4-H Ontario

www.4-hontario.ca

4-H ONTARIO PROJECT

SAFETY FIRST
In and Around the Home

LEADER RESOURCE

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The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living,
for my club, my community and my country.

The 4-H Motto

Learn To Do By Doing

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INTRODUCTION

Welcome to 4-H Ontario's 'Safety First – In and Around the Home' Project!'

During the day, you can encounter many safety hazards in your home, at work, outside or while having fun with your friends. This project covers a variety of topics to make you more aware of the many hazards that can exist.

Objectives

1. To gain an understanding of safety practices in and around the home
2. To learn how to identify potential hazards and how to prevent the hazard
3. To understand that some jobs/activities should be done with safety equipment or with a buddy
4. To learn how to react in an emergency
5. To gain an appreciation for the importance of safety of one's self and the safety of others
6. To learn about the elements of judging

How to Use This Manual

4-H Ontario's Safety First - In and Around the Home project is made up of 2 parts:

1. The Reference Book:

The reference book is laid out into 6 meetings:

Meeting 1 – Don't Be Shocked! Hot Issues to Deal With
Meeting 2 – House of Horrors
Meeting 3 – First Aid
Meeting 4 – The Wizard of OD (Outside Dangers)
Meeting 5 – Wheels
Meeting 6 – The Great Water Challenge!

Each meeting has been broken down into an Introduction with Sample Meeting agendas, References and Resources, Topic Information and Activities.

Sample Meeting Agendas: are at the beginning of each meeting. The agendas give suggestions for topic information, activities and judging and/or communications activities along with suggested times for each section. These are only suggestions – you will know your group best and will know the skill and attention level of your members. There is more topic information and activities than what can be completed in a two hour meeting. Be creative!

Activities: should be used in combination with the discussion of topic information to teach members in a hands-on, interactive learning environment. Instructions for activities can be found at the end of each meeting.

2. The Record Book

This booklet is designed to make it easier for members to record information throughout the club. Members are to record their expectations and goals for the project in addition to contact information, meeting dates and roll call questions and answers. Print or photocopy pages from the Reference Book that you think will benefit the members either as a resource or an activity. Answers for the Activity Pages can be found at the back of the Record Book.

The Record Book should be given to each member at the beginning of the first meeting. Ask members to keep it in a binder or duotang so they can add to it easily.

Go through the Record Book with the members and explain the charts and forms. Encourage them to use their Record Books at every meeting and record as much information as possible. As an added incentive, a prize could be given at the end of the project for the best Record Book.

Planning a Meeting

Plan your meetings well. Review all the information well in advance so you are prepared and ready go!

Before Each Meeting

- Read the topic information and activities and photocopy any relevant resources for the members' Record Books.
- Be familiar with the topic information for each meeting. Think of imaginative ways to present the information to the members. Do not rely on just reading the information out loud. Review available resources, plan the meetings and choose activities and themes that complement the ages and interests of your members. The Record Book contains extra activities that can be used if you need to fill in time or if one of the suggested meeting activities does not suit your group of members.

- Gather any equipment and/or resources that will be needed.
- Each 4-H project must be held over a period of at least 4 separate meetings (most projects have 6 meetings), totaling a minimum of 12 hours. Typically, 4-H meetings are approximately 120 minutes (2 hours) in length. Before each meeting, create a timeline to ensure that you are providing an adequate amount of instructional time for club completion.

Included on the following page is a Leader's Planning Chart to help with the planning of meetings. In addition to the chart, keep track of what went well and what should be changed next time. That way, each time this project is run, the content of the meetings can be different!

When planning each meeting, a typical 4-H meeting agenda should include the following:

- Welcome & Call to Order
- 4-H Pledge
- Roll Call
- Parliamentary Procedure:
- Secretary's Report
- Treasurer's Report (if any)
- Press Report
- New Business: local and provincial 4-H activities/opportunities, upcoming club activities
- Meeting content, activities and recipes
- Clean-up
- Social Recreation and/or refreshments
- Adjournment

Judging and Communications

Each meeting must include either a judging or public speaking activity.
Judging gives the members an opportunity to use judging techniques as part of the learning process. Through judging, members learn to evaluate, make decisions and communicate with others. They also develop critical thinking skills, confidence and self-esteem. Many examples are used in this reference book but use your imagination! As long as members are setting criteria and critically thinking about where items fit within that set of criteria, they are learning the basic skills of judging!

A communications activity has been provided for each meeting but can be included in the Roll Call or social recreation time. These activities do not need to involve the topic of milk as the outcome is more about understanding the concepts of effective communication.

Leader's Planning Chart

Mtg.#	Date/Place	Topics Covered	Activities	Materials Needed

As a club volunteer your responsibilities are to:

- Complete the volunteer screening process and to attend a volunteer training session.
- Notify the local association of the club, arrange a meeting schedule and participate in club meetings, activities and the Achievement program.
- Review the project material in the Leader Resource and Record Book to familiarize yourself with the information and adapt it to fit your group. Be well organized and teach the material based on your group's age, interest and experience level.
- Organize the club so members gain parliamentary procedure, judging and communication skills.
- Have membership lists completed and submitted along with fee collected (if applicable) by the end of the second meeting.
- Have members fill out a Participant Agreement Form and identify any health concerns. Ensure that all members, leaders and parent helpers know the appropriate actions during any emergency. Check with members for any food allergies or dietary restrictions and plan snacks accordingly.

As a club member your responsibilities are to:

- Participate in at least 2/3 of his/her own club meeting time. Clubs must have a minimum of 12 hours of meeting time.
- Complete the project requirement to the satisfaction of the club leaders.
- Take part in the project Achievement Program.
- Fill in and complete the Record Book.
- Complete any other project as required by the club leaders.

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service
my Health to better living
for my club, my community and my country.

