

Home Visit Notes

Lesson: Safety & First Aid

Objectives:

- Help parents understand how important their role is to providing a safe environment for their children.
- Reinforce safety rules taught in class.
- Provide hands-on activities.
- Encourage reading in the home and model good reading skills.
- Empower parents as teachers by providing background knowledge.
- Foster fun learning interaction between parent and child.

Activities:

1. Read books such as Arthur's Fire Drill, Oh, No Nicky, or Safety Counts! and leave additional books for the families to read together. **A book list is provided for you.**
2. Make a fire engine. Precut circular and rectangular shapes from construction paper. Have the children glue the precut shapes onto a piece of construction paper to resemble a fire truck. They may add yarn or string for the fire hose and use straws to make a ladder.
3. Make a fire hat **using the template provided. Discuss what to do when there is a fire (stop, drop, and roll). Then sing the Fire Safety songs in the packet.** If time allows, take a trip to the fire station
4. Planning and practicing a home fire escape plan is a smart thing to do. Get together with your family to draw a plan of your home that includes all windows and doors. Plan an escape route using the grid to plan where to go if there is a fire.
5. Play fire safety baseball and do a home fire safety inspection.
6. **When children get hurt, a boo boo bunny can sometimes do the trick. Directions to make one at home are provided. This is a great way to discuss First Aid with the children and their parents.**
7. **As an extension of the discussion on First Aid, there is a "Flippin' Safety Book" activity where children and their parents can make flip books to know how to respond to accidents and how to keep themselves safe.**
8. Teach children about 9-1-1. **Use the A,B,C's of 9-1-1 provided for you in the packet.**

9. Discuss with children and the parents about stranger danger. This is a good time to discuss the importance of keeping a close eye on children, making sure the parents know well and totally trust anyone who is left in charge of their children, and what children should do if they are lost or don't feel comfortable with a situation. Where do they go, who do they ask for help, etc.
10. Poisons can be a very real safety hazard at home. Help children and their parents make a "poison help" magnet to reinforce the "Mr. Yuck" symbol and how that signals danger. A template for this is included in the instructor's notes. Discuss basic poison safety with the parents to reinforce a GED lesson on where to store poisonous materials safely and what to do in case of an emergency.
11. What to do in case of a storm is an important topic and some basic rules are included for you to discuss with the adults. A coordinating activity is included in the instructor's notes.
12. Safety in the sun is something that is often overlooked, but it is a very important topic to cover. A sheet with some important points is included. This coordinates with a GED lesson.
13. Keeping safe on the Internet is a relatively new topic. A "Kids' Rules for Online Safety" is included for you and should be covered with any children old enough to use the computer. Even if the children are younger, this is a great time to reinforce this topic with the parents. There is a coordinating activity in the GED lesson.
14. As a review of safety habits, complete the "Make it Safe" activity by cutting out the squares showing the correct answer to each of the missing safety principles and gluing them in the correct spot.
15. Complete a safety coloring book using the pages provided for you. This is a great way to reinforce safety concepts with children and their whole family.

Health Literacy

Books about Safety and First Aid

Baby & Preschool

<u>Be Safe, Blue!</u>	Phoebe Beinstein
<u>Bee Safe</u>	Charles Reasoner
<u>Boo Hoo Boo-Boo</u>	Marilyn Singer
<u>Caillou, Careful!</u>	Joceline Sanschagrin
<u>Dora the Explorer Safety</u>	Learning Horizons
<u>I Read Signs</u>	Tana Hoban
<u>Oh No, Nicky!</u>	Harriet Ziefert

Ages 4-10

<u>All About Scabs</u>	Genichiro Yagyu
<u>Arthur's Fire Drill</u>	Marc Brown
<u>Bites & Stings</u>	Alvin B Silverstein
<u>Burns & Blisters</u>	Alvin B Silverstein
<u>Firefighters A to Z</u>	Chris L. Demarest
<u>Fireman's Safety Hints</u>	Giovanni Caviezel
<u>First Aid for You</u>	Rebecca Weber
<u>I Can Be Safe: A First Look at Safety</u>	Pat Thomas
<u>Kids' Guide to First Aid: All about Bruises,</u>	Karen Buhler Gale &
<u>Burns, Stings, Sprains, and Other Ouches</u>	David Buchholtz
<u>No Dragons for Tea: Fire Safety for Kids (and Dragons)</u>	Jean Pendziwol

Health Literacy Books about Safety and First Aid

Ages 4-10 (continued)

Ouch!: Bye Bye, Boo Boos

Kelli Chipponeri

Poison! Beware!: Be an Expert Poison Spotter

Steve Skidmore

Poisoning

Alvin B Silverstein

Safety Counts!

