

Transcript for the Stop, drop and roll video

Fire can hurt you.

Make sure you keep your clothes well away from flames.

If your clothes do ever catch fire, remember to stop, drop and roll.

Stop where you are. Do not run. Running can make things worse.

Drop to the ground. Lay flat with your legs out straight.

Cover your eyes and mouth with your hands.

Roll over and over and back and forth until the flames are out.

Get help from a grown up straight away.

Remember the best way to stay safe is to keep away from fire.

And never play with matches.

Visit the **Sparkton** website www.sparkton.co.uk for some fun games that will help you to stay safe.