4-H Ontario

Additional References and Resources

A to Z Teacher Stuff *http://tools.atozteacherstuff.com*

Alberta Agriculture & Rural Development *http://www1.agric.gov.ab.ca*

Bullying Canada *www.bullyingcanada.ca*

CAA Bike Safety *http://bikesafety.caa.ca*

Canada Safety Council *https://canadasafetycouncil.org*

Canadian Centre for Occupational Health and Safety *www.ccohs.ca*

Canadian Red Cross *www.redcross.ca*

Canadian Standards Association *www.csa.ca/cm/ca/en/about-csa*

Car Talk *www.cartalk.com*

CBC Marketplace *www.cbc.ca/marketplace*

David Suzuki Foundation *www.davidsuzuki.org*

Electrical Safety Authority *www.esasafe.com*

Electrical Safety Foundation International Canada *http://esfi.ca/*

Environment Canada *www.ec.gc.ca*

Farm Safety Association *www.farmsafety.ca*

Get Prepared – Government of Canada *www.getprepared.gc.ca*

Health Canada *www.hc-sc.gc.ca*

Health & Safety Ontario *www.healthandsafetyontario.ca*

Heart & Stroke Foundation of Canada *www.heartandstroke.com*

Hydro One *www.hydroone.com*

Kids Health from Nemours *http://kidshealth.org*

Kraft Canada – Kids in the Kitchen *www.kraftcanada.com*

Mayo Clinic *www.mayoclinic.com*

Minnesota Sea Grant *www.seagrant.umn.edu/coastal_communities/hypothermia*

National Candle Association *www.candles.org*

National Crime Prevention Council *www.ncpc.org*

National Geographic – Green Living *http://greenliving.nationalgeographic.com*

Ontario Chiropractic Association *www.chiropractic.on.ca*

Ontario Ministry of Agriculture and Food *www.omafra.gov.on.ca*

Ontario Ministry of Transportation *www.mto.gov.on.ca*

Ontario Poison Centre *www.ontariopoisoncentre.ca*

Operation Safety *www.operationsafety.ca*

Recreational Off-Highway Vehicle Association *www.rohva.org*

St. John Ambulance *www.sja.ca*

SAE International *www.sae.org*

SafeKids.com *www.safekids.com*

Saskatchewan Coalition on Bicycle Safety *www.mjpolice.ca/pdfs/Bicycle_Safety_Activity_Book.pdf*

Stopbullying.gov *www.stopbullying.gov*

The Royal Life Saving Society Canada, Ontario Branch *www.lifesavingsociety.com*

Underwriter's Laboratories - Canada *www.ul.com/canada*

Wikipedia - First Aid *https://en.wikipedia.org/wiki/First_aid*

Note: website addresses change over time. If a website address does not work for you, try searching the Internet using the title of the website.

MEETING 1 - DON'T BE SHOCKED

Objectives:

- Learn the election procedure for establishing an executive.
- To have Members understand what is expected of them for completion requirements.
- To have Members learn about how electricity flows and how shocks can hurt you.
- Learn the importance of smoke detectors, how they function and how many should be found in the home.

Roll Calls:

- Why are safety procedures not always followed?
- What is your reason for wanting to learn more about safety in and around the home?
- Do you know how many smoke detectors are in your home? Where are they located?

Sample Meeting Agenda – 2 hrs. 45 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Public Speaking/Judging Activity	Activity #1 – Get to Know Each Other Game - Safety Confusion! (instructions found at the end of this meeting)	15 min
Parliamentary Procedure	Elect executive, hand out Record Books and discuss club requirement. Fill out club and member information in Record Books, and have each member fill out their "Member Expectations and Goals" page.	30 min
Topic Information Discussion	Review Shocking Experiences – Electrical Safety	30 min
Activity Related to Topic	Activity #2 – GFCI testing (instructions found at the end of this meeting)	15 min
Topic Information Discussion	Review information about Smoke Detectors and Candle Safety	20 min
Activity Related to Topic	Activity #3 – Complete a Fire Escape Plan for your home (instructions found at the end of this meeting)	30 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

If possible, inviting an electrician or someone from ESA (Electrical Safety Authority) to this meeting would be helpful to review how electricity works and the potential hazards surrounding electricity. A field trip to a Safety Village or visiting an event where Hydro One has their Hazard Hamlet on display would also be helpful and informative.

Dependent on time, it would be helpful to also have someone, such as a fireman, come to this meeting to discuss smoke detectors and fire extinguishers. Or, have the group visit a fire hall that has a "burn house" where the firefighters practice putting out fires.

Note: this meeting could be divided into two meetings.

Electing Your Executive

Elections can be chaired by a youth leader, senior member or club leader. The person chairing the elections is not eligible for any positions.

Procedure:

1. All positions are declared vacant by the chairperson, who indicates this by saying "I'd like to declare all positions vacant."
2. The group decides on the method of voting (i.e. show of hands, ballot or standing).
3. The chairperson accepts nomination from members for each position being filled. Nominations do not require a seconder. Nominations are closed by motion or declaration by the chairperson.
4. Each member nominated is asked if he/she will stand for the position. Names of members who decline are crossed off. Those choosing to let their name stand should be given the opportunity to say a small speech if they would like to, stating why they think they would be the best choice for that particular executive position.
5. Voting takes place by selected method and majority rules (i.e. member with most votes).
6. Announce the name of the successful member. Offer congratulations and thank all others that ran for the position.
7. If ballots are used, a motion to destroy the ballots is required and voted on.

Steps in Making a Motion

The motion is a very important key to having good meetings. Motions are a way of introducing topics for discussion and allowing each member to speak and vote. Any member can make a motion.

Steps in Making a Motion:

1. Address the chairperson (i.e. raise your hand).
2. Wait for the chairperson to acknowledge you.
3. Make the motion: "I move that…"
4. Another person seconds the motion: "I second the motion."
5. Chairperson states the motion.
6. Chairperson calls for discussion of the motion.
7. Chairperson restates the motion.
8. Chairperson calls the vote: "All in favour? Opposed?"
9. Chairperson announces the result of the vote: "Motion carried" or "Motion defeated."

Topic Information

SHOCKING EXPERIENCES

We use electricity every day in many ways, but what do we really know about it?
Did you know that:

- Energy is created by the flow of tiny particles called electrons
- Electrons transfer energy in the form of electric current that is carried through powerlines and electric wiring/cables

  Electricity travels:

  - in a circuit from the powerlines through our home's electrical system to power appliances and equipment, THEN back through our home's electrical system and back out to the powerlines.
  - if a person touches a live electrical wire they can become part of the circuit and electricity can flow through them causing shock, burns and it can even kill.
- Electrical systems include fuses and circuit breakers to protect us from short circuits and fault current. Grounding in electrical systems and products is designed to direct hazardous stray voltage to the ground. Stray voltage naturally flows to the ground where it is absorbed by the earth.

  - Downed and/or damaged powerlines can be live and when they are touching or close to the ground they can energize the ground or arc to other conductive materials like fences and structures. You should always stay a minimum of 3 meters (10 feet) away from downed and overhead powerlines and immediately contact your local electrical utility to report this hazard.

To learn more about the dangers of electricity watch the Buddy Video found at:

http://esfi.ca/wp-content/uploads/2013/02/es1.mov Note: it will take a few minutes to load.

