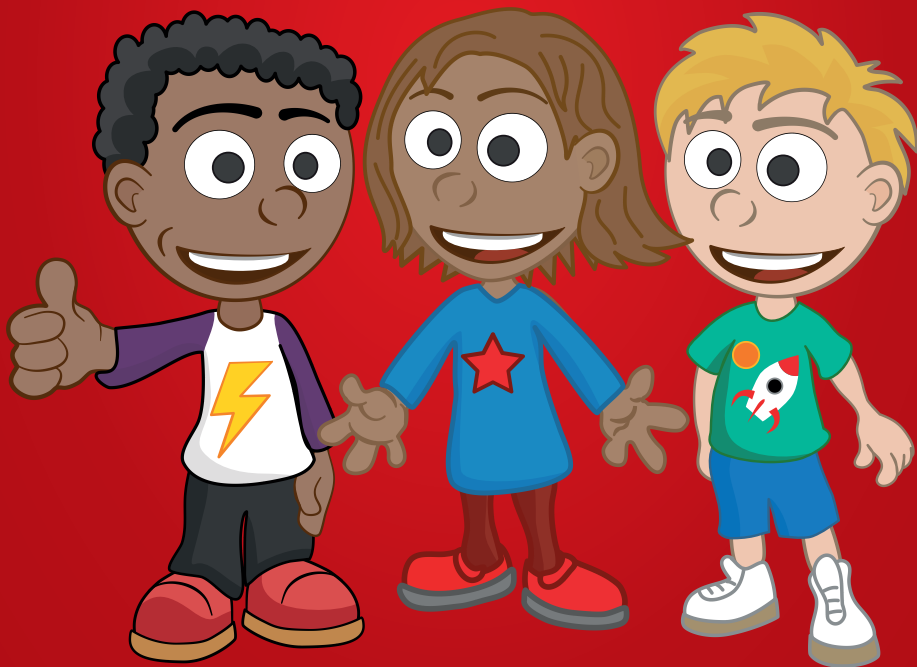


**KS1 Booklet  
4-7 years old**



**East Sussex**  
Fire & Rescue Service

# MY SAFETY BOOK



This safety book belongs to (name) .....



# East Sussex

## Fire & Rescue Service

● = Fire Stations



## Contents

Page 3 + 4 Fire Safety

Page 5 + 6 Road Safety + Cut-out bookmark

Page 7 + 8 Water Safety

Page 9 Day in the life of a firefighter

Page 10 More online at [www.esfrs.org/frankysays](http://www.esfrs.org/frankysays)

Page 11 (back cover) for the grown ups

There are 24 fire stations – Circle the closest fire station to your home.

Firefighters help people when there is a fire, an accident on the road or if someone is in trouble in the water.

This book will teach you more about the Fire and Rescue Service and we hope you will learn lots of ways you can keep safe.



This is Franky and the rest of Blue Watch, count how many watch facts you can find in the book for a chance to win a prize\*. This is the first watch fact:

## Watch Fact

Firefighters wear a special uniform to keep themselves safe when they go to an emergency.



Franky



Theo



Nevin



Willow

\*Go to page 10 for more information.

