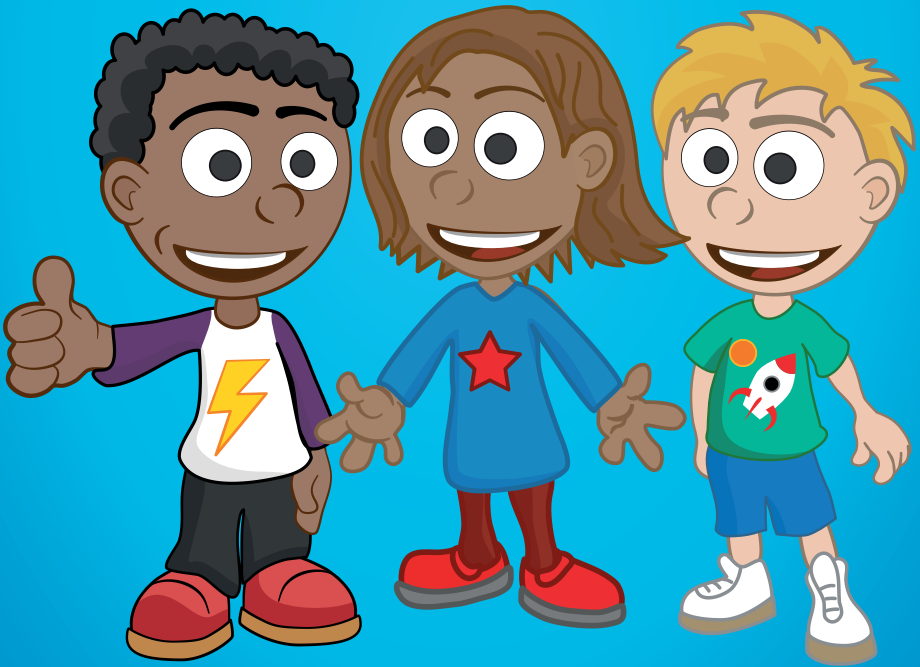


**KS2 Booklet  
7-11 years old**



**East Sussex**  
Fire & Rescue Service

# MY SAFETY BOOK



This safety book belongs to



# East Sussex

## Fire & Rescue Service

**Which fire station is closest to where you live?**

**Circle it below.**

● = Fire Stations



## Contents

Page 3 + 4 Fire Safety

Page 5 + 6 Road Safety

Page 7 + 8 Water Safety

Page 9 Health

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 in East Sussex, Brighton and Hove.

If there was an emergency you should call **999**. The operator would ask you “What service do you require?”.

You say ... (for example Fire and Rescue Service)

The operator connects your call to the Fire and Rescue Service.

They will then ask you for your address, do you know your address?

They will then ask you for more detail about what is happening and a fire engine will be on its way to you quickly.



Rye

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

Each fire station has four teams called watches. Red Watch, White Watch, Green Watch and Blue Watch



\*Go to page 10 for more information.

# Fire Safety

**BEEP BEEP BEEP**



**Can you fill in the missing words?**

Fit a smoke (1) \_ \_ \_ r \_ on every

(2) \_ \_ v \_ \_ of the home.

(3) \_ \_ \_ t your smoke alarms once a

(4) \_ e \_ \_ .

Never (5) \_ \_ a \_ with matches or

(6) \_ i \_ \_ \_ \_ \_ \_ .

- a. Test   b. lighters   c. alarm   d. week  
e. play   f. level

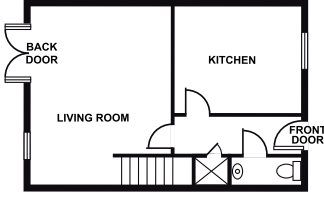
## Watch Fact

If there is a fire in the building, know your exit plan!

