

What to Do If Clothing Catches Fire



Few things are more terrifying than having your clothes catch fire. Teach your children and everyone else in your family this simple, lifesaving technique, known as stop, drop, and roll.

Stop.

Your natural inclination may be to run. But motion only fans the flames.

Drop.

Get to the ground, cover your face with your hands, and keep your face as far from the flames as possible. (If a blanket, rug, or coat is handy, use it to smother the flames. But doing so should never delay stop, drop, and roll.)

Roll.

Roll back and forth, again and again, until the flames go out.