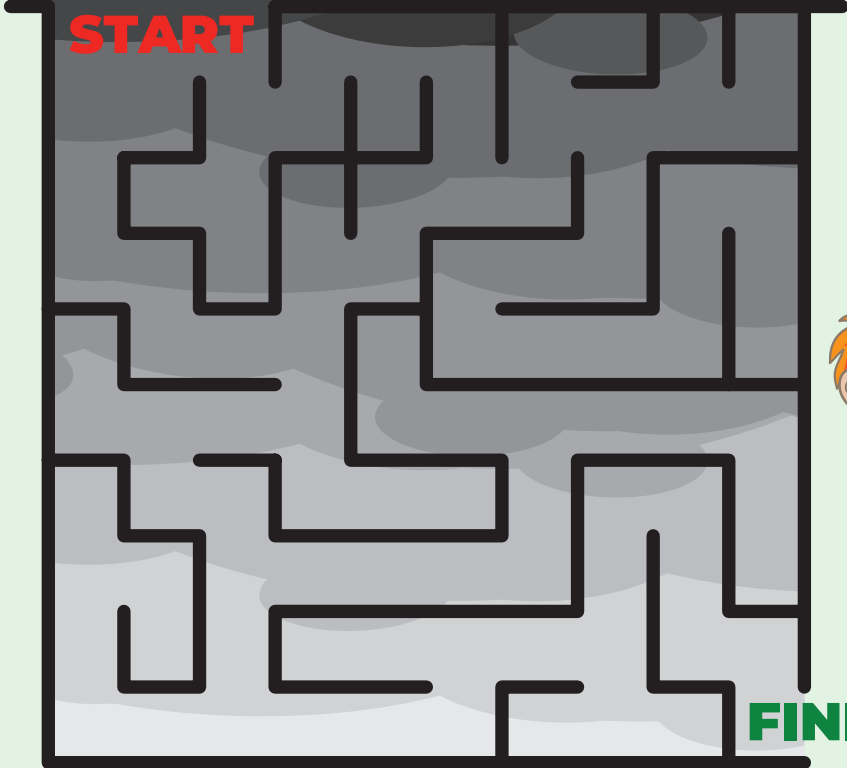
# Fire Safety

## BEEP BEEP BEEP



IF THERE IS A FIRE  
GET OUT, STAY OUT, CALL 999

**START**



**FINISH**

Help Timmy find his way out of his home...  
His smoke alarm is beeping – help him get to  
a safer place.

What telephone number should Timmy call? \_ \_ \_

Have you spoken to a grown up about your home fire exit plan?



# Watch Fact

Never play with matches or lighters. Remember the rhyme Matches, lighters, never touch... They can hurt you very much

999, Fire Service. My address is:

.....

.....



**East Sussex**  
Fire & Rescue Service

# Road Safety



Unscramble the letters

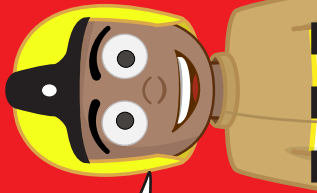
**What is keeping them safe?**

— — — —  
X X X X  
E S T A E B T L

## Watch Fact

Helmets, Seatbelts  
always wear,  
be safe take care

Remember before crossing the road:



