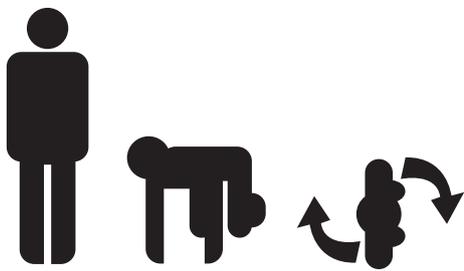


# Stop, Drop and Roll

## Stop, drop and roll is a simple fire safety technique taught as a component of health and safety training



It is a method to extinguish a fire on a person's clothes or hair without, or in addition to, the use of conventional firefighting equipment.

In addition to extinguishing the fire, stop, drop and roll is an effective psychological tool, providing those in a fire situation, particularly children, with a routine that can be used to focus on in order to avoid panic.

### Procedure

Stop, drop and roll consists of three components:

**STOP** - The fire victim must stop still. Ceasing any movement which may fan the flames or hamper those attempting to put the fire out.

**DROP** - The fire victim must 'drop' to the ground, lying down if possible, covering their face with their hands to avoid facial injury.

**ROLL** - The fire victim must roll on the ground repeatedly in order to extinguish the fire by depriving it of oxygen. If the victim is on a rug or one is nearby, they can roll the rug around themselves to further extinguish the flame. If a fire blanket is at hand, that is also a good way to extinguish the fire.

*If the victim is burned, seek immediate medical attention; call 999 for the emergency services.*

*If you see someone on fire encourage them to Stop, Drop and Roll to smother the fire.*

### Task

Get into teams of three with the victim pretending to be on fire. One person is the victim, one is a friend, other a passer-by.

Act out each part to make sure the fire is successfully extinguished and medical assistance is called for.