Source: Electrical Safety Foundation International Canada

Older homes can present hazards associated with deteriorated and unsafe wiring installations and overloaded electrical systems. However, proper maintenance of electrical systems that meet safety standards can help to avoid potential electrical shock and fire hazards. Newer homes that have modified electrical systems or wiring can also present potential electrical hazards if electrical installations that have been done are improper and do not meet safety standards.

Codes and Standards exist that define the requirements for safe electrical installations. These are regularly updated to reflect advancements in electrical technology, changes in the way we use electricity and to respond to new information on potential electrical hazards. The requirements for electrical installations apply to the 'Code of the Day' meaning whatever rules were in place during construction and installation of the original electrical system and wiring are the rules to be followed. Subsequent modifications, alternations and additions to the electrical system would need to meet the Code that was in effect when work was undertaken. It is important to note that improper modifications to any electrical system can result in electrical shock and fire hazards and that regular upgrades and maintenance of electrical systems to adopt current Codes and Standards can ensure efficient and safe use of electricity.

Avoiding Potential Electrical Shock & Fire Hazards

All too often we take electricity for granted. With a flip of a switch or the turn of a knob, we have grown dependent on electricity always being there.

But, we should never take electrical safety for granted. We need to ensure that electricity is used safely and that the electrical system in our home is in good operating condition and can meet the growing demand for electricity as new technology changes and our need for electricity increases.

Watch for and avoid the following potential electrical shock and fire hazards:

- Identify and address damaged and deteriorated electrical cords, wires, plugs, switches and other components:
    - Damage to any component of a home's electrical system can result in loose connections, exposed wires and overheating. Damaged cords and wires can expose live electrical wires and can result in an electric short that can present hazards. Damage to the insulation surrounding the wires exposes live wires that can cause a short or arc creating heat or a spark., This can present shock and fire hazards.

- ➢ Watch for flickering lights and/or circuits that frequently trip or fuses that blow. These are signs that your electrical system should be assessed and repaired or upgraded.

• Address electrical upgrades to meet changing electricity needs in older homes or in response to increasing demand from electricity associated with the introduction of new electric appliances, electronics and technologies.

➢ Increased electricity needs can result in overloading outlets or circuits (having an octopus at the outlet). This can cause overheating which can present electrical fire hazards. Wire inside electrical cable is designed to let the electrons flow through it as freely as possible but some heat is still created. If too many electrons are drawn through the wire, it can overheat presenting potential fire hazards.

➢ Watch for circuits that frequently trip or fuses that blow.
➢ Extension cords used incorrectly or as permanent wiring can present potential shock and fire hazards. Watch for damaged cords and the use of undersized or improperly rated cords.
➢ Incorrect grounding can present shock hazards. Never remove the 3rd prong from a plug to accommodate a 2 prong outlet.

• Watch for unsafe and/or improper use of electrical products:
  - ➢ Ensure electrical products, appliances and electronics bear the mark of a recognized certification body. An increase in harmful counterfeit electrical products requires extra due diligence on the part of consumers to avoid potentially dangerous products.
  - ➢ Never pull plugs from an outlet by yanking on the cord. This can loosen and damage electrical components which will cause a potential shock hazard.
  - ➢ Always follow manufacturer's instructions when using electrical products, appliances and electronics.

• Remember that water and electricity do not mix.
  - ➢ Ensure that appliances that are used in kitchens, bathrooms, laundry rooms and outdoors are plugged into a GFCI (Ground Fault Circuit Interrupter) protected outlet. Portable GFCI's are now available.

Extension Cord and Wire Safety

Plugs on most modern appliances include a ground wire. This is the third prong on the plug. The ground wire protects the appliance and you. For this reason, the third prong should never be cut off. It is not safe. Nor should a three-pronged plug be used in a two-pronged receptacle.

Extension cords are a great convenience but they need to be used correctly to avoid potential shock and fire hazards.

• Avoid harmful counterfeit electrical products. Ensure extension cords and power bars bear the mark of a recognized certification agency.

- Select the appropriate cord for the application. Extension cords have different ratings. Some are designed for outdoor use, others for indoor use only and some are specifically designed for use in wet areas. Use the right extension cord to avoid potential shock hazards.
- Extension cords are labelled, on the cord, with specific information on the use, size, current and wattage rating of the cord. Use the right extension cord to avoid overheating and potential fire hazards.
- Extension cords are not designed or intended for permanent installations.
- Always check the condition of extension cords. Frayed or damaged extension cords or cord ends present potential shock and fire hazards and should be replaced.
- Cords should not be daisy chained.
- Power bars with a higher gauge copper conductor help ensure higher levels of safety.

Electrical Safety Devices

Ground Fault Circuit Interrupters (GFCIs) are designed to protect from electrical shock by shutting down a household circuit when an imbalance is detected to stop the flow electricity. Since water is an excellent electric conductor, GFCIs are important in areas where water and electricity could meet such as bathrooms, kitchens, laundry rooms and garages. GFCIs should be regularly tested to ensure they are worked properly.

A GFCI should be installed by a qualified and licensed electrical contractor.

Outdoor GFCI cords and receptacles are also available for use.

Tamper Resistant Receptacles (TRRs), also known as child-safety outlets, have automatic shutters that close off the contact openings or slots or the receptacle to admit plugs but block other objects from being inserted into the outlet. The Canadian Electrical Code, revised for 2009, requires that all new home construction includes the installation of TRRs within two meetings of the floor. TRRs are safer than plastic outlet caps (which young kids can easily remove) or sliding-shutter wall plates (which may cause potentially dangerous heat build-up).

Arc Fault Circuit Interrupters (AFCIs) are equipped with advanced internal electronics and provide a higher level of protection by detecting hazardous conditions in your electrical system and shutting off the electricity before a fire can start.

Damaged or decaying electrical wires can result in overheating or an arc fault that can lead to a fire. An arc fault is a dangerous electrical problem caused by damaged, overheated or stressed electrical wiring or devices. Arc faults can occur when older wires become frayed or cracked, when a nail or screw damages a wire behind a wall or when outlets or circuits are overburdened.

Over the years, the installation requirements for AFCIs in new home construction has increased to protect bedroom, living room and dining room circuits. AFCIs can be installed to provide increased protection in existing older homes and should be installed by a qualified and licensed electrical contractor.

The Heart-Brain, Shock Chain

There are two basic rules of electricity:
1. Electrons always travel the path of least resistance.
2. Electrons are sources of highly charged negative energy. They want to neutralize themselves by throwing themselves on the ground, which is positive.