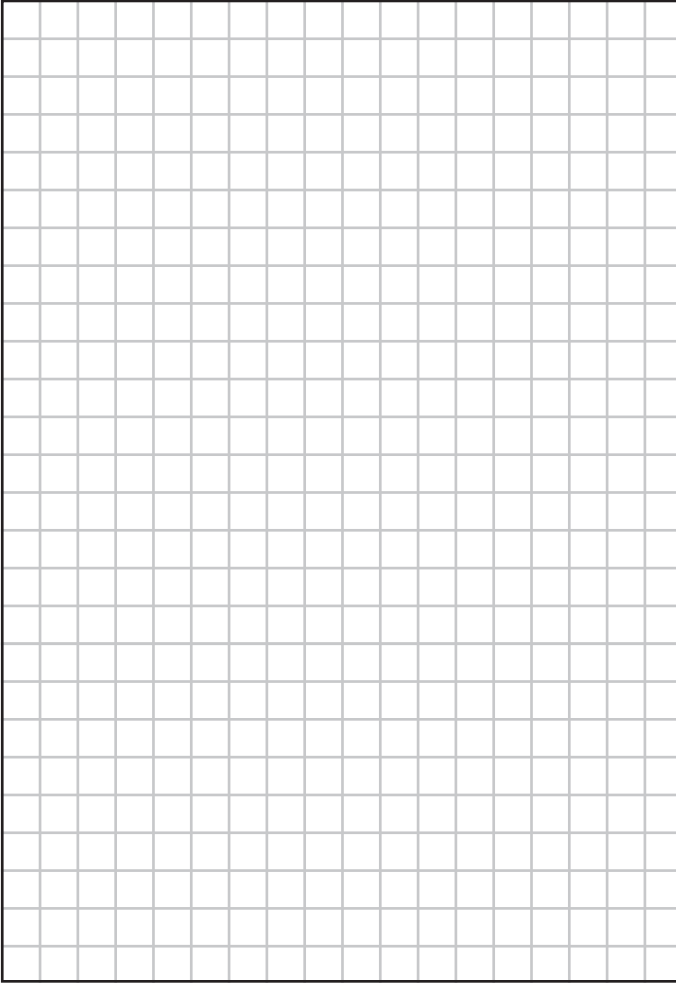
**Get Out, Stay Out,  
Call 999**



# Plan the safest route out

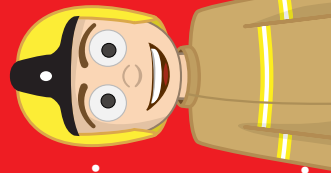


Draw a plan of your home and add your exit routes

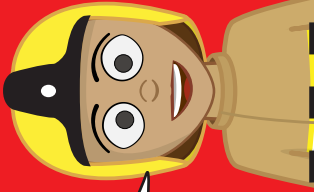


## HOME FIRE EXIT PLAN

1. Apply Exit Plan
2. Shout "FIRE!"
3. Go to bedroom door.
4. Feel door with the back of your hand.
5. If door is cold, open carefully.
6. Meet with others in the home.
7. Go towards exit. Exit clear.
8. Unlock door if locked.
9. Exit to a safer place.
10. Call Fire & Rescue Service - 999.



# Road Safety



Be safe  
on the  
road

Remember before crossing the road:



