



STOP, DROP AND ROLL

It can happen many ways; a person's loose sleeve may catch fire on a hot stove; working with gasoline and it is accidentally ignited; spraying lighter fluid on a smoldering barbecue fire and the resulting flames could catch their clothes on fire.

Burns are among the most painful of injuries. The hands, groin, face and lungs are at particular risk because they are delicate structures and easily injured. The healing process is slow and painful, resulting in enormous personal suffering.

When a person's clothing catches on fire, action must be instinctive and immediate. There is no time to think. The one thing you should never do is run. To minimize a burn injury when your clothes catch fire: STOP, DROP and ROLL. The principles of STOP, DROP and ROLL are simple:

Stop! Do not run if your clothes catch on fire.

Drop to the floor in a prone (belly-down) position.

Cover your face with your hands to protect it from the flames.

Roll over and over to smother the fire. Don't stop until the flames have been extinguished.

If you are near someone whose clothing catches on fire, be sure to stop them from running and make them STOP, DROP and ROLL.

If the person cannot drop and roll, use a blanket to cover the person to put out the fire.

Once the fire is out, you must treat a burn injury. Cool a burn with cool to body temperature running water.

Then call 9-1-1.

Safety Information for our Community



For more information please visit our website
www.bendoregon.gov/fire

Or contact the Bend Fire Department
(541) 322-6309

Courtesy of: City of Phoenix Fire Department © 2013

