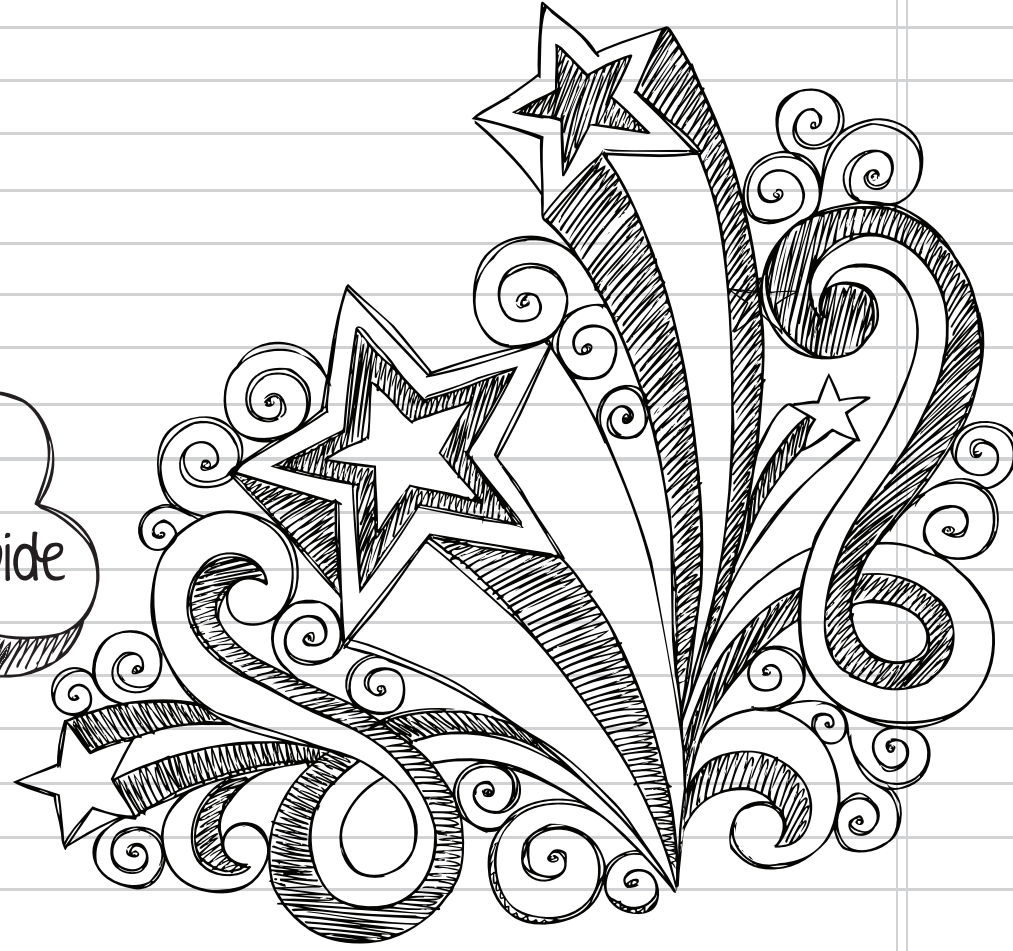




**SAFE AT
HOME ALONE**

A Guide for Kids' Time Alone



Includes
Parents Guide

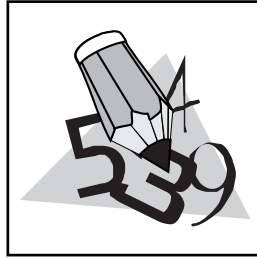
I'm in charge!

Have you ever wondered what it would be like to be home alone - in charge? What would you do? Watch TV? Do homework? Play video games? Hang around with friends? What if there was an emergency? Would you know what to do?

This book is a handy guide for information on things you need to know **BEFORE** you are left alone. Fill it out and keep it in a safe place where you can find it and refer to it when necessary.

Being in charge is a **HUGE** responsibility. Being prepared will help you and your parents feel more comfortable when you're home alone.

Things I Need To Know



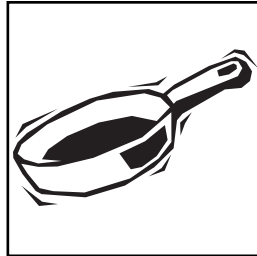
Phone Numbers & Information



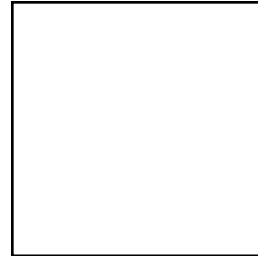
Fire Emergencies



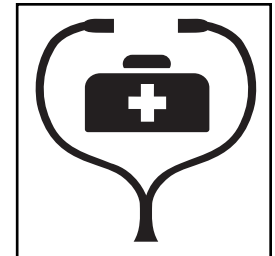
Weather Emergencies



Cooking Safety



Answering the Phone & Door



Medical Emergencies

Check off each section after you have completed it.