Joel Kupperstein

When an emergency happens, will you be prepared? Practice making a splint or sling for a family member. Are you able to locate the necessary materials at home to help those around you if the need arises? Create a plan of action with your family members so that everyone understands how to help each other in the event of an emergency.

Materials:

- Cloth (approx. 40" square such as a pillow case, cut sheet, large scarf, etc.)
- Strips of cloth
- Newspaper, magazine, or heavy cloth

Procedure:**Sling**

- Cut or fold the square diagonally to make a triangle.
- Slip one end of the bandage under the arm and over the shoulder.
- Bring the other end of the bandage over the other shoulder, creating a cradle for the arm.
- Tie both ends of the bandage behind the neck. The arm should rest at the natural bend of the elbow, provided with support from the sling.

Splint

- For a lower arm or wrist fracture, carefully place a folded newspaper, magazine, or heavy piece of cloth under the arm.
- Tie it in place with pieces of cloth.
- A lower leg or ankle fracture can be splinted similarly with a bulky garment or blanket wrapped and secured around the limb.
- A person with a hip or pelvis fracture should not be moved. If the person must be moved, the legs should be strapped together (with a towel or blanket in between them) and the person gently placed on a board, as for a back injury.

Flippin' Safety Book

Safety is important!

Materials:

- Copy paper (8 $\frac{1}{2}$ " X 11")
- Pencil
- Colored pencils/crayons
- Stapler
- Scissors

Procedure:

1. Cut two 8 $\frac{1}{2}$ " X 11" sheets of paper in half lengthwise.
2. Using three strips of the 4 $\frac{1}{4}$ " X 11" strips of paper, place these on top of each other at 1" increments from the bottom.
3. Fold over and crease the top portion to form six pages. The bottom of each sheet will be 1" above the next one.
4. Carefully staple the top of the booklet to secure the pages together.
5. Have the child complete the flipbook by including:
 - Cover—"My First Safety Flipbook"
 - Pages two—six—Cut out pictures out of a magazine or draw safety issues the child considers important. (i.e. Don't play with matches or knives, Wear a helmet when riding a bike.)

Fire Safety Song

Sung to the tune of "What shall we do with a drunken sailor"

**What do you dial if there's a fire,
What do you dial if there's a fire,
What do you dial if there's a fire,
Dial 9-1-1!**

**What do you do to plan for fire,
What do you do to plan for fire,
What do you do to plan for fire,
Have a fire drill!**

**What do you do if you're on fire,
What do you do if you're on fire,
What do you do if you're on fire,
Stop, drop and roll!**

**Who comes in a truck if there's fire,
Comes in a truck if there's fire,
Comes in a truck if there's fire,
It's the Fireman!**

Safety in the Sun!

Be sure, if possible, that children avoid sunburn, as most long term sun damage is done before the age of 18 years. One or two bad sunburns before this age can cause skin cancer many years later. The damage may be done early and is cumulative, but may not be evident for 20 years or more. Also, burns that occur once or twice a year while on vacation are much worse than slow tanning. It's best to make the use of a sunscreen a habit at an early age.

No child 6 months old or younger should be exposed to direct sunlight for prolonged periods of time. The baby should have a hooded carriage or stroller, be wearing a hat and clothing. After 6 months of age sunscreen usage may be started, and should be used on a regular basis when the child is to be out of doors.

If possible, the following list should be adhered to:

- Avoid prolonged direct sun exposure during peak hours (10 AM - 3 PM)
- Use a sunscreen of at least an SPF 15 - it is also wise to wear protective clothing and a hat.
- Re-apply sunscreen after swimming.
- Try to make the application of sunscreen (SPF 15 or higher) a matter of the child's' daily routine.
- Set a good example by doing the same thing for you as children are more likely to learn what they see, not just what you tell them.
- Send sunscreen to camp with the child to be applied prior to exposure. If it is day camp, apply sunscreen before leaving for camp each day. Be sure it is re-applied after swimming

Information adapted from www.dermaesthetics.com

Safety Rules

Source: U.S. Dept. of Commerce NOAA Publications

TORNADOES

DON'T TOUCH THE WINDOWS!

Opening a window, once thought to be a way to minimize damage by allowing inside and outside atmospheric pressures to equalize, is NOT recommended. If a tornado gets close enough for a pressure drop to occur, the strong tornado wind probably already will have caused significant damage and opening the wrong window can actually INCREASE damage.

