

smart spark firefighter tip



Firefighter Sam says, "When playing outside, always wear a hat and use sunscreen."

When firefighters get called to a fire we have to be very careful not to get burnt, that's why we have "turn-out gear". Turn-out gear are clothes specially treated with chemicals and designed to be fire safe to protect us from the heat of the flames while we are fighting fires.

Turn-out gear includes a big yellow jacket, yellow pants, a helmet to protect our heads, a balaclava, fire safe boots and some gloves.



But did you know that the sun is one massive ball of fire burning way up in the sky? If you don't wear a hat and put on sunscreen when you play outside you can get seriously burnt.

Here are my safety tips - be sun-safe by thinking solar safety, ban burns and think zinc. Zinc cream is what all the cricketers use. So, always put on sunscreen and wear a hat and when playing outside, put on your zinc and drink plenty of water.

Firefighters never want to see you get burnt by fire or by the sun!