Be safe  
on the  
road



THINK



LISTEN



LOOK

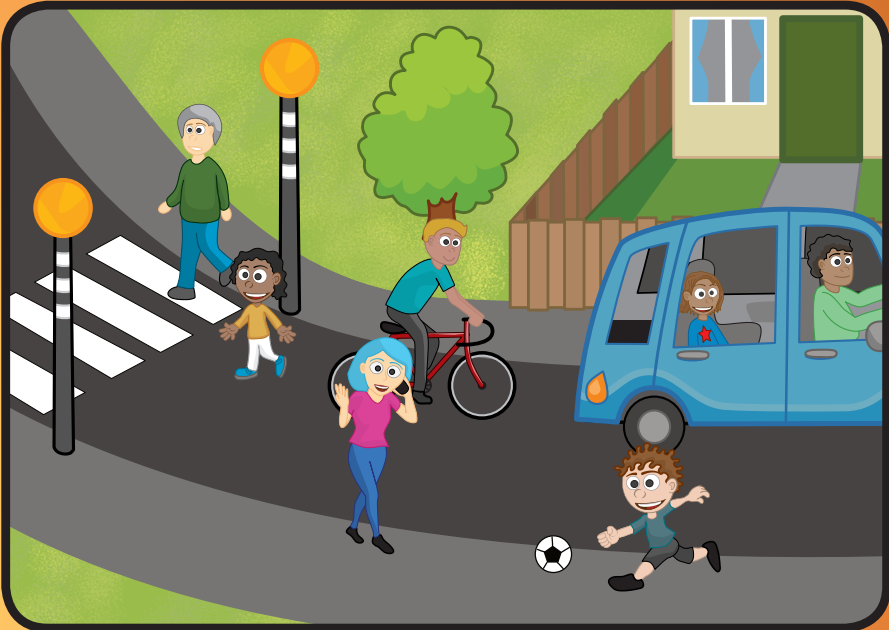


STOP



# Spot the Difference

Unsafe



Safer



# Water Safety



If you are in and around the water remember to

**Stop and Think** - What dangers can you see?

**Stay Together** - Don't be caught out on your own

**Float to Live** - If you fall in water or have difficulties swimming

**Call 999** - If you see someone in trouble in the water.

**Circle which pictures are safe when you are at the beach or pool**



Swimming with an adult



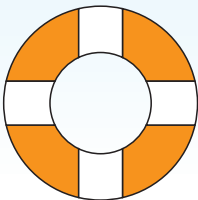
Sunscreen



Glass bottle



Swimming far away from the beach shore



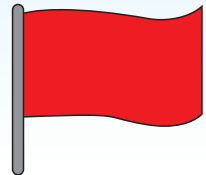
Safety ring



First aid kit



Life jacket



Red flag



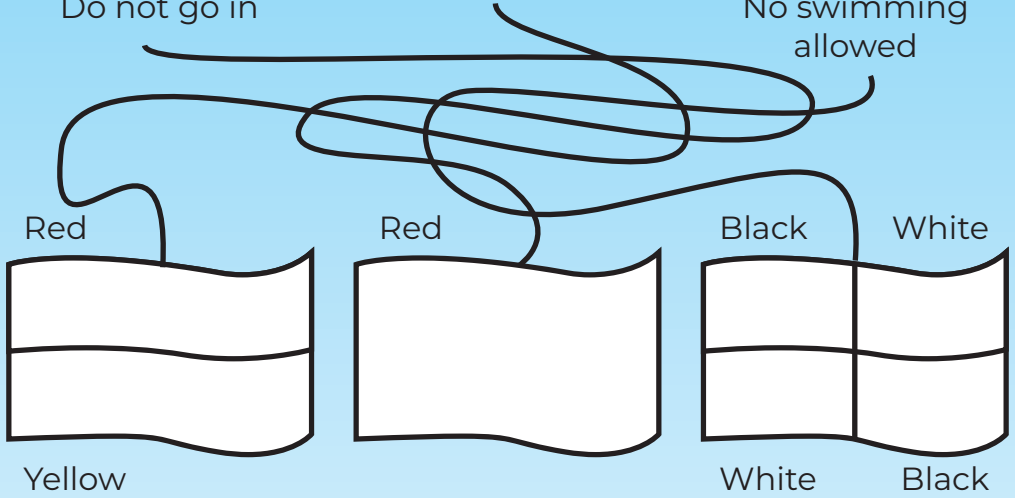
# What do the flags mean?

