



Safe at Home, Safe Away

This month in THE GREAT BODY SHOP, we'll be talking about safety.

Lesson 1: Safety Sleuths

Lesson 2: Emergency Planners to the Rescue

Lesson 3: Take Action

Lesson 4: Say "No!" to Danger

Trouble Shooting

Approximately 11 children and adolescents die EVERY DAY in the U.S. as a result of unintentional shootings. According to one study, a gun in the home is 43 times more likely to kill a family member or friend than an intruder. (American Academy of Pediatrics statistic)

- If you keep a gun, store it unloaded in a locked cabinet, and use a gunlock. Hide the key and bullets separately.
- Remind children often that they are never to touch, play with, or take out the gun. Consider getting rid of any guns in your home for the safety of your family.
- Rehearse with young children what they should do if they see a gun at a relative's or neighbor's house. Make sure they know to not touch it and immediately tell an adult.

Smoke Signals

Have you done all you can to protect your family from fire?

- Install smoke detectors. Check the batteries twice yearly.
- Place fire extinguishers by the stove and in the garage.
- Discuss escape routes from your home and practice crawling to them as in a real fire. Find a meeting place outside to gather.
- Follow your community's rules for disposing of highly flammable and other dangerous substances, or store them in a metal locker. Never pour them into another container.
- Place rags soaked with paint thinner or paint remover in a metal can or container, then follow your community's rules for hazardous waste disposal.
- Smoking materials (i.e., cigarettes, cigars, pipes, etc.) are the leading cause of fire deaths in the United States. If you are a smoker, consider quitting for your health and for the health and safety of your family.



The Big Challenge

Who can do better on this quiz—you or your child?

1. What are the three steps to follow if your clothes catch on fire?
2. In a fire, which hurts more people: fire or smoke?
3. What is the sign of a bad burn?
4. Electricity and _____ are a deadly combination.
5. Is it safer to be in a car or outside during a lightning storm?

Answers:
1. stop, drop, roll 2. smoke 3. blisters 4. water
5. in a car

Read All About It

Everything First Aid Book: How to Handle Falls and Breaks, Choking, Cuts and Scrapes, Insect Bites and Rashes, Burns, Poisoning, and When to Call 911

by Nadine Saubers. Adams Media, 2008.

This is a practical book for parents. It covers everything from how to perform CPR and the essentials of a first aid kit to the ABCs of making and securing a splint. Families can practice first aid skills together as they learn how to handle emergencies and injuries.