

Mastering the 10-Minute Mini-Lesson

SAMPLE
LESSON
PLAN

Topic: Hear the Beep Where You Sleep —
WHEREVER That May Be!

Audience: Adults

Lesson Objective: By the end of the mini-lesson,
participants will be able to identify locations in the home
where it is important to have a working smoke alarm.

Step 1: Introduction (2–3 Minutes)

- Greet participants and thank them for allowing you to speak for 10 minutes. Let them know you are happy to be there.
- Introduce yourself and share your connection to the community.
- HOOK: Tell the group how your spouse (parent, roommate...) teases you because you are able to sleep through almost anything. Thunderstorms, crying babies, barking dogs... you manage to keep on snoozing. Ask if there is anyone else in the room who is a heavy sleeper. Spend a minute talking about adjustments you have made because of this such as moving your alarm clock close to the bed and setting the sleep timer on the TV so it doesn't run all night.
- Explain that an important adjustment is to have working smoke alarms in your bedroom and in your family room because these are places in the home where you sleep.
- Share the purpose of your visit: "Today we are going to talk about smoke alarms. The 2015 Fire Prevention Week Theme is: *Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm.*"

Step 2: Body of the Presentation (5–6 minutes)

- Inform the group that too many people die each year in home fires that could have been detected by working smoke alarms. Many of these deaths happen at night when people are asleep. Smoke alarms need to be installed throughout the home, including the bedrooms and all other rooms where people sleep.
- Stress the point that a bedroom is simply a room where someone sleeps. Do not take the phrase too literally. If practical, show images of people sleeping in places throughout the home other than a standard bedroom.
- Ask why is it important to have a working smoke alarm in any room where someone might rest or sleep? Remind participants that smoke alarms help provide early warning in event of a fire and help people get out quickly.
- Ask the group for examples of rooms where people sleep, either at night or at nap time. As answers are provided, remind the participants that working smoke alarms are required in these spaces. If someone naps on a recliner in the living room, a working smoke alarm should be installed there. If someone sleeps in the basement, there needs to be a working smoke alarm in this space as well.
- Remind the group to think about rooms where visitors may sleep and to be sure to have working smoke alarms in these rooms, too. Make sure all visitors know the sound of the smoke alarm and how to escape safely.
- Explain the extra protection offered by interconnected smoke alarms, especially for people who sleep behind a closed door and those who are heavy sleepers. When one alarm sounds, they all sound. Interconnected alarms may alert family members faster in the event of a fire.

Educational Messages to Review:

- 1.2.1 Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may require additional smoke alarms to provide a minimum level of protection.
- 1.2.2 Interconnect all smoke alarms throughout the home for the best protection. When one sounds, they all sound. Make sure you can hear the sound of the smoke alarm.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

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Step 3: Conclusion (1–2 minuts)

- Review: Ask for volunteers to share a room where a working smoke alarm is required.
- Remind participants that “Hear the Beep Where You Sleep” can be a lifesaving reminder and it is important to install a smoke alarm wherever family members and guests sleep.
- Provide each participant with the Safety Tip Sheet, *Smoke Alarms at Home*, for information to read later. Other applicable safety tip sheets might include High Rise/Condominiums and Manufactured Homes.
- Share your contact information and encourage the participants to get in touch if they have questions or concerns about other fire issues.
- Thank everyone for their time.