Important Phone Numbers and Information	Page 2	<input type="checkbox"/>
Fire Emergencies	Page 3	<input type="checkbox"/>
Weather Emergencies	Page 5	<input type="checkbox"/>
Cooking Safety.....	Page 7	<input type="checkbox"/>
Answering the Phone and Door	Page 11	<input type="checkbox"/>
Coming Home	Page 11	<input type="checkbox"/>
House Rules	Page 12	<input type="checkbox"/>
Medical Emergencies.....	Page 13	<input type="checkbox"/>
First Aid Kit Checklist	Page 13	<input type="checkbox"/>
Safety Checklist.....	Page 18	<input type="checkbox"/>
Check Your Neighborhood	Back Cover	<input type="checkbox"/>

FOR ALL EMERGENCIES

911

Medical, Fire, Police

Important Phone Numbers and Information

MEDICAL NUMBERS

Poison Control **1-800-222-1222**

Doctor's Name: _____

Phone #: _____

Dentist Name: _____

Phone: _____

Veterinarian #: _____

Allergies: _____

Medications: _____

SCHOOL & ACTIVITIES

My school #: _____

Brother's/Sister's School #: _____

After school activities:

Who	Activity	Phone	Day/Times
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

UTILITY NUMBERS

Phone Directory Assistance: _____

Electric Company: _____

Gas Company: _____

Apartment/Condo Manager or Maintenance
Person Name: _____

Phone #: _____

CONTACT PEOPLE

Mom's Work #: _____

Cell #: _____

Business: _____

Dad's Work #: _____

Cell #: _____

Business: _____

1st Contact Person: _____

Address: _____

Phone: _____

2nd Contact Person: _____

Address: _____

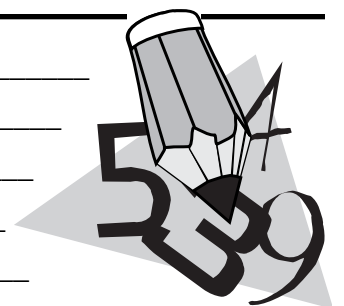
Phone: _____

Relatives/Friends

Name	Phone
_____	_____
_____	_____
_____	_____
_____	_____

My Address: _____ Phone #: _____

Directions to my House: _____



Fire Emergencies

When there is a fire, seconds count. **DO NOT try to put out a fire in the home.** Get out immediately and call from a cell phone or your neighbor's house. Speak clearly and tell the operator, "There is a fire in my home. The address is ____." Memorize the address and directions from page 2 of this book. Do not hang up until the operator tells you to. Do the following to escape a fire:

- Crawl along the floor to the nearest exit.
- Touch a closed door before opening it to see if it is hot. Leave it closed if it is hot and seek a different escape route. Climb out a window if necessary. If your home is more than one story above ground, have an escape ladder on each level to use to escape from a window.
- Open doors slowly and be ready to close them if smoke or fire pours in. If it does, use your alternate escape route.
- If smoke, heat or flames block your escape routes, stay in the room with the door closed. Signal for help with a bright colored cloth at the window. If there is a phone in the room, call 911 and tell them where you are! Be sure to turn the light on in your room and open the curtains. Wait at the window.
- **NEVER** go back into a building that is on fire!
- Do not stop to collect things on your way out - just get out immediately - fires can spread rapidly!
- Never try to hide from a fire in a closet or under a bed!
- Remember: Stop, Drop and Roll, if your clothes catch fire!

Make sure your home is fire safe. Here's what you can do to be ready in case of fire:

- Install smoke detectors in each bedroom and on each level of the home. Test them once a month to make sure the batteries are working. Replace batteries at least twice a year. Use the log on this page to help keep track of the tests.

SMOKE ALARM Safety Sheet

Families: Smoke alarms save lives. Make sure the smoke alarms in your home are working. Hang up this handy chart to remind you to test your smoke alarms every month.

MONTH	TESTED SMOKE ALARMS	SMOKE ALARMS WORKED
OCTOBER		
NOVEMBER		
DECEMBER		
JANUARY		
FEBRUARY		
MARCH		
APRIL		
MAY		
JUNE		
JULY		
AUGUST		
SEPTEMBER		

Fire safety information brought to you by NFPA, Sparky® and Spark® the Fire Dog are registered trademarks of the National Fire Protection Association.
This information provided by safe Kids Grand Forks and Altru Health System.
For more information log on to safekidsgf.com

NFPA SAFE KIDS GRAND FORKS Altru HEALTH SYSTEM

- Have a working fire extinguisher in the kitchen. Don't attempt to put out a fire unless you have proper training on the use of a fire extinguisher. The best thing to do if there is a fire is to GET OUT IMMEDIATELY! Let the fire department put out the fire!
- Plan your escape routes. Plan at least two escape routes from every room of your home. If you must use an escape landing or ladder, be sure everyone knows how to use it. Draw a floor plan of your home on page 4 and plan your escape routes.
- Practice your escape plan monthly.
- Once you are out, stay out!
- Select a place for everyone to meet outside after escaping.
- Check for fire hazards in your home such as frayed cords or overloaded outlets.