Follow the line to find out what colour flag you would see

Water is dangerous  
Do not go in

Lifeguard on duty

Sports Zone  
No swimming  
allowed



**Colour in the flags above**

## Watch Fact

Do not go in the water alone, always swim with an adult





**Franky**



**Theo**



**Nevin**



**Willow**

## **A day at the Fire Station**

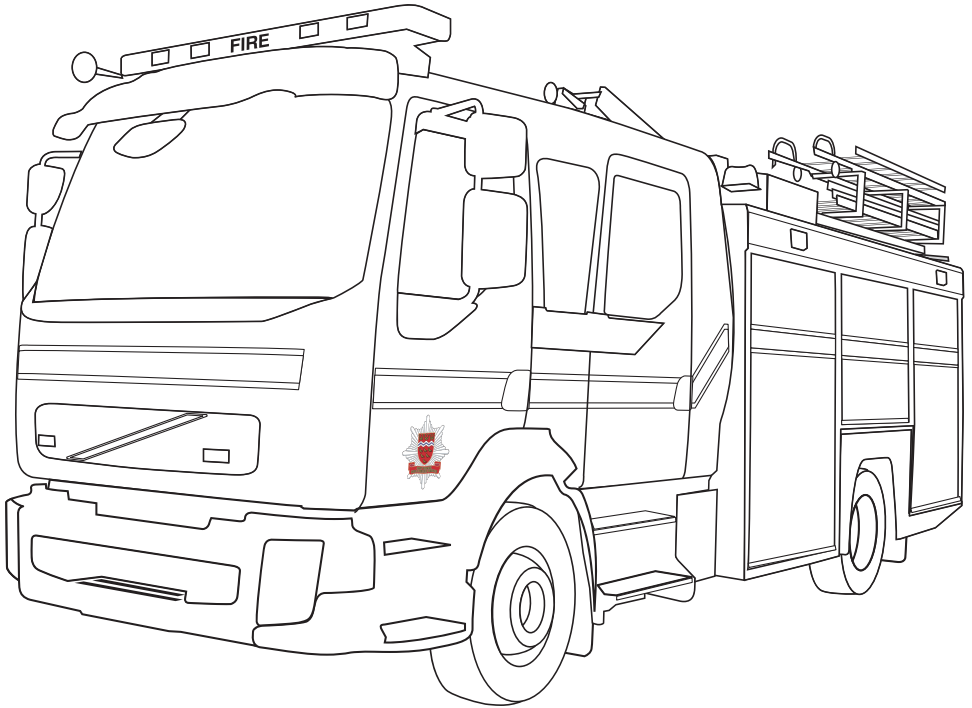
**Blue Watch had a busy day at the fire station. The first job of the day was to a car crash in town. Everyone was safe because they were wearing their seatbelts and a 6 year old was in a car seat. After some exercise and a healthy lunch, Blue Watch set out on a Home Safety Visit.**

**Blue Watch checks that homes are safe and puts up smoke alarms, they remind everyone to test their smoke alarms.**

**After the Home Safety Visit Blue Watch were called to rescue a lady and her dog that had fallen in a lake.**

**They all go home and feeling proud that they helped to keep people safe.**

# Colour in this fire engine.



For more games, activities, prizes and the answers for this booklet visit our website

[www.esfrs.org/frankysays](http://www.esfrs.org/frankysays)

How many watch facts did you find?

Enter the answer as a **word** online.

Ask an adult for help and the chance to win a prize.

Do you have concerns about  
a young person and fire?

# FIREWISE



Our Firewise Scheme can help

Aims to eliminate the likelihood of young people firesetting in the future, by educating them about the dangers and impacts of fire, enabling them to make safer choices.

All of our 'Firewise' advisors will provide information, support, advice and guidance to you and the young person.

0303 9991009

[firewise@esfrs.org](mailto:firewise@esfrs.org)

[www.esfrs.org/firewise](http://www.esfrs.org/firewise)



## East Sussex Fire & Rescue Service

# Free Fire Safety Advice

East Sussex Fire and Rescue Service is committed to helping people stay safe in their homes.

One of the ways we do this is by carrying out our free Home Safety Visits by our specially trained advisors.

We can offer a wide range of advice around home safety, check smoke alarms, and discuss specialist equipment as appropriate.

Our home safety visits enable us to identify any existing risks and what can be done to reduce them. We will check if there are working smoke alarms in the home to provide the earliest possible warning of fire

For more information or to arrange a Home Safety Visit call 0800 177 7069 or visit [www.esfrs.org/hsv](http://www.esfrs.org/hsv)

Please quote  
HSV/KS1 book



**East Sussex**  
Fire & Rescue Service