

Lesson 1



Firefighters are Community Helpers
Regina Fire & Protective Services Alternative Resource

Procedure

Hook (4-5 Minutes)

1. Read book: *Whose Hat Is This?* by Sharon Katz Cooper
2. Explain that the clothing and equipment workers wear can be called “gear.” Discuss the different types of gear the characters wear in the story. Ask students why the workers wear special gear. Talk about the different ways each worker’s gear helps to keep the worker safe.

Body (10-12 Minutes)

3. Show pictures of Regina Fire & Protective Services firefighters. The picture series will start with firefighters in minimal gear and have them slowly dressing in their protective clothing and equipment.

After each picture is shown, ask the students:

- What did the firefighter put on?
 - Why does the firefighter need to put this on before a fire?
 - How does this clothing or equipment help the firefighter?
4. Briefly discuss what the firefighters do in the community and how the gear and equipment protect the firefighters and helps them work.
 5. Discuss whether or not the equipment makes the firefighters look scary. Ask if any children are afraid when someone is wearing a scary mask or scared by loud noises. Reassure the children about their fears. Discuss how firefighters’ gear can be scary but the gear is important. Gear keeps firefighters safe so they can help people in the community.
 6. Use different types of masks to help the children understand that masks can make people look scary but a friendly firefighter can be under the mask.

**Fire Officer Mike works at #1 Fire Station.
What does he wear to fight fires?**



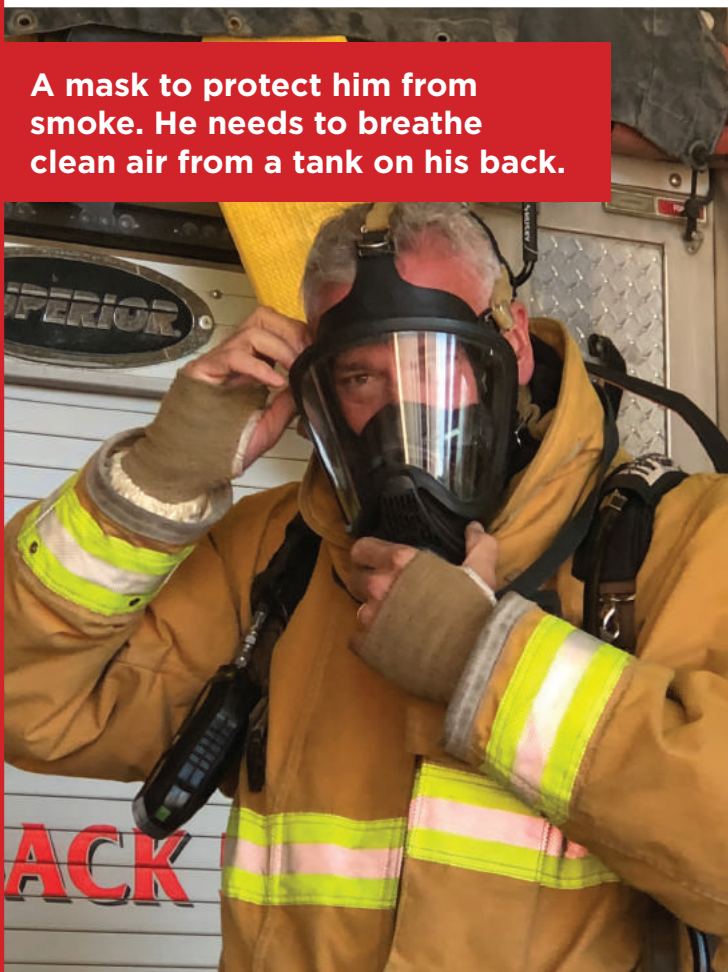
Firefighter pants and steel-toed boots.



A Firefighter jacket.



A mask to protect him from smoke. He needs to breathe clean air from a tank on his back.



A helmet to protect Mike's head and gloves on his hands.



**Fire Officer Marianne works at #4 Fire Station.
What does she wear to fight fires?**



Firefighter pants and steel-toed boots.



A Firefighter jacket.



A helmet to protect her head and gloves on her hands.



She needs a mask to breathe clean air from a tank on her back.





Firefighters are friends and helpers in Regina.





Firefighters Janell and Tyler must wear special clothing and equipment to protect them from fire, smoke and heat.