THINK



LISTEN



LOOK



STOP



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

AMBER  
BEACONS  
BEHAVIOUR  
BOOSTER  
CROSSING  
CYCLE  
DRIVER  
HELMET

ISLAND  
LIGHTS  
LISTEN  
LOLLIPOP  
LOOK  
PASSENGER  
PAVEMENT  
PEDESTRIAN

SEATBELT  
SIGNS  
SPEED  
STOP  
THINK  
VISIBILITY  
WALKING  
ZEBRA

## Watch Fact

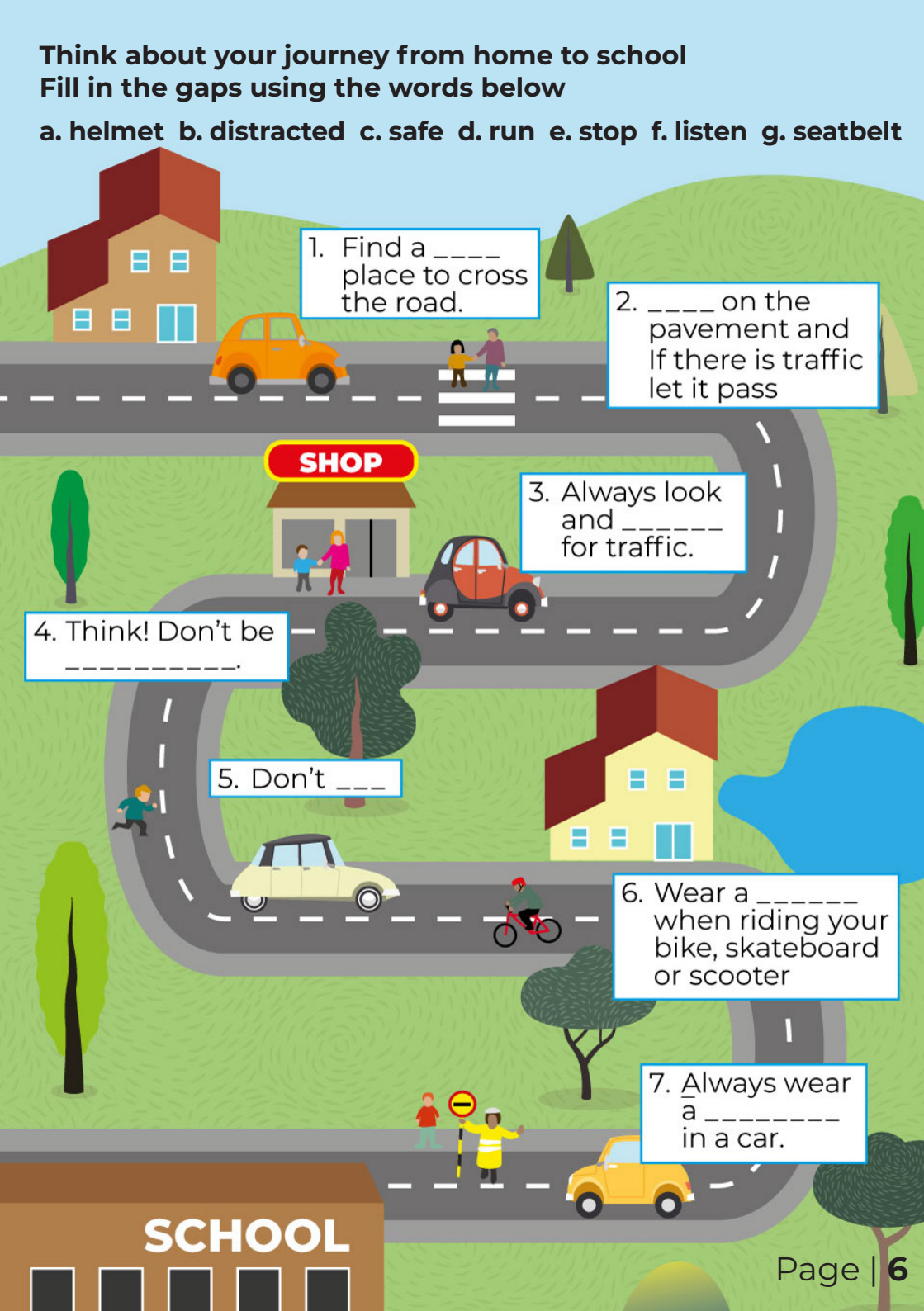
You must use a car seat until you are **OVER 135cm tall or 12 years old**



Think about your journey from home to school

Fill in the gaps using the words below

a. helmet b. distracted c. safe d. run e. stop f. listen g. seatbelt



1. Find a \_\_\_\_\_ place to cross the road.

2. \_\_\_\_\_ on the pavement and  
If there is traffic let it pass

SHOP

3. Always look and \_\_\_\_\_ for traffic.

4. Think! Don't be \_\_\_\_\_.

5. Don't \_\_\_\_\_

6. Wear a \_\_\_\_\_ when riding your bike, skateboard or scooter

7. Always wear a \_\_\_\_\_ in a car.

SCHOOL

# 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 get difficulties.

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



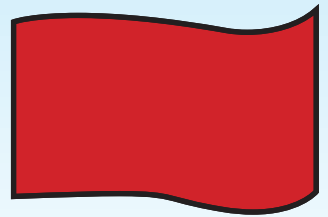
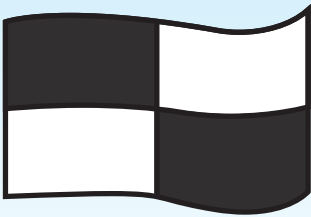