Therefore, if a person touches electrons that are free, as a result of a break in a wire or an appliance malfunction, electrons will move through his or her body to get to the ground. Electrical shocks can be dangerous depending on a number of circumstances that include whether or not you are grounded and how electricity moves through your body.

SMOKE DETECTORS

Smoke detectors save lives. It is important to put smoke detectors in the right places in your home. You should also test them regularly to make sure that they work properly.

If there is a fire in your home, smoke detectors are your family's first line of defense. They give you an early warning that danger is present, and could give your family time to reach safety.

All homes must have working smoke detectors. Many newer homes have smoke detectors wired directly into the electrical system. There are also many different models of portable smoke detectors on the market that are battery-operated and easy to install.

All smoke detectors advertised and sold in Canada are regulated under the Hazardous Products Act, and must meet performance requirements set out in standards developed by the Underwriters' Laboratories of Canada (ULC). As part of these standards, all smoke detectors must come with directions for installation, testing and maintenance. It is up to the manufacturers, importers and retailers of smoke detectors to ensure that their units comply with the ULC standards.

Minimizing Risk from Fire Situations

You can minimize your family's risk of fire-related injury or death by installing the right number of smoke detectors in the right places in your home, and by keeping them all in good working order.

- Install smoke detectors outside each bedroom and sleeping area, and on each level of your home, including the basement.
- Make sure the smoke detectors in your home have the ULC stamp of approval on the product and packaging.
- Read and follow every step of the manufacturer's directions when you install your smoke | detectors.
- Follow the manufacturer's directions for testing and cleaning your smoke detectors.
- Change the batteries as often as recommended by the manufacturer.
- Never "borrow" batteries from your smoke detectors for some other device.
- Replace any smoke detector that is more than ten years old.

It is also a good idea to develop a **"family escape plan"** in case of fire in your home. Practice the plan and make sure you understand what you should do if you hear warning sounds from smoke detectors. The escape plan must include a meeting point outside the home.

Remember!

It's important to get out fast!

- Never hide or take time to gather up your toys or other belongings.
- Fires are scary and confusing.
- Fires can be loud, burn very fast and their smoke can make a room or home very dark.
- It helps to have a plan to know what to do if there is a fire and to get out fast!

Candle Safety

Candles can be a serious fire hazard if not used properly. Some candles also have design flaws that increase the risk of fire. Others may contain materials like lead that present health hazards, especially for children. There are a number of things you can do to reduce health and safety risks when you burn candles.

Every year in Canada, human error is responsible for starting a number of candle fires. Some of the common mistakes people make include:

- leaving candles burning with no one in the room, or falling asleep or leaving the house with candles burning

- burning candles close to things that can catch fire (like mattresses, bedding, curtains, cabinetry, upholstered furniture, decorations and clothing)

• leaving burning candles within reach of children or pets

Canada-wide statistics for candle fires are not available. However, based on data from Ontario, Manitoba, Alberta and B.C., it is estimated that candles were responsible for an average of nearly 800 candle fires in Canada each year between 1999 and 2008, with a yearly average of 8 fire deaths, 115 fire injuries and $26.2 million in property damage. Candle fires are most common during holidays and special occasions.

Minimizing Your Risk

The following steps will help minimize your risk when you burn candles in your home.

• Follow the instructions printed on the label.
• Always keep a burning candle within sight. Extinguish all candles when leaving a room.
• Trim candle wicks to a height of 5-7 mm (1/4 inch) before lighting the candle. Trim them again every 2-3 hours to prevent high flames.
• Take extra care if you are burning candles with more than one wick. Avoid buying candles with multiple wicks that are close together.
• Use well ventilated candle holders that are sturdy and will not tip over. Avoid wooden or plastic holders, as these can catch fire. Use caution with glass candle holders, which can break when they get too hot.
• Keep burning candles away from drafts, vents, ceiling fans and air currents. This will help prevent rapid, uneven burning, and avoid flame flare-ups. Drafts can also blow lightweight curtains or papers into the flame where they could catch fire.
• Never drop objects, like matches, into candles.
• Keep burning candles away from materials that can catch fire (like curtains, decorations and clothing). If your clothes catch fire, “Stop, Drop and Roll.”
• Keep burning candles out of reach of children and pets.
• Do not leave candles burning with no one in the room.
• Extinguish all candles before you go to sleep.
• Never extinguish candles with water. The water can cause the hot wax to splatter and might cause a glass container to break.
• Do not burn candles that have lead in the wick. When you buy candles, ask the retailer if the wicks contain lead.
• Be very careful if using candles during a power outage. Flashlights and other battery-powered lights are safer sources of light during a power failure. Never use a candle during a power outage to look for things in a closet or when fueling equipment - such as a lantern or kerosene heater.
• Never use a candle as a night light.

- Avoid using decorative oil lamps with liquid fuel if there are children under the age of five in your household. If you choose to use this type of candle, keep the fuel locked away, out of sight and reach of children. If you think someone has swallowed liquid fuel, contact your nearest poison control centre immediately.
- Teach young children to be careful around open flames. Make sure they understand that candles are not toys or something they can eat or drink.

BEFORE THE NEXT MEETING

Try these activities at home before the next meeting.

1. Conduct a safety survey to identify and work to address potential electrical hazards in your home with your parents. Be prepared to talk about some of the steps your family has taken to address these hazards. Here's a list of problems you might find (this list also appears in the Record Book):

☐ Do you have any electrical products that do not bear the mark of a recognized certification agency (example CSA, ULC)? These marks tell you that electrical products and components meet provincial safety standards. There are a number of recognized certification agencies in Ontario. For a list and to see the marks visit: www.esasafe.ca .
☐ Do you have any electrical products or appliances with damaged or frayed electrical cords?
☐ Are there any electrical appliances or cords close to wet areas that should be relocated and/or plugged into a Ground Fault Circuit Interrupter protected outlet?
☐ Have electrical appliances, products or tools come in contact with water (flooding or rain) and need to be assessed and repaired to avoid potential damage to components? To view a guideline associated with potential hazards from flooding visit www.esasafe.com/assets/files/esasafe/pdf/Communications/Backgrounder%20Flood%20Damage%20130911%20FINAL.pdf
☐ Has anyone in your family used a knife or fork to remove toast from the toaster with the toaster still plugged in?
☐ Do any extension cords and power bars have frayed damaged cords with exposed wires, loose plugs or where the 3rd prong grounding pin has been removed?
☐ Are all extension cords around your house being used as recommended by the manufacturer?
☐ Do any extension cords run underneath a carpet or mat, under a door or window or are they being pinched?
☐ Are any extension cords being used as permanent wiring?
☐ Are any extension cords being used outdoors rated for indoor use only?
☐ Are there any extension cord connections in a wet area?
☐ Are there any extension cords that are not plugged into a GFCI protected outlet?
☐ Are any outlets overloaded with plugs, power bars and extension cords?
☐ Has it been longer than a month since the GFCI outlets in your home have been tested?
☐ In addition, check for these signs of potential electrical hazards that should be addressed by a qualified and licensed electrical contractor:

