



Fire and electricity: Staying safe at home and school

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Fire and electricity are very useful in our daily lives. We use fire to cook food and keep warm, and electricity to light our homes, charge phones, watch television and do homework at night. But if not handled carefully, fire and electricity can cause serious injuries. That is why every child needs to know how to stay safe.

Understanding fire safety

Fire can start very quickly and spread fast. At home, fire is often used in kitchens, especially where charcoal stoves, firewood or gas cookers are used. Children should never play near a cooking area. If your parent or guardian is cooking, keep a safe distance and avoid running around the kitchen.

Never play with matchsticks, lighters or candles. These are not toys. Even a small flame can burn clothes, books or bedding. If you see a candle or charcoal stove left unattended, inform an adult immediately.

If a fire starts, do not hide under beds or tables. Shout for help and move outside if it is safe to do so. Smoke can make it hard to breathe, so stay low to the ground if you must move through a smoky area. Once outside, do not go back into the house for anything.

Be careful with electricity

Electricity makes life easier, but it can be dangerous when misused. Children should never touch electric sockets, switches or wires with wet hands. Water and electricity are a very dangerous combination and can cause serious shocks.

Do not insert fingers, sticks, metal objects or pens into sockets. If you see exposed or broken wires, stay away and tell an adult. At school, avoid playing near electric poles or transformers, especially during rainy weather.

Charging phones and other gadgets should always be done by adults. Do not sleep with a phone under your pillow or place it on the bed while charging, as it can overheat and cause burns or fire.

Preventing injuries

Many fire and electricity injuries happen at home and school. Keep away from hot water, boiling saucepans and irons. If you are sent to help in the kitchen, follow instructions carefully and ask for help when unsure.

Do not climb electric poles or rooftops where wires pass. Avoid flying kites near power lines, as this can lead to electric shock.

At night, use a torch instead of candles if possible. If candles must be used, place them on a flat surface away from curtains, papers and mosquito nets.