

## LESSON 1

# Keep Safe Indoors

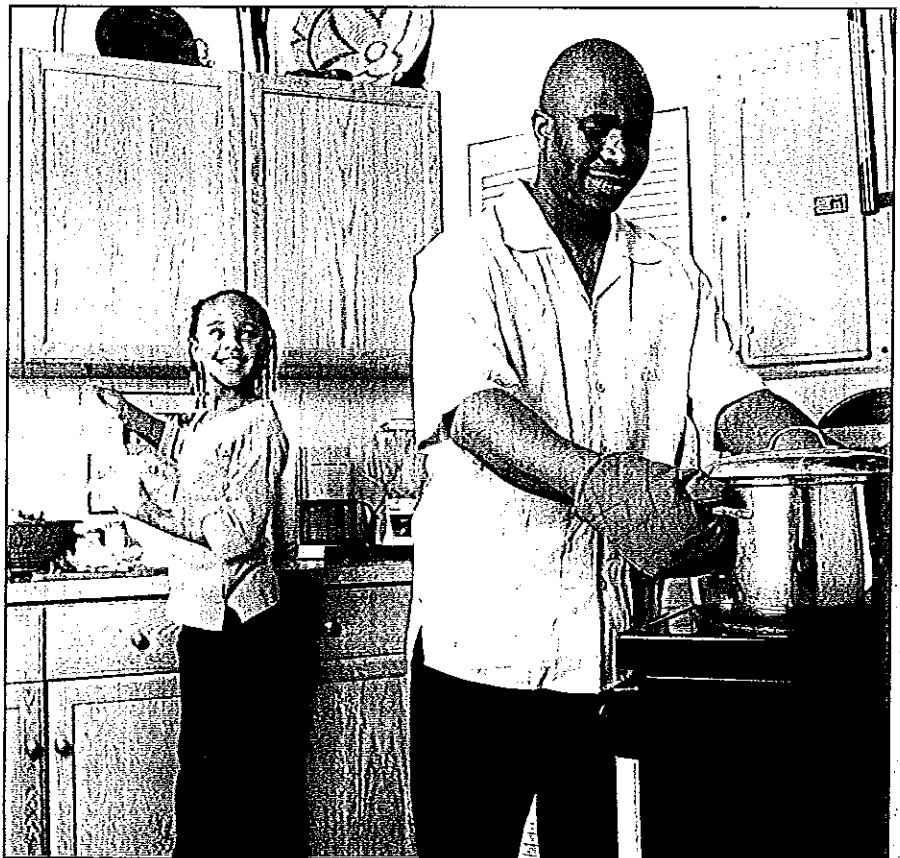
You will learn . . .

- how to reduce safety hazards at home.
- what safety rules to follow in case of fire.
- how to stay safe at school.

### Vocabulary

- injury, C43
- safety rules, C43
- hazard, C43
- smoke detector, C44
- fire extinguisher, C44

**Every year about two-and-a-half million children visit the hospital due to a fall. Another 200,000 children are injured on playgrounds. You can help reduce the risk of accidents at home and in school.**



# Safety at Home

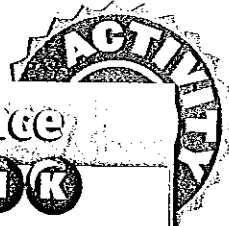
Many accidents occur in the home. Accidents can cause injury. An **injury** is harm done to a person. Some accidents cause minor injuries, such as a scraped knee or a small cut. Others can cause more serious injuries. These injuries can take a long time to heal. The person who is injured may need to stay home from school or work. He or she may need extra care.

It's important to be safe at home. You can reduce the risk of injury by following safety rules. **Safety rules** are guidelines to help prevent injury. Many safety rules help you avoid hazards. A **hazard** is something that can cause harm or injury. Here are some ways you and your family can reduce hazards in your home.

- **Keep floors clear of objects** so that people don't trip and fall.
- **Keep cleaners and medicines in separate cabinets** where small children can't reach them. These products can be poisonous.
- **Use electrical items carefully.** Follow the directions. Don't use them when you are wet. Use power tools only with a responsible adult.
- **Store medicines in a locked cabinet.** This will keep them out of the reach of small children.

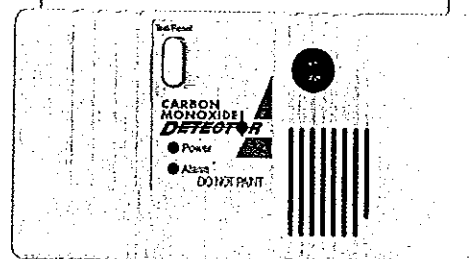


▲ Put tools away safely.