Draw your escape plan here. Indicate two exits from each room!



Escape Plan

Always have 2
ways out!

Our family meeting place is: _____

FOR ALL EMERGENCIES

911

Medical, Fire, Police

IF YOUR CLOTHES CATCH FIRE:

STOP - DROP - ROLL

STOP running

DROP to the ground

ROLL to put out the fire



Weather Emergencies

under a heavy piece of furniture on the lowest level near the center of the house.

- Lay face down, draw your knees up under you, and cover the back of your head with your hands. If you have a sports helmet handy, put it on.

After a Tornado:

- Be alert for potential dangers. Look for broken power lines, shattered glass, splintered wood or other sharp objects.
- Call your parents or other contact person and let them know you are okay.

Tornados:

There is often little or no warning of a tornado. Being prepared and knowing what to do could save your life.

Before a Tornado:

- Have emergency supplies on hand (refer to the Safety Checklist on page 18 of this book).
- Know the locations of designated shelter areas in public places near your home.
- Make sure you know your family's plan of where to go and what to do in case of a tornado warning.
- Have frequent drills.
- Listen to TV and radio stations for information.

During a Tornado:

- Take cover immediately. Don't attempt to flee from the path of a tornado in a car or other vehicle.
- Leave a car or mobile home and seek shelter elsewhere.
- If you're at home, stay inside and away from windows and exterior walls until the storm is over. The safest place in a home during a tornado is in the basement. If there is no basement, take shelter in a bathroom, closet or



What To Listen For:

Tornado Watch: Sirens usually won't sound. Be on the lookout for danger signs and be ready to move to safety.

Tornado Warning: Tornado siren goes off. This means a tornado has been sighted nearby and you should go at once to your designated safety area. If you see a tornado coming - don't wait for the warning signal - go to your shelter immediately.

Dangers Signs:

- Severe thunderstorm (thunder, lightning, heavy rains, strong winds)
- Large hail
- Roaring noise (sounds like a freight train)
- Funnel (dark spinning rope or column from sky to ground)
- Dark, often greenish sky

Thunderstorms

- Don't use a phone with a cord. Electricity from lightning can travel over telephone wires through the handset.
- Don't take a bath or shower. Water can conduct electricity.
- Unplug electrical appliances; especially air conditioners, computers, televisions and stereos. Power surges from thunderstorms can damage them.
- Close window shades, blinds and curtains in the room you are in to keep glass from flying into the room if the window is shattered.
- Stay inside!
- Listen to the TV and radio for weather information. Be alert for changing weather conditions.

What To Listen For

Thunderstorm Watch: Severe thunderstorms are possible in your area. Lightning, thunder, hail and heavy rains are possible. You should watch for threatening weather and listen to TV and radio for further information.

Thunderstorm Warning: Severe thunderstorms are occurring in your area. Take cover immediately.



Blizzards

Winter storms bring ice, snow and often dangerously cold temperatures.

- Stay inside!
- If the heat goes out, close off unneeded rooms. Stuff towels or rags into cracks under doors. Cover windows at night.
- Eat and drink. Food provides the body with energy for producing its own heat.
- Wear layers of loose-fitting, light weight, warm clothing. Remove any layers that are wet to avoid chill.
- Listen to the TV and radio for weather information. Be alert for changing weather conditions.
- Avoid unnecessary travel.

What To Listen For

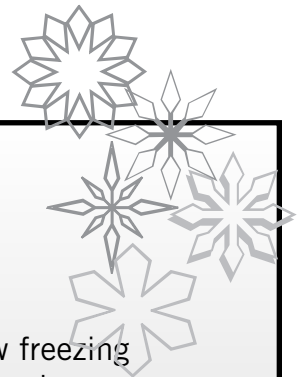
Frost/Freeze Warning: Below freezing temperatures are expected and may cause significant damage to plants, crops, or fruit trees.

Winter Storm Watch: Severe winter conditions, such as heavy snow and/or ice, are possible within the next day or two. Prepare now!

Winter Weather Advisory: Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life-threatening. The greatest hazard is often to motorists.

Winter Storm Warning: Severe winter conditions have begun or are about to begin in your area. Stay indoors!

Blizzard Warning: Snow and strong winds will combine to produce blinding (near zero) visibility, deep drifts, and life-threatening wind chill. Seek shelter immediately!



Cooking Safety

When you're in charge, you probably will have to do some cooking. But before you begin, check over these important safety tips. Remember - a smart cook is a safe cook.

Before You Start

- Choose a recipe that is right for your cooking ability. Read the recipe through carefully. If there's a word or direction you don't understand, ask a grownup for help.
- Gather all the ingredients and equipment you'll need for the recipe.
- Put on an apron to protect your clothes.
- If you have long hair, tie it back so it doesn't fall into the food.
- Wash your hands with soap and water and dry them well.



