

Ch. 15 Personal Safety

Learning Objectives:

1. Explain what it means to be safety conscious, identify causes of accidental injuries, and describe how to prevent accidental injuries.
2. Explain how to protect yourself and others from fires, identify ways to prevent accidental injuries at home.
3. Describe how to stay safe on the roads and in neighborhoods, identify ways to stay safe in hot and cold weather and in and around water, and explain safety measures for hiking and camping.
4. Describe different types of weather emergencies and natural disasters and lists safety measures to take during a natural disaster.
5. List steps to take an emergency, describe how to perform CPR, Heimlich Maneuver, stop severe bleeding, treat burns, fractures, sprains, and bruises.

Lesson 1: Preventing Injury

Words to know:

Safety conscious: Being aware that safety is important and being careful to act in a safe manner.

😊 **Hazards:** Potential sources of danger.

😊 **Accidental Injuries:** Injuries caused by unexpected events.

Safety First

-85,000 people die each year from accidental injuries.

-#1 cause of teen deaths is auto accidents, other causes include; drowning, bicycle injuries and burns.

-To avoid accidental injuries: be aware of your surroundings, be safety conscious, avoid potential hazards.

Breaking the accident chain

- 😊 1. Change the situation
- 😊 2. Change the unsafe habit
- 😊 3. Change the unsafe action

Lesson 2: Staying Safe at Home

Words to Know:

😊 **Flammable:** able to catch fire easily

Electrical overload: a dangerous situation in which too much electric current flows along a single circuit

Smoke Alarm: a device that sounds an alarm when it senses smoke

😊 **Fire Extinguisher:** a device that sprays water, CO₂, or chemicals that put out fires.

Fire Safety

-More than 370,000 homes catch fire each year killing more than 3,300 people.

Preventing Fires

1. Keep stoves and ovens clean, keep flammable materials away from burners.
2. Never smoke in bed, extinguish your cigarettes, don't ever toss them into a trash can.
3. Never play with matches/lighters, store away from children, don't leave candles/fires burning unattended.
4. Check electrical cords for damage, never place them under a rug or carpet.

Being Prepared in Case of Fire

1. Install smoke/CO₂ detectors on every level of your home, in bedrooms, and near your furnace.
2. Change batteries in your detectors every six months.
- 😊 3. Have fire extinguishers and inspect them monthly
- 😊 4. Have a fire escape plan

Preventing Injuries at Home

Preventing Falls

1. Safety in the kitchen: clean up any spills, use a stepstool not a chair to get items out of reach.
2. Safety in the bathroom: use a non-skid mat near the tub/shower, no glass containers, keep electrical items away from water.
3. Safety in the stairs: Keep stairs well lit, clear of objects, use handrails, use safety gates with small children.

Gun Safety

1. Store guns and ammunition separately
2. Keep guns stored safely, out of reach of children, with trigger locks, in safe, etc...
- 😊 3. Treat all guns as if they are loaded.
- 😊 4. Remember, a gun is not a toy!!
5. Only use a firearm under the supervision of an adult.

Lesson 3: Staying Safe Outdoors

Words to know:

Pedestrian: a person who travels on foot

Safety on Foot

1. Walk on sidewalks or on the side of the road facing traffic
- 😊 2. Use crosswalks when available
3. Look both ways several times before crossing and listen for traffic
- 😊 4. When crossing in front of a stopped vehicle, make eye contact
5. At night stay in well lit areas, wear light colored clothing, use a flashlight
6. Don't use a cell phone, or wear headphones in both ears and be aware of your surroundings.

Safety on Wheels

- 😊 1. Always ride with traffic
2. Don't ride/skateboard/roller blade on sidewalks
3. Wear proper safety gear (helmet, wrist guards, elbow/knee pads, etc...)
4. Do a safety check of your bike/equipment before using
- 😊 5. Stay alert
6. Don't use your phone or wear headphones in both ears

Safety in Vehicles

- 😊 1. wear a seatbelt

- 😊 2. Don't distract the driver
- 3. Use a child seat or booster seat for small children
- 4. Keep body parts inside of the vehicle

Neighborhood Safety

- 1. Avoid potential trouble
 - 😊 a. don't travel alone
 - 😊 b. don't travel at night
 - c. don't go into areas you know to be unsafe
 - d. explain who you will be with and where you will be.
 - e. carry ID
 - f. leave expensive items at home

- g. carry your cell phone
- 2. Be aware of your surroundings
- 3. Get help if someone tries to touch or harm you, scream/call 911

Safety at Play

- 1. take a buddy or two
- 2. stay aware of weather
- 3. know your limits; don't do more than you can handle
- 4. Use good judgment; plan ahead
- 5. Warm up and cool down to prevent injuries

Hot Weather Safety Tips

1. keep cool drink plenty of water
2. if you feel dizzy, out of breath, ore have a headache, take a break
3. Rest in the shade
4. Signs of heat exhaustion
 - a. cold clammy skin
 - b. dizziness
 - c. nausea

5. Signs of heat stroke

- a. increase in body temperature
- b. difficulty breathing
- c. loss of consciousness
- d. CALL 911 IMMEDIATELY

Cold Weather Safety Tips

1. dress in layers
2. wear a hat, warm footwear gloves or mittens
3. if you start to shiver uncontrollably, go inside and get warm.

