

# Main things should be remembered

## During Fire

- Stay calm
- Close doors to contain the fire
- Use stairs instead of elevators
- Crawl low under smoke
- Cover your nose if there is smoke
- Use a damp cloth to protect your face from heat and smoke
- Call for help

## Safeguarding policy

**Physical violence** such as shaking, slapping, punching, choking, biting, kicking, burning,

**Emotional** violence includes insults, beliling, bullying, and degrading.

**Controlling behavior** includes isolating a person from family and friends, monitoring their movements.

**Verbal abuse:** This can include name-calling, yelling, body shaming or constant criticism.

include name-calling, body shaming.

**Sexual abuse** including rape, sexual assault, and other forms of sexual contact.