Safety Checklist

- Complete page 2 of this booklet and keep it near the phone. Use this information in case of an emergency.
- Have your first aid kit together and know where it is. See page 13 for a list of things you should have in your first aid kit.
- Know what to do in a fire emergency. Review page 3 of this book.
- If you get a minor burn, run cool water over it or dampen a clean cloth and place it over the burned area. Leave blisters intact. Do not open blisters. Do not apply any cream or ointments to the burn. Read more about burns on page 15 of this book.

Fruit Breakfast Parfait

Makes 4 servings

Ingredients:

- 2 cups chopped pineapple
- 1 cup frozen raspberries, thawed
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled & sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

In glass, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle with almonds.

Food Preparation

- Always handle food with clean hands and clean utensils.
- Always pick up a knife by the handle - not the blade. If you need to cut food, use a cutting board. Hold down the food with one hand and cut with the other hand slowly and carefully, pointing the blade away from you.
- Don't put a knife in a sink filled with dishes or soapy water. You could reach in and accidentally cut yourself.
- Make sure your hands are completely dry before plugging or unplugging electrical appliances.
- Never put your hands near beaters of a mixer while it's running.
- Never open a food processor or blender until it stops turning.
- Put blades from food processors and blenders aside and wash separately with knives. These can be as dangerous as sharp knives.
- Keep younger children away from electrical appliances and sharp utensils.



While Cooking

- Keep clean, dry oven mitts near the stove and oven. Always use them when stirring, picking up pots, and taking things out of the microwave. Be sure to keep them away from hot burners!
- When cooking on top of the stove, always turn pot handles towards the center. Never let them stick out over the edge of the stove. Someone could bump into them.

- Do not use vegetable sprays near an open flame. Spray pots and pans away from the stove. Read and follow the directions carefully.
- Use a plastic or wooden spoon for stirring in a pot. A metal spoon can get too hot.
- When you lift the lid off a pot, be sure to point it away from your face allowing the steam to escape without burning you.
- Set hot pots and pans on a heat proof board or wire cooling rack - never directly on a countertop.
- Keep young children away from stove. Provide an alternative activity to distract them.

Using a Microwave

- Make sure you know how to properly use the microwave. Ask a grownup to show you how so you can use it safely.
- If you cannot reach the microwave door, it is best to leave it alone. Don't stand on a stool or chair to put food in or take it out, or to reach controls.



- Don't turn on an empty microwave.
- Use only utensils and cookware that are designed for use in the microwave.
- Always use oven mitts to remove food from a microwave.
- Never stand in front of a microwave and watch the food cook. Step away and wait for the timer. Food cooked in a microwave continues to cook after it is removed. Let it stand a few minutes before testing for doneness.

Apple Tuna Sandwich

Ingredients:

- 1 can (6 1/2 ounce) tuna in water, drained
- 1 small apple, halved (remove seeds) and chopped (1 cup)
- 1/4 cup lowfat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 iceberg lettuce leaves

Makes 3 servings

Combine tuna, apple, yogurt, mustard and honey. Spread 1/2 cup mixture on 3 bread slices. Top each with lettuce leaf and remaining bread. Place on cutting board. Cut sandwiches in half.

- Open covered dishes slowly, pointing the cover away from your face allowing the steam to escape.
- If you cover a dish with plastic wrap, don't allow the wrap to touch the food as it is heated. The plastic can melt into the food. Always leave a corner turned up so that steam can escape.
- Use caution when opening a bag of microwave popcorn. Hot steam will escape when you open it. Be sure to point the bag away from you.
- Food cooked in a microwave might have hot spots that can burn your mouth and throat. Let food stand for a few minutes to cool. Then stir before testing.

Banana Peanut Butter Sandwich

Ingredients:

- 2 tablespoons peanut butter
- 4 slices raisin bread
- 1 firm, small banana, peeled and sliced

Makes 2 servings

Spread peanut butter on 2 slices of bread. Arrange banana slices over peanut butter. Top with remaining bread. Place sandwich on cutting board and cut into quarters. Enjoy!



START

You are Safe at Home Alone

ON THE RIGHT TRACK



Read Safety Checklist on Page 18.

Smoke Detector Not Working? Go Back and Check Smoke Detector.

Fill out phone numbers and information on page 2. Then move ahead 2 spaces.



Opened door for Stranger - Lose a turn.



Read about Tornado Safety on Page 5.



Safe at Home Alone



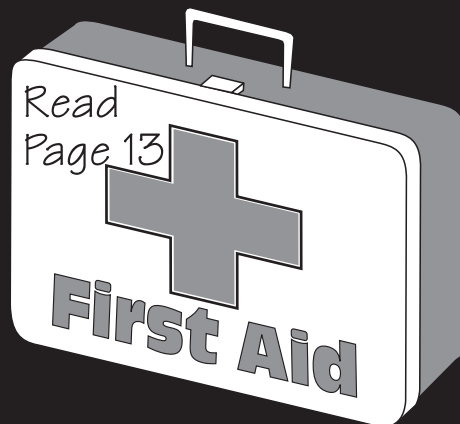
Remembered to Lock Doors. Move ahead 2 spaces.



