



LIGHT UP YOUR HERO

TRAINING MANUAL



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SUPPORTS



HELLO, FUTURE HEROES!

We're on the hunt for some brave cadets to join our crew. You don't have to climb cliffs and jump out of helicopters to be a hero – keeping your home and family safe from harm makes you a true everyday hero.

My name's Fireman Sam and I want to make the world a safer place with your help. For years, my friends and I in Pontypandy have been saving lives and fighting danger, but now we need you to continue with our mission.

To qualify as a recruit, you need to complete all the challenges in the booklet. With five awesome badges up for grabs, and plenty of hints and tips from my friends and I, it's easy to be a safety hero.

By the end of your training, you'll be an expert in all kinds of emergencies, and we can't wait to have you on the team. You'll even earn a special certificate, so everyone can see what a hero you are.

Well, what are you waiting for? It's time to put on your helmet and get going.

Fireman Sam Jones



CHALLENGE 1

FIREFIGHTER

You don't have to be a Firefighter like me to keep your home safe from fires! It's very important that we don't play with fire - leave those matches and lighters alone! We can also make sure that we have fire alarms in our home and that they are all working properly.



When you do a great job as a Firefighter in your home, it makes my job much easier!

Penny

FIRE ALARMS

Fire alarms are very important. They help to protect you and your family from fires by making a loud noise when they detect heat or smoke. You might have them on the wall or ceiling in the rooms of your house. Most of them look something like this:



Ask a grown up to show you where fire alarms are in your house!



Explore your home and try to spot every fire alarm. Which rooms are they in?



Find out how to test your fire alarms and make sure they're working. (Hint: ask an adult to show you!)



Why shouldn't we play with matches or lighters?

WELL DONE!

Once you've answered the questions above, you've earned your Firefighter badge! Stick it in the space here to show that you know about fire safety in your home!



CHALLENGE 2

FALL FIGHTER



We've all fallen over – it can hurt a lot! Luckily, there are things we can do to make sure we don't have falls or trips in our own homes. Tidying up after yourself helps make sure that you don't fall over toys or games left on the floor. Clearing up when you spill water or juice will stop people slipping and getting injured, as will tidying away cables and wires. Like I always say – little steps stop big falls!

N. Steete

TRIP & FALL HAZARDS

Lots of things around your house could cause people to fall and hurt themselves – toys or clothes not being put away properly, a pool of water on the floor and untidy cables or wires for example.



It's important to keep the floor clear and tidy to avoid accidents!



Can you name three things you might have in your house that could cause a trip or fall?



Have a look around your home and see if you've left any toys lying around. Could any of these be trip hazards?



What should you do to prevent a fall if you spill water or another drink on the kitchen floor?

GOOD WORK!

Once you've answered the questions above, you've earned your Fall Fighter badge! You're the person to talk to about stopping trips and falls in your house!



CHALLENGE 3

ACTION FOR CHILDREN PLANET PROTECTOR

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There's lots we can do at home to help protect the environment and look after the planet! A lot of the packaging your food, books and toys are stored in can be recycled, letting us make new things from old materials! We can help bees, butterflies and other good insects by planting flowers in our gardens, giving them food and shelter. We can even help by saving water - not leaving the tap running when you brush your teeth can save 200 gallons of water a month!



Mrs Chen

RECYCLING

One of the best things you can do to help the environment at home is to recycle. Most places in the UK will let you recycle **plastic, metal, cardboard, paper, glass, food** and more.



WILDLIFE

Our bees and butterflies are in trouble - **but you can help save them!** Whether your garden is big or small, you can plant flowers and other plants they like. This will help feed and protect bees and butterflies while they go about their important work!



Draw a circle around the things you can recycle at home:



Have you seen bees and butterflies in your garden? How could you attract more of them?



Can you name some ways that you could use less water in your house?

EXCELLENT!

Once you've answered the questions above, you've earned your Planet Protector badge! Stick it in the space here to show that you're passionate about saving the planet for the future!



CHALLENGE 4

ELECTRIC EXPERT



Ellie

A lot of our favourite things are powered by electricity – my radio is one of them. But if it's used in the wrong way or not treated with respect, electricity can be dangerous!

It's important not to play around with plugs and sockets, or to plug too many things into one socket. Also, remember – water and electricity don't mix!

ELECTRICITY AT HOME

Electricity powers most of our favourite things – toys, televisions, computers and more. But it's not something to be played with – used in the wrong way, electricity is very dangerous.



Never play with a plug socket – you can get hurt.



Never plug too many things in one socket – it can cause a fire!



Tell an adult if a plug or socket is broken or wet.



With an adult, look around your house and write down three items with plugs?



Why is it important not to plug too many things into one plug socket or extender?



Quick! You spot water and broken wires near a socket – what should you do?

WELL DONE!