- Are there any electrical outlets that are warm to the touch or discoloured?
- Are there any loose fitting plugs?
- Do the lights flicker?
- Do circuits breakers frequently trip or are there fuses that frequently blow?
- Are there any unusual sounds coming from the outlets? (e.g. buzzing, crackling, or sizzling)

If you checked off any of the boxes on the previous page, work together with your parents to find a solution to address potential electrical hazards.

2. Find all of the smoke detectors in your house. With the help of an adult, test each smoke detector to make sure it works. Write down in your Record Book where you found each smoke detector in your house.

3. Does your house have a fire extinguisher? If so, where is it stored? Record this on the same sheet as where you found the smoke detectors.

4. Bring a sample of a hazardous project symbol to the next meeting.

MEETING 1 DIGGING DEEPER

TYPES OF SMOKE DETECTORS

Two types of technology are used in smoke detectors and each is better at detecting a certain kind of fire.

The **ionization** type of smoke detector is generally better at detecting fast, flaming fires that burn combustible materials rapidly and spread quickly. Sources could include paper burning in a waste basket or a grease fire in the kitchen. These kinds of fires account for 70% of home fires.

The **photoelectric** type of smoke detector is generally better suited for detecting slow-burning fires. These fires may smoulder for hours before they burst into flames and are caused by such things as cigarettes burning in couches or bedding. These kinds of fires make up 30% of home fires.

You may want to consider installing both types of smoke detectors, or models that incorporate both types of technology. This would ensure that you are alerted as early as possible to any kind of fire in your home.

CARBON MONOXIDE DETECTORS

Carbon monoxide is a colourless, odourless gas that reduces the amount of oxygen in the blood. Low levels over long periods of time are dangerous, and high levels can cause unconsciousness and even death. To keep your indoor air clean and healthy, make sure that fuel-burning devices are well vented.

Carbon monoxide (CO) is a gas that forms whenever you burn fuel like propane, natural gas, gasoline, oil, coal and wood. Because it is colourless, odourless and tasteless, it is hard to detect without a carbon monoxide detector. Carbon monoxide can cause health problems before people even notice it is present.

Sources of Carbon Monoxide That Can Pollute Indoor Air:

- Fuel-burning appliances such as furnaces, fireplaces, gas stoves and water heaters (especially those that are not properly vented or maintained) or when chimneys are blocked or dirty
- Idling vehicles in garages that are attached to homes or buildings
- Barbecues, grills, space heaters and other non-vented fuel-burning appliances that are designed for outdoor use
- Tobacco smoke

What Are the Health Risks?

What Are the Health Risks?

When you breathe in carbon monoxide, it builds up quickly and combines with the blood to produce “carboxyhemoglobin” (COHb), which reduces the ability of blood to carry oxygen.

The effects of exposure to CO can be very serious:

- At low levels, symptoms include headaches, tiredness, shortness of breath and impaired motor functions. These symptoms sometimes feel like the flu.
- At high levels, or if people are exposed to low levels for long periods of time, people can experience dizziness, chest pain, tiredness, poor vision and difficulty thinking.
- At very high levels, carbon monoxide can cause convulsions, coma and even death.

How Do I Prevent or Fix Problems with Carbon Monoxide?

- Maintenance is the key! Make sure that all fuel-burning appliances such as furnaces, fireplaces, gas stoves and water heaters are well maintained and working properly. Have your appliances inspected by a professional at least once a year and be sure to use a ventilation hood for gas stoves.
- Leave it outside! Never use a barbecue indoors and don’t use kerosene or oil lamps in enclosed areas unless they are specifically designed for indoor use.
- No idling indoors! Don’t let vehicles idle in the garage, especially when the garage door is closed. Also, keep the doors between your house and the garage closed. Never run gas powered lawnmowers, trimmers or snow blowers in the garage.
- Get a carbon monoxide detector! Purchase a Canadian Standards Association (CSA) approved carbon monoxide detector and place it where you can hear the alarm.
- No smoking please! Since tobacco smoke is a source of carbon monoxide, don’t let people smoke indoors.

Source: Health Canada

Using Generators

During A Power Outage

- Check to see if the power outage is limited to your home. If your neighbours’ power is still on, check your own circuit breaker panel or fuse box. If the problem is not a breaker or a fuse, check the service wires leading to the house. If they are obviously damaged or on the ground, stay at least 10 meters back and notify your electric supply authority. Keep the number along with other emergency numbers near your telephone.

- If your neighbours’ power is also out, notify your electric supply authority.

- Turn off all tools, appliances and electronic equipment, and turn the thermostat(s) for the home heating system down to minimum to prevent damage from a power surge when power is restored. Also, power can be restored more easily when there is not a heavy load on the electrical system.

- Turn off all lights, except one inside and one outside, so that both you and hydro crews outside know that power has been restored.

- Don't open your freezer or fridge unless it is absolutely necessary. A full freezer will keep food frozen for 24 to 36 hours if the door remains closed.

- Never use charcoal or gas barbecues, camping heating equipment or home generators indoors. They give off carbon monoxide. Because you can't smell or see it, carbon monoxide can cause health problems and is life-threatening.

- Use proper candle holders. Never leave lit candles unattended and keep out of reach of children. Always extinguish candles before going to bed.

- Listen to your battery-powered or wind-up radio for information on the outage and advice from authorities.

- Protect sensitive electrical appliances such as TVs, computer, and DVD players with a surge-protecting powerbar.

Make sure your home has a working carbon monoxide detector. If it is hard-wired to the house's electrical supply, ensure it has a battery-powered back-up.

Use of Home Generators

Home generators are handy for backup electricity in case of an outage, but must only be used in accordance with the manufacturer's guidelines. A back-up generator may only be connected to your home's electrical system through an approved transfer panel and switch that has been installed by a qualified electrician. Never plug a generator into a wall outlet as serious injury can result when the current produced by the home generator is fed back into the electrical lines, and transformed to a higher voltage. This can endanger the lives of utility employees working to restore the power.

