

# A Day in the Life of a Firefighter



*by Brandi Chase  
Photographs by Barry Staver*



A firefighter needs to be ready to help in any emergency!

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**Starfall Education Foundation**

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I am a **firefighter**.

I am ready to help in any kind  
of **emergency**, day or night.



Firefighters take turns living at the **firehouse**.

We shop, cook, and eat together.

We always eat healthy food.





T-4

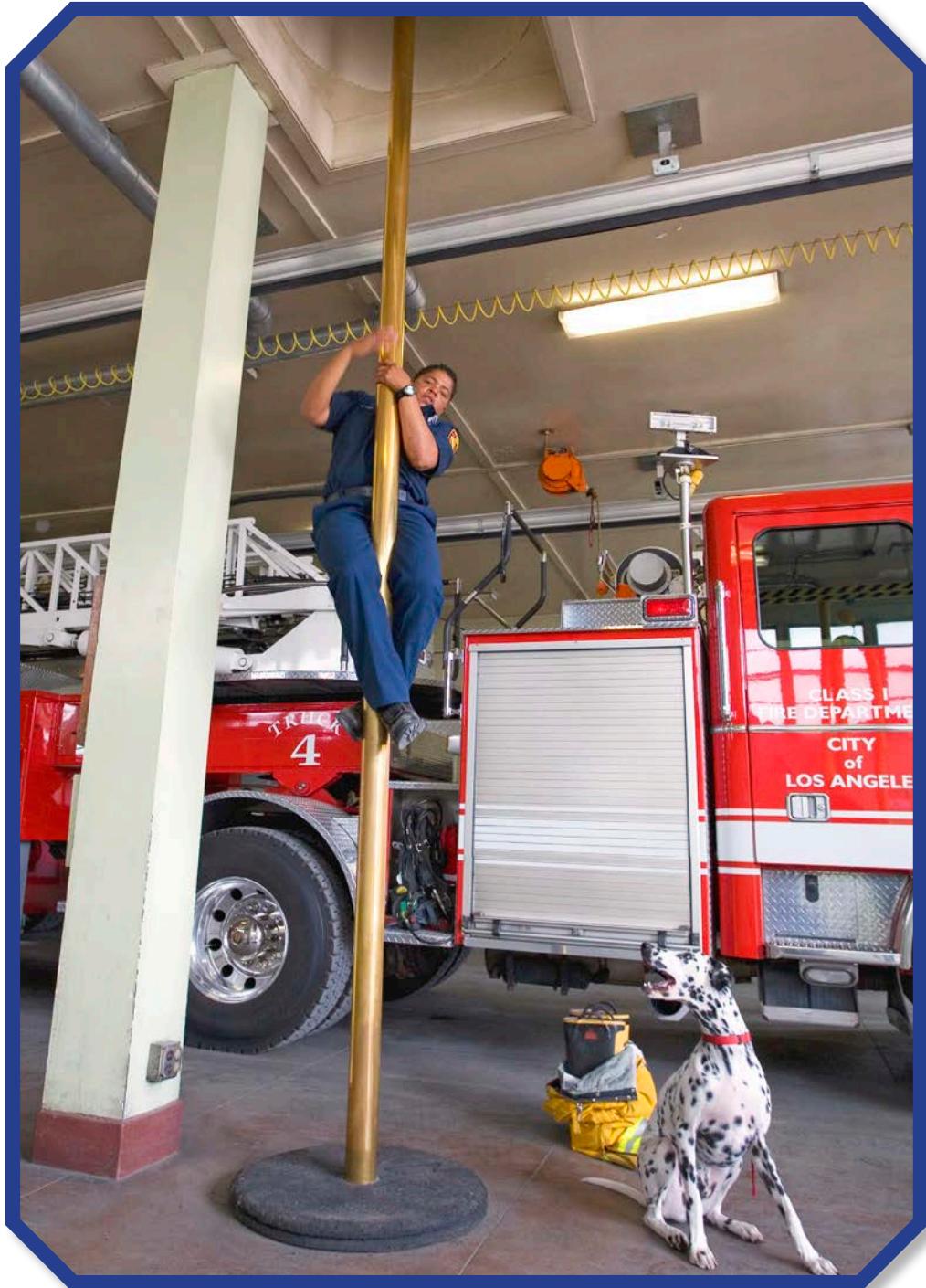
We all help out at the firehouse.

It is my job to make sure that we  
have all of our tools.



Firefighters stay busy in between emergencies.

We exercise together. We help each other stay healthy and strong.



When there is an emergency, we must be ready to go right away!





Look out!

Here comes our **fire engine**.  
It takes us to the emergency.



The **fire captain** is in charge. He decides the best way to fight the fire.

We work together.





We are lucky. It is only a very small fire.

We quickly put it out.



RAYA

Now it's time to put the fire hose away. It takes the whole team to do it!

We always clean up so that we are ready for the next emergency.





FIREFIGHTER

4

LAFD

4

I like to help in an emergency.

I am proud to be a firefighter.

## Words You Know



Firehouse



Fire Engine



Firefighter



Fire Captain

**Emergency:** When something happens that you didn't expect and you need help right away.  
For example: a fire, a car accident, or someone fell and got hurt.

# Fire-Fighting Facts

## Firefighters do more...

Firefighters do more than respond to fire alarms. They are often the first on the scene of any emergency and provide first aid until the medical unit arrives.

Firefighters also perform search and rescue missions, control hazardous materials, and respond to disasters.

Firefighters practice and train between alarms. They even perform community service and teach classes on fire prevention and what to do if there is a fire.

Remember: Always have a working smoke detector in your home and change the batteries once a year.



## Fire Prevention

- ✗ Never play with matches, lighters, or candles.
- ✗ Never cook without the help of a grown-up.
- ✗ Never overload an electrical outlet.
- ✗ Never leave a fire unguarded.
- ✗ Never put anything over a lamp.
- ✗ Never smoke in bed. In fact, never smoke at all!

## What to do if there is a fire...

It is important to have a Fire Escape Plan before a fire happens. Plan two ways out of every room in your home. If your house has security bars, make sure you know how to open them. Pick a safe and easy-to-remember place outside the home to meet your family after you get out. Be sure to plan and practice your Fire Escape Plan with grown-ups.

## If a fire does happen...

- ✓ Get out fast!
- ✓ Feel the door before opening it. Start at the bottom and then work your hand up to the top. A hot door means there may be fire on the other side. Try to get out another way.
- ✓ Stay low to the floor.
- ✓ Once you are out, go to your meeting place.
- ✓ Once you are out, call 9-1-1.
- ✓ Don't go back inside *for any reason!*

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## About the Author

Brandi Chase was born at the foot of Mt. Nebo in Nephi, Utah. After many adventures in foreign lands, she returned to Utah where she lives and works alongside her husband and their two spoiled cats Misha and Yuri (who work at distraction).

## About the Photographer

Barry photographs people. His portraiture is built upon decades of experience as a photographic journalist on assignment for some of the world's greatest magazines. His images are full of life, capturing decisive moments, telling stories—visually.

## Acknowledgments

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