## Draw a Diagram

Carbon monoxide is a gas that can make people ill. Any appliance, such as a furnace or stove, that burns gas, oil, coal, or wood can release carbon monoxide if it does not work properly. In most cases, this is not a problem if there is enough fresh air. If there is not enough fresh air, the carbon monoxide can poison people. Many homes now have carbon monoxide detectors. These detectors set off an alarm if the level of carbon monoxide in the air becomes dangerous. Draw a diagram of your home showing where you might put these detectors.



What is the safe way to store cleaners and medicines?

## CAREERS

### Firefighter

A firefighter is trained to perform many kinds of rescue missions. He or she fights fires and rescues people who may be trapped in a burning building. Firefighters also respond to emergency medical calls and accidents. In fact, firefighters are often the first people to arrive when there is an auto accident or someone needs an ambulance. Firefighters also help teach people about fire prevention and safety.

**LOG ON** [www.mmhhealth.com](http://www.mmhhealth.com)  
Find out more about this and other health careers.



## Fire Safety

Fires and burns injure almost 500,000 people every year. Many fires start by accident. Maybe a pot of food on the stove or an electrical appliance catches fire.

Smoke detectors and fire extinguishers help protect your home. A **smoke detector** is a device that sounds an alarm when smoke is present. A **fire extinguisher** is a device containing water or chemicals to spray on a fire.

Work with your family to plan what to do if there is a fire. Decide where to put smoke detectors and when to test them. Plan how you would get out if there were a fire. Arrange where to meet once you're out of the house.

### Fire Prevention Tips

Many fires can be prevented. You can help. Here are some safety rules to remember.

- **Turn pan handles toward the center of the stove.** This way you will be less likely to knock the pan over or touch the hot handle.
- **Use potholders when you move a hot pan.** This protects your hands from burns.
- **Never play with matches.** You could accidentally start a fire.
- **Make sure that electrical cords don't run under rugs.** If the cord is damaged, the electricity can set fire to the rug.
- **Don't plug too many appliances into one outlet.** Doing so can overload an outlet. This can cause a fire.
- **Don't leave appliances running with no one nearby.** Someone should watch the appliance to make sure it does not catch fire.

## In Case of Fire

If a fire breaks out, you will need to think and act fast. You can prepare yourself by learning what to do. Ask your family to practice what to do by having fire drills at home. Pay attention when you have fire drills at school, too. Have a plan to get out of your home or school if there is a fire. You should know two ways to get out in case one way is blocked.

Here are steps to follow if there is a fire at home.

- **Yell loudly** to alert others at home. Yell "Fire!" and "Get out!"
- **Don't stop** to take anything. It's more important to protect your safety.
- **Feel whether a door is hot** before you open it. If it feels hot, don't open it. There may be a fire on the other side. If the door is hot, put blankets or clothes along the bottom of the door to keep smoke out. Open a window and yell for help. Wait for firefighters to help you.
- **Be sure to close the door behind you** if you decide it is safe to leave. This will slow the spread of the fire.
- **Crawl on your hands and knees** if there is smoke. Smoke usually rises. Stay below the level of the smoke so that you don't breathe it in.
- **Meet your family outside.** Use the emergency plan you practiced. Call for emergency help after you get out of the building.

If a fire breaks out at school, stay quiet. Pay attention to your teacher's instructions. Use the escape plan that you practiced. Don't run. Go to a meeting place that your teacher and school have decided on. That way people will know that you are safe.



**Why should you have fire drills at home and at school?**

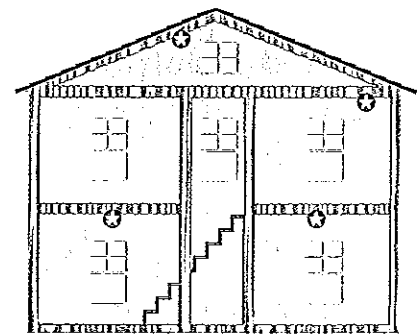
**ACTIVITY**

**On Your Own**

**FOR SCHOOL OR HOME**

**Make an Escape Plan**

On a poster board, draw a floor plan of your home. Label all rooms and include a family meeting place outside. Draw arrows showing how you would get out of the home if there was a fire. Show two different ways to get out from your bedroom.



- ▲ **Put smoke detectors on every level of your home.** One should be placed near every bedroom. Test the batteries regularly. Change dead batteries right away.