# Crack the code to match the flags

**1** R e d f l a g;  
 $\frac{10}{7}$   $\frac{9}{9}$   $\frac{7}{7}$   $\frac{11}{11}$   $\frac{23}{23}$   $\frac{1}{1}$   $\frac{13}{13}$   $\frac{7}{7}$   $\frac{4}{4}$   $\frac{2}{2}$   $\frac{4}{4}$   $\frac{14}{14}$   $\frac{9}{9}$   $\frac{2}{2}$   $\frac{14}{14}$   $\frac{9}{9}$   $\frac{10}{10}$   
 $\frac{14}{14}$   $\frac{15}{15}$   $\frac{9}{9}$   $\frac{20}{20}$   $\frac{1}{1}$   $\frac{14}{14}$   $\frac{9}{9}$   $\frac{10}{10}$

**2**  $\frac{23}{7}$   $\frac{17}{16}$   $\frac{11}{14}$   $\frac{9}{24}$   $\frac{13}{24}$   $\frac{16}{10}$   $\frac{1}{9}$   $\frac{10}{7}$   $\frac{7}{12}$   $\frac{1}{1}$   $\frac{10}{2}$   $\frac{9}{7}$   $\frac{4}{24}$   $\frac{2}{9}$   
 $\frac{7}{10}$   $\frac{16}{9}$   $\frac{14}{7}$   $\frac{24}{1}$ ;  $\frac{10}{1}$   $\frac{9}{2}$   $\frac{7}{7}$   $\frac{1}{24}$   $\frac{9}{9}$   $\frac{23}{23}$   $\frac{23}{4}$   $\frac{4}{20}$   
 $\frac{11}{11}$   $\frac{23}{23}$   $\frac{1}{1}$   $\frac{13}{13}$

**3**  $\frac{1}{11}$   $\frac{3}{23}$   $\frac{23}{1}$   $\frac{1}{13}$   $\frac{5}{25}$   $\frac{21}{9}$   $\frac{1}{1}$   $\frac{2}{2}$   $\frac{7}{12}$   $\frac{20}{12}$   $\frac{15}{6}$   $\frac{17}{4}$   $\frac{14}{10}$   $\frac{9}{14}$   $\frac{12}{12}$   
 $\frac{26}{26}$   $\frac{4}{4}$   $\frac{2}{2}$   $\frac{9}{9}$ ;  $\frac{7}{7}$   $\frac{4}{4}$   $\frac{2}{2}$   $\frac{4}{4}$   $\frac{14}{14}$   $\frac{12}{12}$   $\frac{20}{20}$   $\frac{17}{17}$   $\frac{25}{25}$



# Health

**Franky Says...**

How to play Franky says...

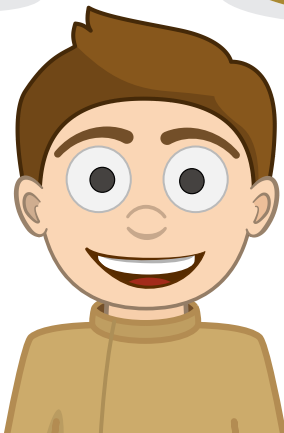
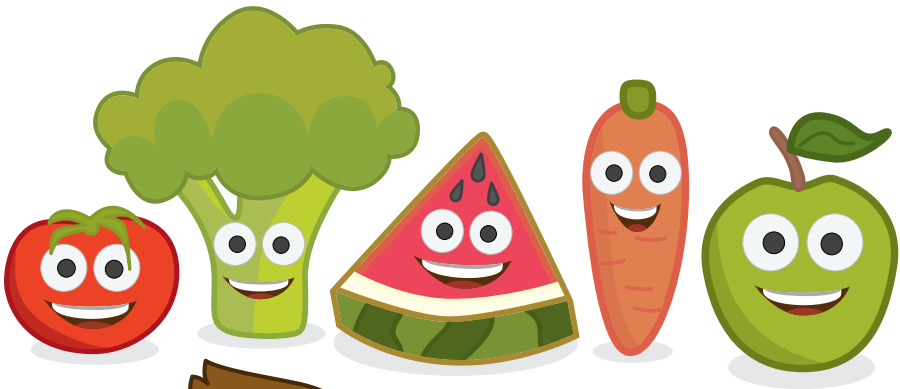
Stand in a circle and choose one person to be Franky.

When Franky shouts out an instruction like "Franky says JUMP", everyone jumps.

But if they shout out an instruction without saying "Franky says", nobody should do that move.

If they do, then they have to run around the circle 3 times.

Choose a new Franky after 5 turns.



**Watch  
Fact**

You should try to eat five pieces of fruit or vegetables every day



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**  
**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/KS2 book**



**East Sussex**  
**Fire & Rescue Service**