To operate a generator safely:

- Follow the manufacturer's instructions.
- Ensure that the generator operates outdoors in well-ventilated conditions, well away from doors or windows, to prevent exhaust gases from entering the house.

• Connect lights and appliances directly to the generator. If extension cords must be used, ensure they are properly rated, CSA-approved cords.
Source: Get Prepared – Government of Canada www.getprepared.gc.ca
Digging Deeper Activity
How many amps come in to your home from the outside power lines? How many amps/ kilowatts does your home use, at any given time, to run the furnace, air conditioning, lights, appliances, etc.? How much does it cost? Assess the electrical needs of your home. To help you do this, visit the following website:

http://www.hydroone.com/MyHome/SaveEnergy/Tools/calc_dhtml.htm

Source: Hydro One

DIGGING DEEPER ACTIVITY

If your family owns a generator, which items would you be able to use in the event of a power outage? If your family does not own a generator, look online to find generators that are for sale and find out how much it would cost to purchase a generator that is large enough to operate everything in your home. Record your findings in your Record Book.

ACTIVITIES

Activity #1

Safety Confusion!

Worksheet can be found in the Record Book.

This is a great high energy game to help Members begin to feel more comfortable with the rest of the Members of the group. Give each Member a worksheet and ask them to complete it when you say 'Go!' The first person to complete the entire sheet wins, provided they have the correct answers.

Answers can be found at the end of the Record Book.

Activity #2

GFCI (Ground Fault Circuit Interrupter) Testing

GFCIs should be tested once a month. To do this activity, the meeting must be held in a home/building that is equipped with GFCI outlets. To learn how to properly test a GFCI, watch the video found at:

http://esfi.org/index.cfm/page/GFCI-Virtual-Demonstration/cdid/10458/pid/11405

Source: Electrical Safety Foundation International

Activity #3

Fire Escape Plan

Using a blank 8 ½" X 11" piece of paper, make a diagram of the inside of your house. Mark out the escape plan for each person in your house if a fire started at night when everyone was asleep in bed. Make a copy of the fire escape plan for each person living in your house.

MEETING 2 - HOUSE OF HORRORS

Objectives:

- Learn about common household accidents and how to prevent them.
- Learn to recognize hazardous products symbols.
- Learn about Internet, electronic devices, cell phone and street safety.
- Learn how to use pesticides safely.

Roll Calls:

- Name one electrical problem you spotted when doing your home safety survey. How was it corrected?
- Name a product found in your house that contains a hazardous ingredient.
- When working in the kitchen, name one thing you can do to make sure you are safe and don't get injured?

Sample Meeting Agenda – 2 hrs. 15 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Identify and review hazardous symbols and products.	20 min
Activity Related to Topic	Activity #4 - Home Hazard Hunt (instructions found at the end of this meeting)	20 min
Topic Information Discussion	Review the House of Horrors section for different rooms in the house.	20 min
Public Speaking/Judging Activity	Activity #5 - Internet Safety (instructions found at the end of this meeting)	15 min
Topic Information Discussion	Review Internet, electronic devices, cell phone, bullying, cyber-bullying and street safety. Have members sign the Internet Safety Rules sheet found in the Record Book.	25 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

If possible, invite a police officer to the meeting to discuss Internet, cell phone and street safety with the group.

Topic Information

RECOGNIZING DANGEROUS CHEMICALS

We use many chemicals around the home. Some of them are dangerous. You can tell which chemicals are dangerous by looking for the hazardous product symbols on the label.

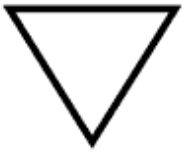
There are found hazardous product symbols:

Flammable Corrosive Poisonous Reactive/Explosive

Each time one of the symbols are used, they are put inside either an octagon, a diamond or an upside-down triangle. While it is important to be responsible and careful every time you use a chemical, these shapes tell you how dangerous the product you are using is.

The octagon or “stop sign” shape means you have to be extremely careful when you use a product with a hazardous symbol inside this shape.

The diamond shape means the product is still dangerous and you have to be very careful.



If the hazardous product symbol is an inverted or upside-down triangle, you have to use the product with caution.

When you are finished whatever job you have been doing, you should take care in how you get rid of the empty container or any chemical that is left over.

It is **NOT** okay to pour hazardous waste down a drain. That may get the waste out of your house but it doesn’t get rid of the problem. In fact, it can create more problems. By pouring hazardous waste down a drain you could:

- Corrode the plumbing (the waste eats away at the pipes)
- Release toxic fumes, especially if several chemicals are being poured down the drain at once or,
- Contaminate the groundwater, which might someday be your drinking water

Even getting rid of the container takes special care. You should never use an old chemical container for anything else. No matter how well you clean it, some of the chemical will always be left inside.

And, never burn or crush an aerosol can. It could explode! Aerosol cans should be thrown out with the regular trash. If you burn your own trash, separate the aerosol cans out and find some other way to get rid of them.

Many towns have hazardous waste disposal site where you can drop off material you want to get rid of. Phone your municipal or township offices to find out the proper procedures for disposing of hazardous wastes in your area.

All Natural Products

In Canada, household cleaners fall under the Hazardous Products Act. In 2012, Canadians spent over $275 million on cleaning products. We buy these products to fight germs, streaks, stains and odours to keep our homes sparkling clean. But, for either financial, environmental and/or health reasons, some people choose to purchase Natural Cleaning Products or, they choose to make their own.

Natural cleaners work quite well without releasing toxins or requiring heavy processing to manufacture. Some of the most popular natural cleaners are liquid vegetable soap or castile soap, white vinegar, lemon juice, salt and essential oils. Non-toxic and environmentally safe cleaners include baking soda, hydrogen peroxide, washing soda and borax. With these ingredients and some elbow grease, you can clean just about anything.

Baking soda removes stains and can be used as a mild abrasive to clean counter tops, cooking pans, household appliances and bathroom fixtures. White vinegar and lemon juice cut through greasy or waxy buildup, leaving the home smelling fresh and clean. Both borax and castile soap remove laundry stains and can be used as a cleaning solution.

Check out the Internet for a variety of all natural cleaning products that can be made with commonly found household products.

HOUSE OF HORRORS

Just when you thought it was safe to go in the house you discover danger everywhere! What looks like a nice, normal home can be, in fact, a very unsafe place. There could be problems everywhere, lurking like sharks ready to snap you up.

It's up to you to identify these problems and stop the attack. Here are some potential home hazards that you need to remember as you make your way around the house.