Once you've answered the questions above, you've earned your Electric Expert badge! Keep making sure you stay safe around electricity and tell others what you've learned!



CHALLENGE 5

KITCHEN KEEPER

I love the kitchen – it's where all the tasty food is! But there are also things in a kitchen that we need to be careful with. Hot or sharp things, like an oven or knives can be very dangerous if they're not used properly.

Some of the things that we use to clean our home can be dangerous if we don't know how to use them. Read these tips to stay safe in the kitchen!

Elvis



COOKING

You should never use the oven, knives or other kitchen equipment without a grown-up's help. They will teach you how to use things in the kitchen the safest way!



CLEANING

There are lots of things in the kitchen to help you keep the house clean and tidy, but some of these can be dangerous if they spill or get very hot. **Always ask a grown up for help first.**



Can you circle the items in this kitchen you shouldn't use without help from a grown up?



Why should you never use these items without help from a grown up?

GREAT JOB!

Once you've answered the questions above, you've earned your Kitchen Keeper badge! Stick it in the space here to show that you know about being safe and responsible in the kitchen!



ACTIVITIES

SPOT THE EMERGENCY

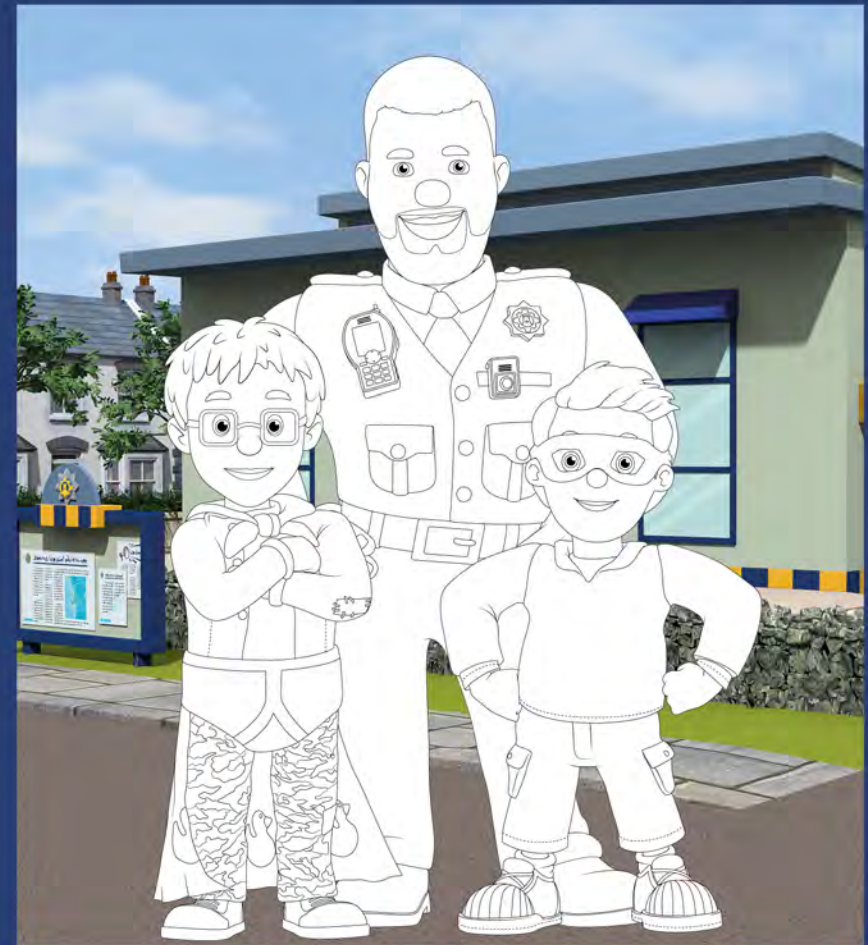
Can you spot the emergency from Fireman Sam's helmet camera images?



Answers: D

COLOURING IN

Police Officer Malcolm Williams loves a mystery to solve but before he can start his detective work he needs help colouring in this picture – can you help?



THIS BOOK BELONGS TO:



HAVE YOU COMPLETED ALL OF THE CHALLENGES?

Well done! We knew you could do it.

It's time to collect your certificate and welcome you to the safety team. Together, we defend the world from danger by keeping an eye out for hazards or emergencies, and teaching others what we've learned.

Pat yourself on the back. Go on – you did it! You're our brand new courageous cadet and the world already seems a little bit safer. The heroes of Pontypandy are used to racing to the rescue when danger strikes, but with safety heroes like you around, our jobs are so much easier!





LIGHT UP YOUR HERO!



CERTIFICATE

THIS IS TO CERTIFY THAT



HAS BECOME A HERO OF PONTYPANDY



COMPLETED CHALLENGES

DATE

DD / MM / YY

SIGNED BY

N. Steele

STATION OFFICER STEELE



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