Forgot to check in. Go back 2 spaces.

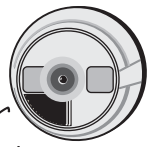
Read Page 13

First Aid



Watched too much TV. Lose a turn.





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to

!

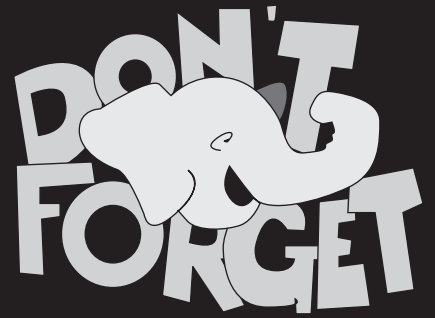
For all
Emergencies



Fire, Medical, Police



Don't have
First Aid
Kit ready -
Go to
First Aid.



Safety First!

Number of Players: 2 or more

Object:

First person to be "Safe At Home Alone" wins!

What you need:

1 die and 1 game piece marker for each person (coins or pieces of paper with player's name on it work well)

Directions:

- All players shake the die. Highest player starts first. Play then continues clockwise.
- Move the number of spaces shown on the die and follow the instructions, if any, in the square you land on.
- Many instructions are to read a section of this book. Make sure you know where all the markers are before turning the pages!
- The first person to reach "You are Safe at Home Alone" wins!



**SAFE
K:DS**
GRAND FORKS

Fill in 3

**Bordom
Busters**

on page 12



(Then move
ahead 2 spaces)

Check
Smoke
Detector



Took CPR Class.
Take an
extra turn.

CPR
saves lives

Put knife in sink
with dishes &
soapy water.

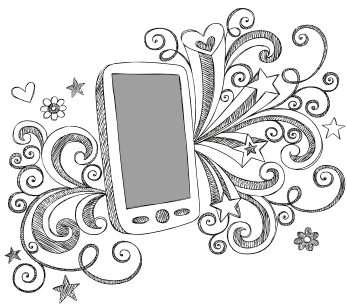


Move back
4 spaces.

Forgot
Keys



Go Back
To Start!



Answering the phone and door


Answering the Phone

- ✓ Never let the caller know you are home alone.
- ✓ Use an answering machine to screen your calls. Let the machine take messages if necessary.
- ✓ Hang up immediately if the caller says something you don't like or makes you feel uncomfortable.
- ✓ Know how to take a message including date, time and phone number.
- ✓ Know your house rules regarding phone use.



Answering the Door

- ✓ NEVER open the door for a stranger. An adult could push the door open if given a chance.
- ✓ Don't let anyone know you are home alone.
- ✓ Never let anyone in unless you have been told in advance that it's okay for this person to come in. Someone might pretend to be a repair man or there to read a meter. Tell them to leave a phone number to reschedule an appointment.
- ✓ Remember: Anyone can wear a uniform. Just because they are wearing one doesn't make them official.
- ✓ Try to see who is at the door without them seeing you.
- ✓ If someone asks to use your phone, ask for the phone number and tell them you will make the call for them.



To: _____

From: _____

Phone: _____

Date: _____ Time: _____

Please call Will Call Again

Message: _____

Where will you put it?



Coming Home

- ✓ Check to see if the door is open.
- ✓ Are any windows broken or open?
- ✓ Is anything out of place? If yes, go to a neighbor's phone and call home to see if a family member has come home unexpectedly. If no, call your parents!
- ✓ Put your key in the same place everyday so you will always know where it is.
- ✓ Is there anyone nearby who makes you feel uncomfortable?
- ✓ Lock your doors once you're inside and keep them locked.
- ✓ Check in with your contact person once you are inside.



Medical Emergencies

When you are ready to take on the responsibility of being home alone, you also need to take on the responsibility of what to do in an emergency. One way you can do this is to be prepared. It is up to you to know what to do under any circumstance, and where to get help. Take time to learn a few simple rules about safety and first aid.

Assemble a first aid kit and keep it, along with this booklet, someplace where everyone in your family will know where it is. Below is a list of some items you should include in your first aid kit. You may want to add other items. You can also buy a ready-made first aid kit at the store.

First Aid Kit

- Adhesive bandages for cuts
- Antiseptic ointment to kill germs in cuts
- Small, medium and large gauze pads for scrapes and wounds
- Small, medium and large sizes of rolled gauze for holding gauze pads in place on arms and legs
- Adhesive tape, 1 and 2 inch widths
- Mild soap for cleaning wounds and scrapes
- Cold pack for bruises (a bag of ice or frozen food such as peas or corn will also work)
- Round-tipped scissors for cutting gauze
- Tweezers to remove splinters
- Flashlight and batteries

Things To Know Before Your Parents Leave

- Where parents are going, telephone number where they can be reached
- House Rules — play area, TV rules, meals or snacks, bedtime
- Allergies for all children
- Names and phone numbers of adult neighbors
- Your address and phone number and directions to your house.

