

# Fire Safety Hero Training Academy

Top Secret Training Dossier (Ages 4-11)



**MISSION:**  
TO EARN YOUR  
HERO BADGE TODAY!

# The Golden Hero Motto



**GET OUT, STAY OUT, CALL 999!**

**Squad! When I point to you, shout the motto as loud as you can!**



## Your Hero Gadget: The Mechanical Nose



Your nose goes to  
sleep at night...



...but the Mechanical Nose  
stays awake 24/7 to sniff  
for danger!

**Hero Mission: Ask an adult to test your  
Mechanical Nose every single week!**



# Know the Enemy: Toxic Smoke

- Smoke is faster and more dangerous than fire.
- It acts like a blindfold (makes it hard to see).
- It steals your air (makes it hard to breathe).



**Hero Tip: We must stay away from the smoke villain at all costs!**



# Hero Move 1: Crawl Low!



Smoke rises to the ceiling. If a room has smoke, get down on your hands and knees where the air is clean and safe.

Show me your crawling arms!

# HERO MOVE 2: THE DOOR CHECK

If a door is closed, **NEVER** just open it.

If you burn the front of your hand, you can't grab things to climb to safety!



Use the **BACK** of your hand to feel the door. If it is hot, do not open it! Go another way.

Hold up the back of your hand like a shield!



# THE HERO CHOICE



**NEVER** hide under beds or in cupboards.  
**NEVER** go back for toys or pets.  
The firefighters will save the pets!



**GET OUT** and **STAY OUT**.  
You are the most important  
thing to save!



# ESTABLISH YOUR HERO BASE

Your family team needs a **Safe Meeting Point** outside.



Examples:  
A big tree, a lamppost, or a neighbour's wall.

Once you reach the base, you **NEVER** go back inside. This is where you count your team and wait for the firefighters.



# EMERGENCY MOVE: STOP, DROP, AND ROLL!

ONLY USE THIS MOVE IF YOUR CLOTHES CATCH ON FIRE.



**LET'S PRACTICE!**  
**COVER YOUR FACE AND PRETEND TO ROLL!**



# SCHOOL MISSIONS & HERO GRADUATION

## SCHOOL MISSIONS



## HERO GRADUATION



One last time...

**GET OUT, STAY OUT, CALL 999!**