IN A CAR OR MOBILE HOME, GET OUT AND SEEK SHELTER IN A BUILDING OR LIE FLAT IN A NEARBY DITCH OR RAVINE.

While chances of avoiding a tornado by driving away in a vehicle may be better in open country than metropolitan areas, vehicles (and mobile homes) are still dangerous because they can easily be lifted or rolled by high wind.

IN A HOME OR BUILDING, GET TO THE LOWEST LEVEL.

Storm cellars or well constructed basements offer the greatest protection. If neither is available, the lowest floor is the best alternative. In high-rise buildings, occupants should move as far down as possible and take shelter in interior, small rooms or stairwells. Most tornado injuries and deaths result from flying debris. Small rooms, such as closets or bathrooms in the center of a home, offer protection from flying objects. If time permits, seek shelter under a heavy basement bench, table or stairwell to protect yourself from falling debris, rather than being positioned in an exposed corner.

IN SCHOOLS, SEEK SHELTER IN AN INSIDE HALLWAY AWAY FROM CLASSROOM WINDOWS.

THUNDERSTORMS

A severe thunderstorm may contain winds of 92 km/hr (57 mph) or higher and hail about 2 cm (3/4") or more in diameter.

STAY INSIDE A HOME, LARGE BUILDING OR AN ALL METAL (not convertible) AUTOMOBILE.

DON'T USE THE TELEPHONE, EXCEPT FOR EMERGENCIES.

IF OUTSIDE, DON'T STAND UNDERNEATH A TALL, ISOLATED TREE OR TELEPHONE POLE.

Avoid projecting above the surrounding landscape. For example, don't stand on a hilltop. In a forest, seek shelter in a low area under a thick growth of small trees. In open areas, go to a lower place, such as a ravine or valley. Get off or away from open water and metal equipment such as tractors, motorcycles, bicycles and golf carts. Put down golf clubs and take off golf shoes. Stay away from wire fences, clotheslines, metal pipes and rails.

LIGHTNING MAY STRIKE MILES FROM THE PARENT CLOUD

Precautions should be taken even though the thunderstorm is not directly overhead. If your hair stands on end and/or skin tingles, lightning may be about to strike. Drop to your knees, putting your hands on your knees. Do not run or lie flat on the ground.

PERSONS STRUCK BY LIGHTNING MAY RECEIVE A SEVERE SHOCK OR BURN, BUT THEY CARRY NO ELECTRICAL CHARGE AND CAN BE HANDLED.

The *American Red Cross* says if a victim is not breathing, immediately begin mouth-to-mouth resuscitation, once every 5 seconds to adults and once every 3 seconds to children, until medical help arrives. If both pulse and breathing are absent, cardiopulmonary resuscitation (a combination of mouth to mouth resuscitation and external cardiac compression) should be administered only by persons with proper training. A *Red Cross First Aid Course* provides excellent instruction.

HURRICANES

Hurricanes are tropical cyclones in which winds reach constant speeds of 120 km/hr (74 mph) or more.

BE ALERT to information about hurricanes. A HURRICANE WATCH means “possible” hurricane within 24 to 36 hours. A HURRICANE WARNING means a hurricane *is expected* within 24 hours or less.

What to do if a hurricane is eminent:

MOOR BOATS securely or move them to safe shelter.

SECURE OUTDOOR OBJECTS or bring them indoors.

PROTECT WINDOWS WITH BOARDS, SHUTTERS, OR TAPE.

FUEL YOUR CAR.

DRAW WATER to last several days.

BRING PETS INDOORS.

LEAVE LOW-LYING OR COASTAL AREAS AND OFF-SHORE ISLANDS, AS WELL AS MOBILE HOMES FOR MORE SUBSTANTIAL SHELTER. The “storm surge”, a dome of water that comes across the coast, is the most dangerous part of the storm. Tides can be 5 to 25 feet above normal. Nine out of ten hurricane deaths occur in the storm surge.

LISTEN CAREFULLY TO LOCAL OFFICIALS ON TELEVISION, RADIO OR NOAA WEATHER RADIO AND EVACUATE IF TOLD TO DO SO.

Finally, beware of the deceptively calm eye of the hurricane. These clear skies and light winds are bordered by winds and rain of maximum force that blow from the opposite direction. Don't venture out.

Kids' Rules for Online Safety



SafeKids.Com

1. I will not give out personal information such as my telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will be a good online citizen and not do anything that hurts other people or is against the law.