General Safety Hazards

- Smoke detector with no battery
- Electrical cord octopuses
- Electrical outlets with no childproof covers
- Slippery throw rug
- Portable heater near or touching flammable material
- No list of emergency phone numbers beside every telephone

Kitchen

- Flammable objects near heat sources
- Poisonous items within reach of children
- Cracked glasses or dishes
- Water puddles left on the floor
- Fire extinguishers not in place or not fully charged
- Pot handles turned so they could be easily bumped or grabbed by children
- Sharp knife stored with point or blade up
- Items stored in cupboards in a way they could easily fall out
- Matches within reach of children

Stairway

- Toys on the stairway or in the doorway
- Loose handrails/banister
- Burnt out light bulbs
- Slippery surfaces with wooden stairs

Living Room

- Overloaded electrical outlets
- Doorways blocked by furniture
- No fireplace screen or one that doesn't fit

Bedroom

- Cupboards stuffed full to overflowing with items
- Loose screens on windows
- No bedside light

Bathroom

- No non-skid mat in tub
- Curling iron, electric razor or blow dryer plugged in near the tub or sink
- Medicine on counter
- Cleaning supplies within reach of children

Basement

- Tools scattered on the floor and/or the workbench
- Power tools left with guards off
- Empty gas cans

Attic

- Insulation is exposed
- Stairs leading to the attic are very steep or unsafe
- Items stored on the stairs

Laundry Room

- Water on the floor
- Electrical outlets close to washer and dryer
- Washer or dryer not equipped with a ground fault device
- Lint not cleaned out of dryer regularly
- Piles of clothes on the floor

Entrance Way/Breeze Way

- Boots and shoes scattered on the floor

KITCHEN SAFETY

A number of rooms in the house have safety hazards but the kitchen likely presents the most hazards of any room. There are a number of things to keep in mind when working in the kitchen:

1. Before you begin - roll up long sleeves, tie back long hair and remove loose clothing that might get in the way or catch on something.
2. Wash your hands and dry them well. Wet hands can be slippery.
3. If you can't quite reach the countertop, use a sturdy stool or wooden step to help.
4. Keep cabinet doors and drawers closed so you won't bump into them.
5. Wipe up spills as soon as they happen. Wet spots can be slippery.
6. Always use oven mitts to handle food on the stove, in the oven or microwave and under the broiler.
7. When working with pots on the stove, be sure to hold the handle while stirring to prevent the pot from slipping off of the burner.
8. Always pick up knives by their handle and do not point them at anyone. Be sure to only use a knife when an adult is close by and with permission.
9. Keep electrical cords away from the stove top, oven and sink.
10. Before leaving the kitchen, check that the oven and burners are all turned off.
11. If you burn yourself, tell an adult immediately.
12. Don't put knives or other sharp objects in a sink full of water. Someone could reach in and get hurt.
13. Never put water on a cooking fire - it could make the fire bigger. Call for an adult to help and use baking soda to put the fire out.
14. Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
15. Never add water to a pan with hot oil in it. It could splatter and burn someone.
16. Keep paper towels, dish towels and pot holders away from the stove top so they don't catch on fire.

Source: Kraft Canada

Internet Safety

The Internet can be a wonderful resource! It can be used to research school reports, communicate with teachers, relatives and classmates and to play interactive games. One can literally access the world using the Internet!

But, that access can also pose hazards. An innocent online search can lead to a number of inappropriate websites with just one wrong letter spelled in the word. For example, someone might do an online search for 'Lego.' But, with just one letter changed, the word 'Lego' could be 'Legs' which will result in a list of websites, some of which may contain pornographic material and images.

Social media websites can also pose hazards. Exercise caution, especially when using online chat rooms, as you never know who the person on the other end actually is. They may claim to be a 12 year old girl or boy just the same as you are, but in actuality, they are a 48 year old man just pretending to be a young person.

Just like any safety issue, talking about Internet Safety is extremely important. The following Internet safety rules should be discussed and youth must agree to the following before using the Internet. The list can also be found in the Record Book so members can sign and agree to the rules.

1. I will not give out personal information such as my address, 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 will bring a parent 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.
6. I will talk with my parents so that we can set up rules for going online and using a mobile phone. 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 passwords to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or mobile device or jeopardize my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.

10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

Source: SafeKids.com

Using Electronic Devices Safely for Playing Video Games

Set up time limits

It is easy to become involved in a game and play for hours at a time. But you will benefit from a variety of activities. Have a discussion with your parents and agree on a reasonable amount of time to play video games.
Playing video games for a long period of time without taking a break and getting physical exercise can cause eye strain, aches and pains and obesity.

Appropriate Video Games

All video games teach but not all games are appropriate for certain ages and skill levels and some games do not match your values or the values your parents want you to learn. When you ask for a new game, do your homework first. Then discuss with your parents why you should get that particular video game. Parents should play the video game with you to make sure they agree that it is an appropriate game.

Keep Video Game Systems Out of the Bedroom

Video game systems (or televisions) should not be found in bedrooms. They should be used in a family area where everyone can see what's happening and how long the game is being played.

Cell Phone Safety

Just as in chat rooms and social sites, you need to think about who you text and talk with. You should never text/ talk about sex with strangers. And never send a picture, no matter how much you want to impress someone, if it is a picture that you wouldn't want to show your parents.
Phones should only be used to communicate with people you know in the real world.
If you have a driver's license remember, it is against the law to text while driving and a hands-free device must be used if you want to talk on the phone while driving.

BULLYING & HARASSMENT

When you see bullying, there are safe things you can do to make it stop and help to stand up for others.

- Talk to a parent, teacher, 4-H leader or another adult you trust. Adults need to know when bullying happens so they can help.

- Be kind to the person being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

You can be a leader in preventing bullying in your community by getting involved.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach or parent and can add what they think.

- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for younger kids.

- Write a blog, letter to the editor of your local newspaper or tweet about bullying.

- Visit www.bullyingcanada.ca for more information and to find resources in your community.

Cyberbullying

Protect yourself from cyberbullying. Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything, including words or pictures, that could hurt or embarrass anyone.

- Keep your password a secret. Even people that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.

- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.

- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.

- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

STREET SAFETY

Do you know how to be street smart? Being street smart means knowing how to keep yourself safe from strangers when you're alone or with a group of young people. Whether you're walking to school or to the bus, waiting at the end of your lane for the bus, hanging out on the playground or riding your bike in your neighborhood or on a country road, being street smart helps you stay safe. When you're street smart, you know your way around, you know how handle yourself in tough situations and you are able to read people. And being street smart isn't just for those who live in the city. Those who live in small towns and in the country need to be street smart as well.

