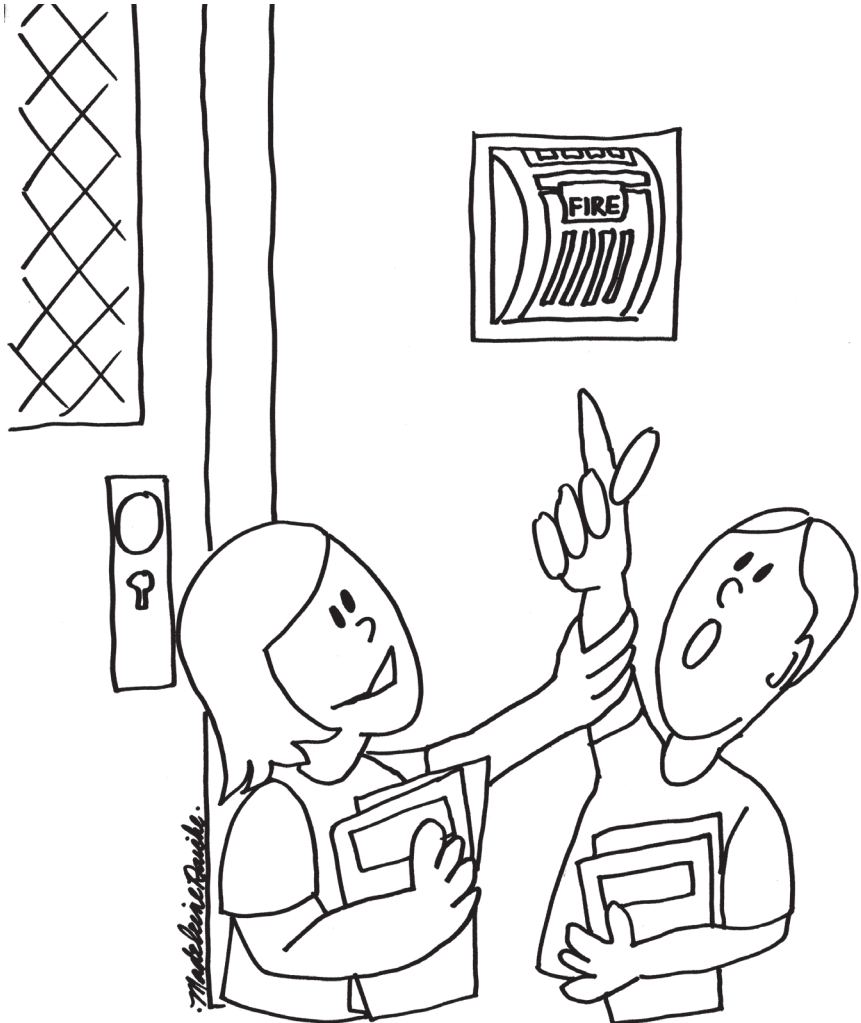
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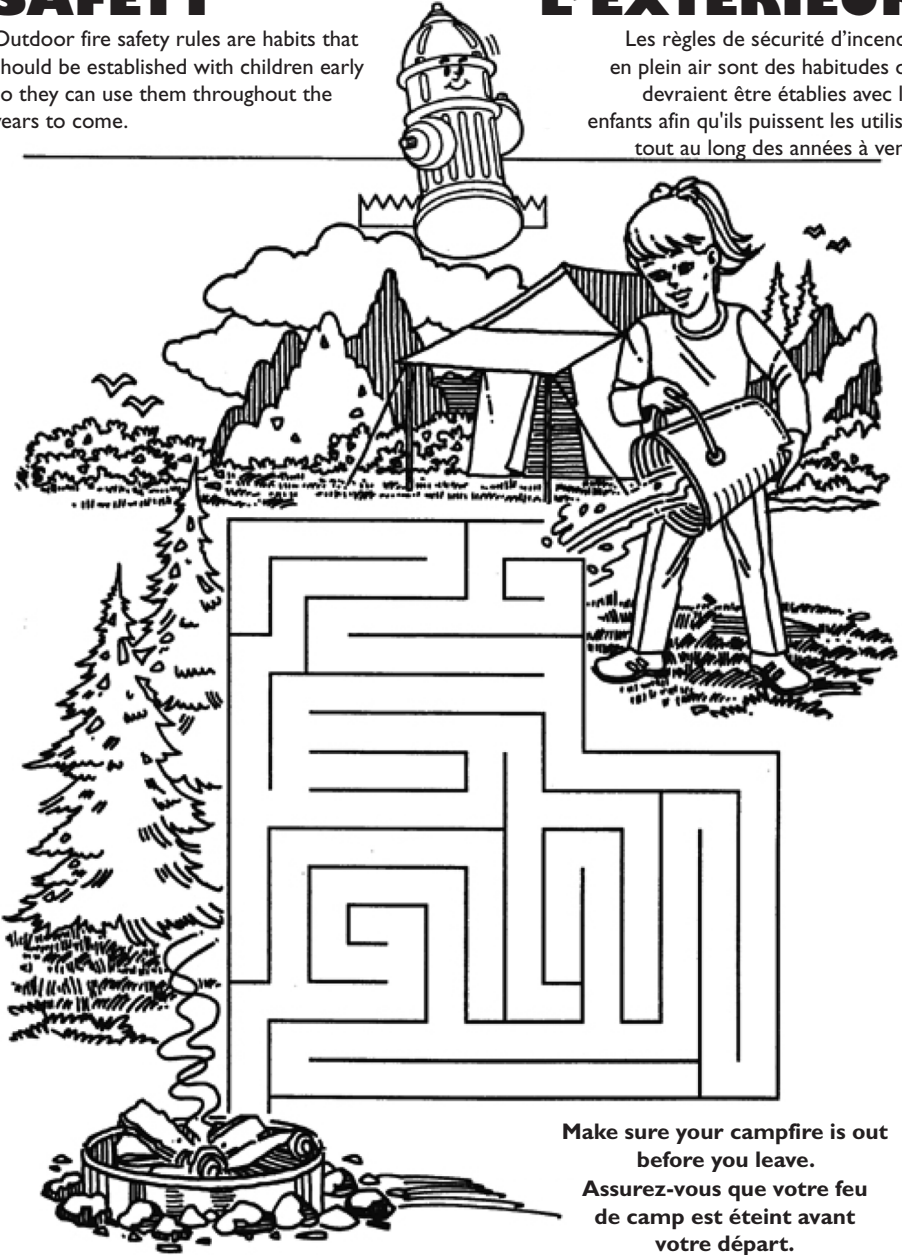
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Make sure your campfire is out before you leave.
Assurez-vous que votre feu de camp est éteint avant votre départ.