Boo Boo Bunnies

Materials:

- Washcloth
- 7 mm wiggle eyes (2 each)
- Rubber band
- 1/8" wide ribbon (cut 11" long)
- 1/2" pompom
- 1/4" pompom
- Plastic ice cube (optional)
- White glue



Procedure:

1. Start rolling the washcloth from opposite corners toward each other and meet in the middle. Roll tight.
2. Holding it in place fold the rolled up washcloth in half and then in half again the opposite direction forming "bunny ears".
3. Wrap a rubber band around the head leaving ears behind the rubber band.
4. Tie ribbon around rubber band with a bow on top of head.
5. Glue eyes and small pom pom on head to make face.
6. Glue medium pom pom on back to make tail.
7. Place an ice cube or frozen plastic ice cube in center of bunny to soothe boo-boos for your little ones.

😊 Boo Boo Bunny 😊

If a boo boo has you feeling crummy,
Stick an ice cube in my tummy.
😊 Hold it to your boo boo tight. 😊
Soon everything will be all right!



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Plan a Fire Escape Route

Planning and practicing a home fire escape plan is a smart thing to do. Get together with your family to draw a plan of your home that includes all windows and doors. Here are some important tips to help make your plan.

1. Two Ways Out: Every room should have two ways out. One way out would be the **door** and the second way out may be a **window**. If your first way out is blocked by fire or smoke you should use your second way out. Emergency escape from a second story window may involve using a home fire safety ladder. If your escape plan includes an escape ladder, practice using it from a first floor window with a grown-up.



2. Working Smoke Alarms: Make sure your home has at least **one smoke alarm on every level** and outside the sleeping areas. If you sleep with your bedroom door closed, ask a grown-up to install a smoke alarm inside your bedroom. Ask a grown-up to test your smoke alarms each month by pushing the test button, and to replace the batteries once a year or when it makes a chirping sound which means the battery is running low.



NOTE: Newer smoke alarms have a universal signal repetition of 3 beeps, followed by a 1 1/2 second pause.

3. Outside Meeting Place: Pick a family meeting place outside the home, where everyone will meet once they have escaped. A good meeting place would be a tree, a streetlight, a telephone pole, or a neighbor's home. Be sure to stay a safe distance from emergency vehicles.



4. Lots of Practice: Practice your plan with your family at least twice a year. Get your family together for tonight and practice your "great escape." Remember: Never go back inside a burning building. Once out, stay out!

If you live in an apartment building, here is some special information for you. In some cases, the safest action when a fire alarm sounds may be to stay inside your apartment and protect yourself from smoke until the fire department arrives. This is called a "passive escape." If escaping is your best course of action, follow your escape plan unless there is immediate danger. Take your key with you in case you are forced to return to your apartment. Always use the stairs - never the elevator- in case of fire alarms.

An elevator may stop at a floor where the fire is burning or it may malfunction and trap you.

If you are unable to leave the building, use your passive escape.

- Seal all doors and vents with duct tape or towels to prevent smoke from entering the room.
- Open a window at the top and bottom so fresh air can enter. Be ready to close the window immediately if it draws smoke into the room.
- Call the fire department and let them know that you are still inside the building.
- Wave a flashlight or light colored cloth at the window to let the fire department know where you are located.
- Be patient. Rescuing all the occupants of a high-rise building can take a long time.



Test Smoke Alarms



Draw an Escape Plan



Fireman Hats

It's fun for the kids to make these as they learn about fire safety.

Materials:

- paper
- scissors
- glue or tape
- OPTIONAL: crayons
- construction paper
- OPTIONAL: streamer or ribbons to decorate the brim



Procedure:

1. Copy the template.
2. Color the pieces, as necessary
3. Cut out the template pieces (this can be done prior to visiting the child)
4. Cut two strips of construction paper about 4 inches wide and as long as you can make them.
5. Tape the strips together end to end so you have one very long strip.
6. Measure the paper around the child's head and mark about two inches longer than needed.
7. Let the children glue or tape the characters onto the construction paper strip
8. Tape the ends together to form a hat.
9. OPTIONAL: tape strands of streamer or ribbon onto the back of the hat to hang down

Cut out the images and glue them onto a 3 to 4 inch wide piece of construction paper that goes around the child's head. You will need to cut two strips of paper and tape them together to make one strip long enough to go around the head.

From: www.dltk-kids.com

Template for Fireman Hats



Cut out the images and glue them onto a 3 to 4 inch wide piece of construction paper that goes around the child's head. You will need to cut two strips of paper and tape them together to make one strip long enough to go around the head.