Be aware of your surroundings. Be alert and watchful for hazards before an accident or injury occurs. Prevention is the best safety measure.

What You Should Watch For

- Small toys or objects; keep toys picked up
- Matches and lighters
- Sharp objects such as scissors or knives
- Spills
- Broken glass
- Medications out of reach (never give medication to children without complete instructions from your parents.)
- Kettle handles turned to the back of the stove
- Safety plugs in electrical outlets
- Electrical cords away from little ones

Remember

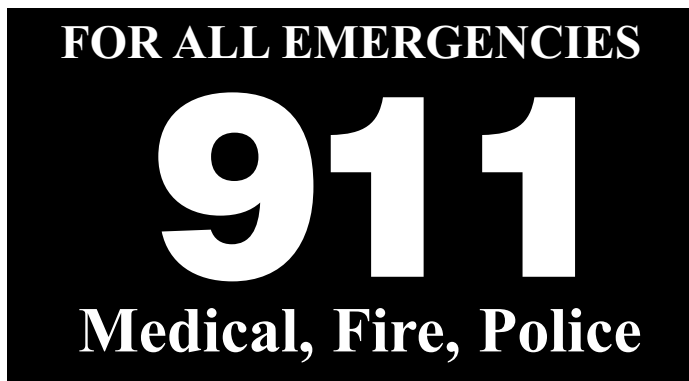
If you need to call 911 you must not hang up the phone. After giving information about your needs, the operator may give you instructions in what to do until help arrives. They also will be able to trace your call if needed. Follow any instructions given to you.

What To Do In An Emergency

When something happens, you need to be prepared. It is the time to take quick and effective measures to make sure no further injury occurs. It is a time to know when you need help, and where you can get that help. **STAY CALM** and act to the best of your ability.

The information in this medical emergency guide is provided courtesy of Altru Health System, Grand Forks, North Dakota.

You should know how to get in contact with your parents. You should also have an adult close by that you could call on if you need help fast.



Cuts & Splinters

What To Do For Cuts

Small or Superficial Cuts



1. Control bleeding by direct pressure
2. Wash the cut with soap and warm water
3. Bandage the area
4. Notify your parents when they come home.

Large or Deep Cuts

1. Control bleeding by direct pressure
2. Get medical help
3. Keep area clean with sterile gauze or clean cloth
4. Notify parents immediately.
5. Do not remove gauze. If you need to, add additional layers.

What To Do For Splinters

If the splinter end is sticking out of the skin, it usually can be removed with a clean tweezers. After the splinter is out, wash area with warm water and soap. If a child is uncooperative, call for help.



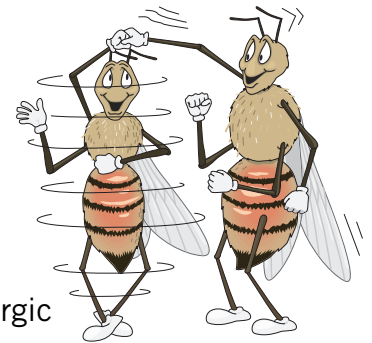
No matter how small a bump or injury is, always tell your parents when they come home.

Animal Bites or Human Bites

1. Wash area with soap and water
2. Cover with clean bandage
3. Notify parents
4. In an animal bite, be prepared to describe the animal
5. Get medical assistance

Bee or Wasp Sting

You need to be aware if the child is allergic to stings. If the child is allergic and gets stung, you need to get medical help immediately.



1. Try to remove stinger by scraping the area with a stiff piece of cardboard. (Do not grasp and pull on stinger. More venom may be injected and cause more pain.) Get adult help if the child is uncooperative.
2. Apply cold compression (ice cube wrapped in a washcloth).
3. Watch the child closely for any sign of allergic reaction such as itching, swelling, wheezing, cough, paleness, weakness, dizziness, fainting.

Foreign Body in Eye

1. Keep the child from rubbing the eye.
2. If the child cries, the foreign body may be washed out with the tears.
3. Do not attempt to put anything into the eye to remove the foreign body.
4. Get adult help.
5. If a chemical is spilled into the eye, flush with cool water, and call for help.
6. Anything metal in the eye needs medical attention. Do not attempt to remove.

Foreign Body in Ear

1. Tip the child's head to the side, if the foreign body does not come out, seek medical help.
2. Do not insert anything into the ear to try to remove a foreign body. It may push the object further into the ear canal or cause damage.

Foreign Body in Nose

A foreign body in the nose is usually something a child has placed there. Do not attempt to remove the object, the young child will be uncooperative during an attempt to remove the object and could be injured. Call for adult assistance.