Answer on page 137/ Réponse à la page 137

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Cooking Tips: Fire Safety For Teens

1. Know where the fire extinguishers are.

- Fire extinguishers should be strategically placed around the house, with an all-purpose one near the kitchen that can be used on grease and electrical fires.
- Home fire extinguishers are labeled with letters.
B refers to flammable liquids like grease, gasoline, and oil.
A multi-purpose fire extinguisher for the kitchen will be labeled A-B-C.

2. Practice using a fire extinguisher *before* there's an emergency.

- Teach your kids the acronym **PASS: Pull, Aim, Squeeze, Sweep**.
- Practice outside! They'll actually enjoy this safety lesson. What's not to like about pretending to be a fire fighter, spraying powder everywhere, and making a huge mess?



continued on page 119



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3. Know the basics of safe cooking.

- Do not put aluminum foil or any metal in the microwave.
- Always monitor cooking. (This includes the microwave!)
- Turn handles of pots inward so they won't get tipped over.
- Don't wear long, loose sleeves while cooking.
- Keep dish towels, paper towels and oven mitts away from stove burners.
- Be careful with boiling liquids that can splash back on you.

4. Know what to do if a kitchen fire occurs.

- Never put water on a grease fire. The fire can spread quickly.
- If the fire in the oven, leave the oven door closed and turn off the heat. Opening the door feeds the fire.
- If a fire occurs on the stove top, turn off the burners. Cover the fire with a lid, if possible, to extinguish the fire.
- If a fire can't be contained, call 911 first, then use the appropriate fire extinguisher, if possible.
- If you cannot safely extinguish the fire, evacuate everyone from the house immediately and wait outside for the fire department.





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Conseils culinaires : sécurité-incendie pour les adolescents

1. Sachez où se trouvent les extincteurs.

- Les extincteurs doivent être placés stratégiquement autour de la maison, avec un tout usage près de la cuisine qui peut être utilisé sur les feux de graisse et électriques.
- Les extincteurs domestiques sont étiquetés avec des lettres. B fait référence aux liquides inflammables comme la graisse, l'essence et l'huile. Un extincteur polyvalent pour la cuisine sera étiqueté A-B-C.

2. Entraînez-vous à utiliser un extincteur avant qu'il y ait une urgence.

- Enseignez à vos enfants l'acronyme **TOPO** : **T**irez, **O**rientez, **P**esez, **O**scillez.
- Entraînez-vous à l'extérieur ! Ils apprécieront cette leçon de sécurité. Pourquoi ne pas aimer faire semblant d'être un pompier, pulvériser de la poudre partout et faire un gros désordre ?



suite à la page 123...



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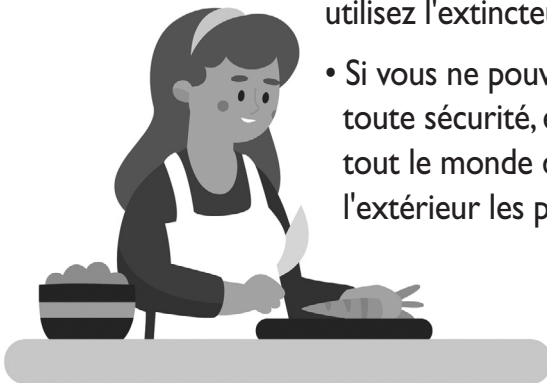
3. Connaître les bases d'une cuisine sécuritaire.

- Ne mettez pas de papier d'aluminium ou de métal dans le micro-ondes.
- Surveillez toujours la cuisson. (Cela inclut le micro-ondes !)
- Tournez les poignées des casseroles vers l'intérieur pour qu'elles ne se renversent pas.
- Ne portez pas de manches longues et amples pendant la cuisson.
- Éloignez les torchons, les essuie-tout et les mitaines de cuisine des brûleurs de la cuisinière.
- Faites attention aux liquides bouillants qui peuvent vous éclabousser.

4. Sachez quoi faire en cas d'incendie dans la cuisine.

- Ne mettez jamais d'eau sur un feu de graisse. Le feu peut se propager rapidement.
- Si le feu est dans le four, laissez la porte du four fermée et éteignez le feu. L'ouverture de la porte alimente le feu.
- Si un incendie se déclare sur la cuisinière, éteignez les brûleurs. Couvrir le feu avec un couvercle, si possible, pour éteindre le feu.
- Si un incendie ne peut être maîtrisé, appelez d'abord le 911, puis utilisez l'extincteur approprié, si possible.

- Si vous ne pouvez pas éteindre le feu en toute sécurité, évacuez immédiatement tout le monde de la maison et attendez à l'extérieur les pompiers.





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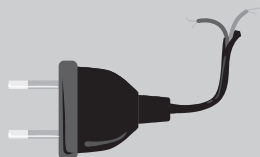
Never leave a pet alone around an open flame, like a candle.



Keep your pets identification and contact information up to date.



Make sure your home is pet-proof. Keep hazards out of their reach, like flammables or loose or broken electrical wires.



Have your emergency plan with a safe location to take your pet after a house fire.



Keep your emergency kit in a safe location for easy access.



Keep a rescue alert sticker visible for first responders



Ville de Belle-Baie

Daniel Guitard

Maire

daniel.guitard@bellebaie.ca

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Fuer d'appuyer l'Association des chefs
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Sécurité des Animaux

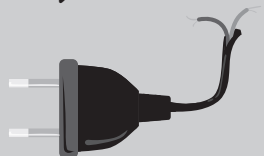
Ne laissez jamais un animal de compagnie seul autour d'une flamme nue, comme une bougie.



