

FACT SHEET



Stop Drop and Roll

If your clothing or hair catches fire, the "Stop, Drop and Roll" method will aid in extinguishing the fire and prevent further injury.

You must:

Stop

You may be inclined to run, but this will fan the flames and worsen the fire.

Drop

Drop to the ground and cover your face with your hands. Flames burn upwards and if you remain standing you may burn your face.

Roll

Roll back and forth to smother the flames. If a rug, blanket or coat is nearby, these can also be used to smother the flames.



Stop where you are and don't run.



Cover your face with your hands.



Roll back and forth to smother the flames

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