Nosebleeds

1. Have the child sit up. Loosen clothing around neck. Discourage child from blowing nose. Tip head forward.
2. Pinch nose using steady pressure for 5-10 minutes.
3. If it does not stop, seek medical help.
4. Do not put anything into the nose.

Electrical Burns

1. Do not touch the child directly while he is in contact with the current.
2. Pull the plug on the electrical appliance or turn off the circuit breaker if possible. If that is not possible, stand on a dry surface and break the contact using a wooded pole or board.
3. Call 911— all electrical burns should be evaluated by a doctor.



Minor Burns

1. Run cool water over burn or dampen a clean cloth with cool water and place over burned area.
2. Leave any blisters intact. DO NOT OPEN BLISTERS.
3. Do not apply any creams or ointment to the burn.

Major Burns

1. Apply cool water or dampen a clean cloth with cool water and place over burn.
2. Do not apply ointments or creams.
3. Do not open any blisters.
4. Call for medical assistance.

Chemical Burns

1. Flush the area with a large amount of cool clean water. Continue flushing for 15 minutes.
2. Call 911, taking the container of the chemical with you.
3. Follow directions of the medical person until help arrives.



Broken Bones

If you suspect a child may have a broken bone, it is important to know what to do to insure there will be no further injury.

1. Keep the child comfortable.
2. Do not move the child.
3. Call for help — 911.

If the child is in an area of immediate danger and must be moved to safety, do so very carefully. The injured area should be immobilized before moving the child.

Convulsions (Seizures)

Seizures can be caused by Epilepsy, head injuries, poisoning, and high fevers. When a child has a seizure, he may have generalized muscle twitching, gasping breath, become blue-tinged around the mouth, and become unconscious. Most seizures last only a short time. If someone you are with is having a seizure there are measures you need to take to keep them safe.

1. Stay calm.
2. Lay the child down away from all furniture or anything he could be injured by.
3. Turn the child on his side. Do not try to restrict his movements. **DO NOT PUT ANYTHING IN HIS MOUTH.**
4. Stay with the child until the seizure is over. If the child has difficulty breathing or if the seizure continues more than a few minutes, call 911.
5. Allow the child to rest after a seizure.
6. Notify the parents.

Poisoning

If you think a child may have swallowed something that may be harmful, get help immediately. Take the container with you and call the Poison Control Center at 1-800-222-1222 or 911. Give them the information they need and follow their instructions completely.

You may be instructed to give the child water or milk to help dilute the poison.

Common Poisons:

- medications
- some plants
- petroleum products
- insecticides
- wax, furniture polish
- glues
- soaps, detergents, cleaners, bleaches

Choking

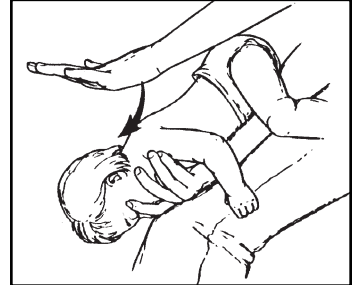
If a child is coughing, do not interfere. If the child cannot cough, speak, cry, or is turning blue, get help immediately!

CALL 911

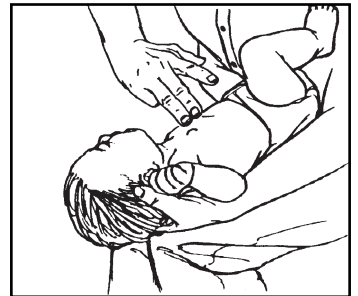
Follow the directions given by the 911 dispatcher.

Infant (birth to 1 year) Conscious Child:

1. Support infants head and neck. Straddle over forearm, with head lower than body and give 5 back blows between the shoulder blades.



2. Supporting head and the neck, turn infant on back and give 5 chest thrusts with 2 or 3 fingers, 1/2 inch deep, at one finger width below the nipple line.



3. Repeat steps 1 and 2 until child is able to breath or help arrives.

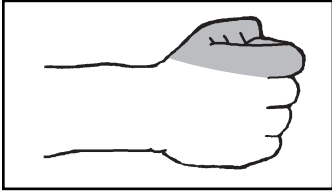


Put your first aid kit in a dry place where everyone in your family knows where it is.

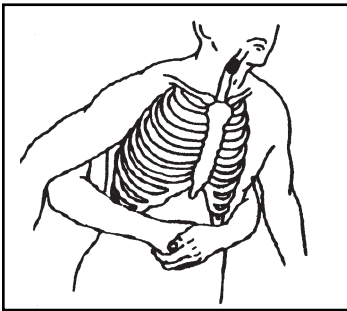
The Heimlich

How It Works:

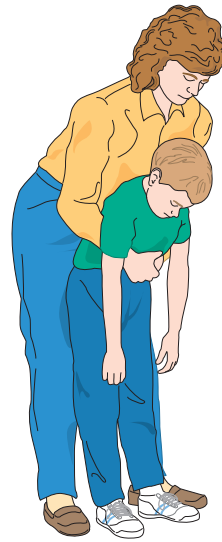
Even if the victim has just exhaled, a considerable supply of air still remains in the lungs. By quickly pressing on the area well below his rib cage and just above the navel, you make use of this residual air to force the obstruction up through the trachea and larynx and out of his mouth.



