

## STATION 1

# Gear Up!

**Put on the coat, helmet, and boots, then walk to the cone and back.**

Why? Firefighters get dressed fast so they can help fast.



## STATION 2

# Hose Drag

**Grab the hose and pull it all the way to the finish line.**

Why? Hoses carry water to the fire, and moving them takes teamwork.



## STATION 3

# Knock It Down

**Aim the water at the target and knock it down!**

Why? Firefighters use water to cool a fire.



## STATION 4

# Crawl Low

**Get low and go! Crawl through the tunnel to the exit.**

Why? Smoke rises, so the air down low, near the floor, is usually cleaner.



## STATION 5

# Stop, Drop, and Roll

**Stop! Drop! Cover your face! Roll, roll, roll!**

Why? If your clothes ever catch fire, stop, drop, and roll until the fire is out.



## STATION 6

# Call 9-1-1

**Practice calling for help.  
Tell the dispatcher your  
address and your name.**

Why? Knowing your address helps firefighters find you fast. Call 9-1-1 from outside, after you get out.



STATION 7

# Firefighters Are Friends

**Meet a firefighter in full gear. Give a high five!**

Why? In a fire, a firefighter in a mask is coming to help. Don't hide. Go to them.



## STATION 8

# Beep Test

**Listen for the smoke alarm. When you hear it, get out and stay out!**

Why? A smoke alarm gives you time to get out. Test alarms every month.