Tenez à jour l'identification et les coordonnées de votre animal de compagnie.



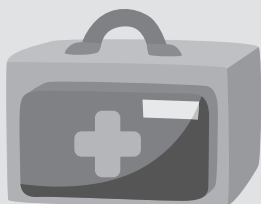
Assurez-vous que votre maison est à l'épreuve des animaux. Gardez les dangers hors de leur portée, comme les produits inflammables ou les fils électriques lâches ou cassés.



Ayez votre plan d'urgence avec un endroit sûr où emmener votre animal après un incendie.



Conservez votre trousse d'urgence dans un endroit sûr pour un accès facile.



Gardez un autocollant d'alerte de sauvetage visible pour les premiers intervenants.





Sitansisk Piley Awt

Gloria Sacobie
Director

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Here is a picture of my family



My family has adults children

We have dogs cats other pets.

We have smoke detectors in our house

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.....

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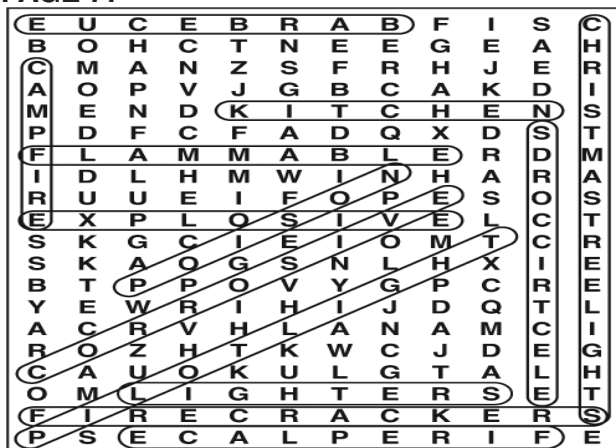


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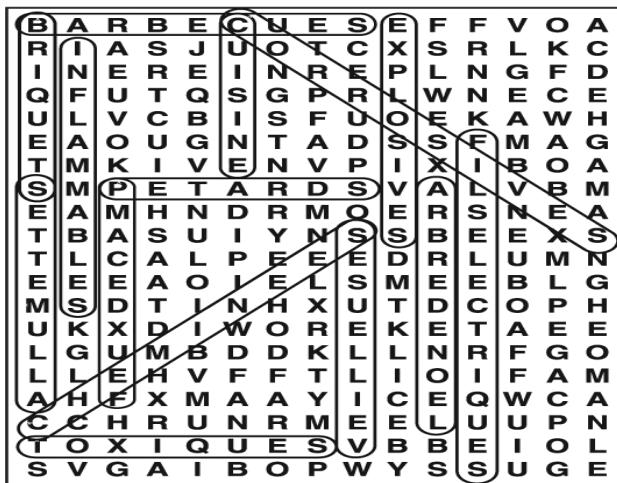
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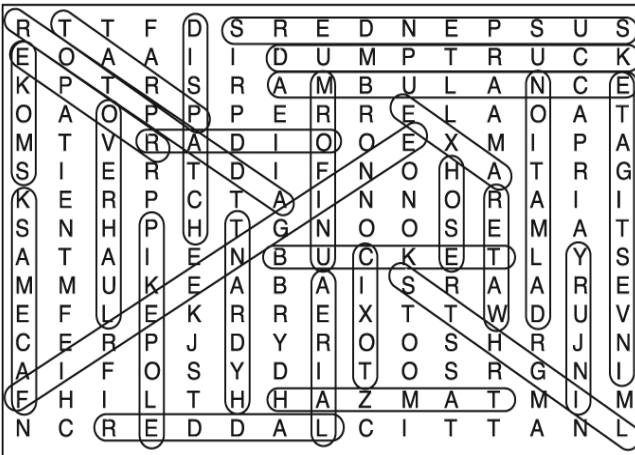
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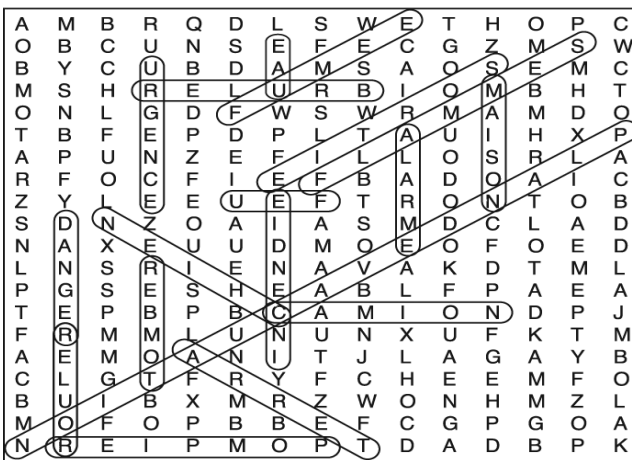
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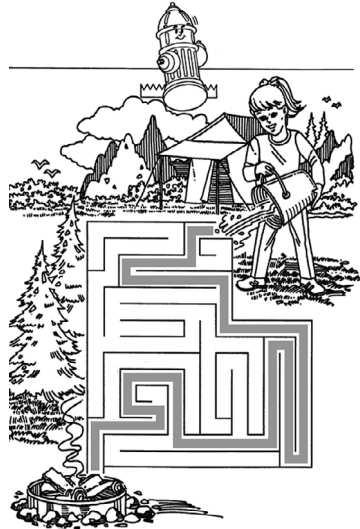
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Fire Fighters – Local heroes, every day!