The top portion of the thumb and index finger of your fist form a knob. When pressed against the abdomen, this knob increases the depth and effectiveness of your thrust.



The knob of your fist should be placed directly against the victim's body. Do not squeeze the rib cage; confine the force of the thrust to your hands.



If an older child or person is choking they need help immediately.

1. Stand or kneel behind the choking person.
2. Wrap your arms around their waist.
3. Make a fist with 1 hand, place thumb side against their stomach just above the navel and below the ribs.
4. Grasp fist with other hand.
5. Press inward and upward into stomach with quick thrust.
6. Repeat until person is able to breathe



If the person becomes unconscious, lay them on the floor. Straddle their hips. Place the heel of one hand below the ribs and above the navel; place your other hand on top. Press into his abdomen with quick, upward thrusts.



If the choking victim is you, and you are alone in the room, you can use the back of a chair, edge of a table, or railing. Press your upper abdomen into the edge with a quick, upward thrust. Repeat until the object is expelled.

- Never slap a choking victim on the back.
- Never allow a choking person to leave the room alone.
- Signal for help by clutching your throat if you are choking.




✓ Safety Checklist

- Know the location of the main shut-off valve and the shut-off valves for sinks, toilets, washing machines, dishwashers and other plumbing outlets. Learn how to use these in case of a leak or other emergency. Be sure you can operate these valves. Some may be rusted and hard to turn.
- Know how to lock and unlock doors, including dead-bolt locks. Make sure your key works and you are able to lock and unlock doors easily.
- Practice opening and closing windows. Make sure you will be able to reach them if you need to climb out of it in case of fire. Make sure you are able to climb out of a basement window to ground level. Know how to lock and unlock windows.
- Have carbon monoxide detectors on each floor of your home.
- Know what natural gas smells like. If you smell gas, don't turn on the lights or anything else that is electrical. A spark might ignite the gas and cause an explosion. Leave immediately. Go to a neighbor's house and call the gas company.
- If the electricity goes off, check to see if power is off only in your home, or in the neighborhood as well. You can tell by looking for lights in the other homes on your street. If power is off only at your home, know how to check your fuse box or breaker box. Make sure your fuse box is clearly labeled so you know which fuse protects which outlets and appliances. An overloaded circuit can cause a fuse to blow or a breaker to trip. Turn off some appliances to keep this from happening. Reset the breaker.
- Have a flashlight and battery operated radio with fresh batteries available. Know where these are located. Do not store the batteries in the flashlight or radio since they can corrode over time. Practice putting the batteries in the flashlight and the radio in the dark.
- Have smoke detectors in each bedroom and on each level of your home. Make sure the batteries are working.
- Test monthly and change batteries when you change your clocks.

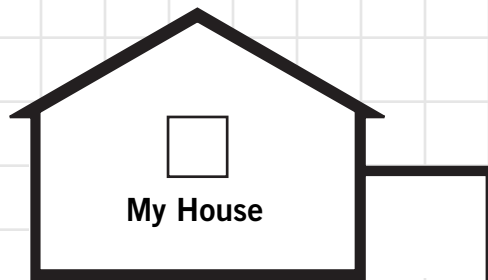
- Have extra food and water available in case of an emergency.
- Fill out completely page 2 (Important Phone Numbers and Information). Keep this book in a handy place and make sure your family knows where it is.
- Know how to get emergency help. Dial 911 from ANY phone - even a cell phone.
- Have a memo board in a convenient place where everyone in the family can leave notes in case someone's schedule changes.
- NEVER open the door for strangers.
- Keep hazardous and flammable materials stored safely.
- Keep your key in a safe place where it won't get lost and others won't see it.
- Have a family password. If someone tries to pick you up and you don't know about it, ask them to tell you your password. If they don't know it, check with your parents. Once you have used a password, pick another one. Never let anyone other than your family know what it is.
- Make sure you have checked things before you leave the house. Lights out? Do you have your key? Are pets taken care of? Water off? Door locked?

Where Do I Shut It Off?



- Gas _____
- Water Main _____
- Electricity _____
- Toilet _____
- Kitchen Sink _____
- Bathroom Sink _____
- Fuse Box _____

Draw a map of your neighborhood. Put a ★ on the places you are allowed to go. Put an X on the places that are off limits. Name the streets and other locations.



*For further information or more brochures,
please contact the
Safe Kids Grand Forks Coalition at 701-780-1489*

*Materials created by Desiree & Correen Radi
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in cooperation with Altru Health System,
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Grand Forks
701-780-1489