Water Safety

1. follow all posted safety rules
2. only swim when a lifeguard or trusted adult is present
3. never swim alone
4. don't swim when tired or cold or when you have been out in the sun too long
5. watch for changes in the weather
6. never swim in water with strong currents
7. only dive in water that is marked safe for diving
8. keep an eye on younger children

Hiking and Camping Safety

1. never camp or hike alone
2. dress appropriately for the weather and activities
3. check your equipment
4. know where you are; learn to read a map, use a compass, etc...
5. know the plants and animals you may encounter
6. use fire responsibly; only in approved areas, ALWAYS be sure the fire is put out

Lesson 4: Weather Emergencies & Natural Disasters

Words to know:

Weather emergencies: dangerous situations brought on by changes in the atmosphere.

Tornado: a whirling, funnel-shaped windstorm that drops from storm clouds to the ground

Hurricane: a strong windstorm with driving rain that forms over the sea

Blizzard: a very heavy snowstorm with winds up to 45 mph

Hypothermia: a sudden and dangerous drop in body temperature

Earthquake: a shifting of the earth's plates, resulting in shaking of the earth's surface

Aftershocks: smaller earthquakes, as the earth readjusts after the main earthquake

Examples of Weather Emergencies

1. Tornadoes

a. when alerted to a tornado, seek shelter underground in a storm shelter, basement, etc. or a windowless room/hallway. If outside seek shelter in a ditch or lay flat on the ground.

b. crawl under a desk, in a tub, cover your self with cushions, etc...

2. Hurricanes

a. board up windows/doors store outside items inside if possible

b. evacuate if ordered to

3. Blizzards

- a. stay inside
- b. avoid driving if possible
- c. if outside seek shelter immediately
- d. avoid hypothermia cover all exposed skin and dress in layers.

4. Thunderstorms and Lightning

- a. stay inside or seek shelter ASAP
- b. unplug electrical appliances, computers, etc...
- c. be prepared for loss of power
- d. avoid using the home phone, or running water
- e. If outside crouch low to the ground avoid trees, electrical poles, water or metal objects.

Examples of Natural Disasters

1. Floods/Flash Floods

- a. head for higher ground
- b. never walk, swim, bike, drive through flooding water
- c. only drink bottled water
- d. if you evacuate only return when you are told it is safe

2. Earthquakes/Aftershocks

- a. stay away from windows, mirrors, anything that can shatter
- b. get under a sturdy piece of furniture or doorway and cover your head
- c. stay away from building, trees, power lines
- d. find clear open areas, drop down and cover your head

Lesson 5: Giving First Aid

Words to know:

First aid: the immediate care given to someone who becomes injured or ill until regular medical care can be provided

Cardio-pulmonary resuscitation (CPR): a first-aid procedure to restore breathing and circulation

Hands Only CPR: a first-aid procedure to restore circulation

Rescue Breathing: a first-aid procedure where someone forces air into the lungs of a person who cannot breathe on his/her own

Abdominal Thrusts: quick inward and upward pulls into the diaphragm to force an obstruction out of the airway

Chest Thrusts: quick presses into the middle of the breastbone to force an obstruction out of the airway

Fracture: a break in a bone

dislocation: a major injury that happens when a bone is forced from its normal position within a joint

When giving first-aid always take universal precautions

- a. wear a face mask or use a mouthpiece to give rescue breaths
- b. wear gloves when treating bleeding or to avoid other body fluids

Restoring breathing an heartbeat

- a. perform CPR or Hands only CPR if no heartbeat and breathing
- b. perform rescue breathing if heartbeat present but no breathing
- c. call 911
- d. use an automated external defibrillator (AED) if one is available to help restore heartbeat

How to help someone who is choking

1. Ask if they are okay, if they say yes or are coughing forcefully do NOTHING!
2. If they cannot verbally respond or nod yes:
 - a. standing slightly behind the person place one arm diagonally across the chest, lean the person forward and give the person 5 back blows between the shoulder blades
 - b. If the object is dislodged, stop, if not...
 - c. give abdominal thrusts by placing the thumb side of your fist against the person's abdomen, just above the navel. Grasp your fist with your other hand and give 5 quick inward and upward thrusts. If the object is dislodged, stop if not repeat 5 back blows and 5 thrusts until the object is dislodged or the person becomes unconscious, then call 911 and begin CPR.

How to stop severe bleeding

1. if possible, raise the wound above the level of the heart
2. cover the wound with a sterile gauze or clean cloth
3. apply pressure to the wound
4. if blood soaks through the gauze, don't remove it, just add another gauze pad on top and continue pressure
5. once the bleeding slows or stops, secure the pad firmly in place, but not so as to cut off blood flow.
6. stay with the victim until help arrives

Types of burns and how to treat

1. first-degree burns: a burn in which only the outer layer of skin has burned and turned red

- a. to treat: flush the area with cold water for at least 20 mins.
Then loosely wrap the burn in a clean dry dressing.
2. Second-degree burn: a moderately serious burn in which the burned area blisters
 - a. to treat: flush the area with cold water for at least 20 mins. (no ice) Elevate the burned area and then loosely wrap the burn in a clean dry dressing.
3. Third-degree burn: a very serious burn in which all the layers of skin are damaged.
 - a. to treat: Call 911, do not try to remove burned clothing, reduce the heat on the affected area and then cover with a clean cloth.

Treating Other Emergencies

1. Fracture: a break in a bone needs immediate medical attention.
2. Dislocation: a major injury that happens when a bone is forced from its normal position within a joint. This requires immediate medical attention.
3. Sprains and bruises
 - a. Protect
 - b. Optimal
 - c. Loading
 - d. Ice
 - e. Compress
 - f. Elevate

Insect and animal bites

1. remove the stinger by scraping it off using a firm straight-edged object. For ticks use a pair of needle nose tweezers.
2. wash the site well with soap and water
3. Ice for 10 mins. to reduce pain and swelling