Canadian Fire Fighters have played an integral role for Muscular Dystrophy Canada since 1954, when a group of parents with children who were affected by Muscular Dystrophy approached a Fire Department and requested assistance in raising funds.

New Brunswick Fire Fighters play a fundamental role within Muscular Dystrophy Canada. Whether it's raising funds or raising awareness, we could not do it without them. Time and time again, their creativity and willingness to help astounds us. Their involvement spans from grassroots community activities to Board representation. Their leadership and dedication enables Muscular Dystrophy Canada to fund our Services Programs made available to individuals and families affected by neuromuscular disorders living in New Brunswick, as well as fund leading research to uncover new treatments and therapies so individuals affected by these devastating disorders live longer, healthier and empowered lives.

It's because of the ongoing support of our Fire Fighter partners that we have so many reasons to celebrate 70 years of making muscles move – THANK YOU!

Les pompiers : des héros parmi nous, chaque jour!

Les pompiers canadiens jouent un rôle essentiel au sein de Dystrophie musculaire Canada depuis 1954, alors qu'un groupe de parents d'enfants ayant la dystrophie musculaire sollicitèrent l'aide d'un service d'incendie pour les aider à recueillir des fonds.

Les pompiers du Nouveau-Brunswick jouent eux aussi un rôle fondamental au sein de Dystrophie musculaire Canada. Qu'il s'agisse de sensibiliser le public aux maladies neuromusculaires ou de recueillir des fonds pour la cause, nous ne pourrions remplir notre mission sans leur aide. Leur créativité et leur volonté de nous aider ne cessent jamais de nous étonner. Leur participation prend diverses formes, depuis l'organisation d'activités communautaires dans leur milieu jusqu'à la représentation au conseil d'administration. Leur leadership et leur dévouement permet à Dystrophie musculaire Canada de financer les programmes de services offerts aux personnes et aux familles du Nouveau-Brunswick touchées par une maladie neuromusculaire et de financer aussi des recherches de pointe qui visent à mettre au point de nouveaux traitements thérapeutiques qui permettront aux personnes atteintes de ces maladies dévastatrices de vivre plus longtemps, en meilleure santé et avec plus de capacités.

C'est grâce au soutien indéfectible de nos partenaires pompiers que nous avons tant de raisons de célébrer nos 70 ans d'action musclée. MERCI!

muscle.ca



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Our Ambulance / L'ambulance: _____

Our Police Department/ La police: _____

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