One of the most important aspects of street safety is learning how to deal with strangers. If you follow a few rules all the time and trust your instincts, you can be street smart.

Who Are Strangers?

When you're walking home from school, a person in a car pulls up and asks you for directions. At the park, someone says he needs you to help look for his lost puppy. These people may seem friendly, but no matter what they say to you, they have one thing in common: They're strangers.

Most strangers aren't dangerous and wouldn't do anything to you. Unfortunately, though, some strangers can be dangerous, and it's impossible to tell who is okay and who is not. A dangerous person doesn't necessarily look scary or mean — the person might look nice. That's why it's important to follow these safety rules all the time:

Make Your Whereabouts Known
Always make sure an knows where you are at all times. And just as importantly, make sure they know when to expect you back home.

Stick With a Friend

Traveling with a friend whenever you can is a good idea and traveling with a group is even better. And, it's fun and safer to do things with friends.

Pick Out Safe Spots

What are safe spots? Safe spots are places where you can stop if you need help, like the houses of your friends, your parents' friends' houses, neighbours, stores, restaurants, police stations, libraries and fire departments. When you're walking or riding your bike, make a mental note of the safe spots along your route. That way, you will be prepared in case you ever need one.

Avoid Places That Aren't Safe

Be sure to keep away from isolated areas. These are places where no one is around, like the woods, sideroads with no houses or farms, or small, dark streets.

Let Adults Help Strangers

It's nice to help people. But remember: **Strangers should ask adults, not young people, for help.**

If a stranger approaches you and asks you for help — such as with giving directions, finding lost money or searching for a runaway dog — don't offer to help. Walk the other way and find an adult you know. If you're not near a safe spot, try any store or restaurant. If you feel you're in danger, yell for help.

Stay Away From Strangers' Cars

If a stranger pulls up in a car and offers you a ride, don't get in. Most people know that rule. But that's not all of it. It's also important to avoid a stranger's car completely. If a stranger asks you to look in the car, don't do it. Don't agree to look in the trunk or in the back of a truck or van. Don't put your arm in the window to take something or point to something. Don't agree to come closer to see a pet or to get a toy, food or anything else that is being offered.

If the stranger says that your parents sent him or her, or that there is an emergency and you must get in the car and go to the hospital, turn right around and tell an adult what happened. Your parents would have told you if someone else was coming to pick you up, and if an emergency really did occur, they would send someone you already know, not a stranger.

Don't be fooled, even if the stranger knows your name. There are lots of ways to find out your name, even when someone doesn't know you or your family. For example, do you have a jacket or a piece of jewelry that has your name on it? That's an easy way for someone to learn your name.

Make a Lot of Noise If You're Scared

If a stranger approaches you (on foot or in a car) and follows you when you try to walk away, yell for help as you run away. If a stranger ever tries to grab you, yell as loudly as you can and try to get away. You can shout things like, "Help! I don't know you!" or "Help! This isn't my dad!" People in the area will hear what's going on and help you, so make plenty of noise.

Trust Your Instincts

Everyone needs to follow the rules of street smarts all the time with every stranger, even if the situation seems fine. And if your instinct is telling you something is dangerous or just not quite right, get out of the area, tell an adult, or call 911. No one will think that you are silly. In fact, just the opposite — people will think that you're truly street smart!

Excerpts from Kid's Health: http://kidshealth.org/kid/watch/out/street_smart.html#

BEFORE THE NEXT MEETING

Try the following activities:

1. Find out where there is a hazardous waste disposal site in your area. You may have to phone your municipal or township office to find out where it is. Find out what the hours are and if there is anything that they won't accept. Record your findings in your record book.

2. Do you have any natural cleaning products in your house that your family has purchased? What items can you find in your kitchen cupboards that can be used for cleaning? Make a list of all natural cleaning agents found in your house and list them in your Record Book.

3. Make a list of Emergency Phone Numbers for your house, complete with names and phone numbers. Bring your list to the next meeting to share with everyone else who you have on your list. Suggestions include: 9-1-1, relatives, neighbours, poison control centre. Can you think of more?

MEETING 2 DIGGING DEEPER

Pesticide Safety

From the apple in your lunch box and the repellents that keep mosquitoes away, to the products that control mice in your attic, keep your pool clean and treat weed infestations on your lawn, pesticides touch many aspects of your daily life.

The word “pesticides” includes many products, like:
• herbicides to control weeds
• fungicides to control certain types of plant diseases
• insecticides to control insects
• rodenticides to control rats, mice and other rodents
• sanitizers for swimming pools and spas to control micro-organisms

Pesticides are made from both conventional (synthetic) and naturally occurring (biochemical) active ingredients. For example, the lawn care product 2,4-D is synthetic, while a pesticide with the active ingredient of acetic acid, like what is found in vinegar, is biochemical.

A homeowner, pet owner, farmer or golf course operator may use the same pesticide ingredients, but each product is designed specifically for an intended use. Scientific evaluations are conducted on all pesticides in Canada before becoming available on the market. Health Canada determines if they meet Canada’s strict health and safety standards and dictates the directions for using the product and the safety precautions that appear on every product label. Health Canada registers only those products that will not harm human health or the environment.

If you choose to use a pesticide in or around your home, you are responsible for its proper use. This includes being familiar with safe handling and application procedures, the precautions described on the label, and how to dispose of pesticides properly.

General Safety Precautions

• Always read the label carefully. You must follow all safety precautions described on the product label to protect your health, the health of others and the environment.
• Generally, pesticide application should only be done when there are no children, pregnant women, elderly persons, pets or animals present.
• Never mix or combine different pesticides together unless the label instructions say to do so.

- Use a pesticide only for its intended purpose, for example, never use a pesticide indoors when it is intended for outdoor use.
- Do not apply pesticides directly to people, clothing or bedding, except when told to do so on the label (like when using personal insect repellents).
- Do not buy a pesticide if the packaging is visibly damaged or seems to have been tampered with.

Pet Products

Do not treat pets with pesticides unless the pesticide says it is intended for use on pets. If you need to use a flea control product, be sure to use it only on the animal specified on the product label: dog products for dogs, cat products for cats. Apply only the amount stated for the size, weight or age of the animal being treated. Apply only as often as it says on the label.

General Guidelines for Indoor Use of Pesticides

- Cover or remove food, dishes and utensils from any area that is to be treated.
- Cover or remove aquariums and pet food dishes.
- Do not smoke, drink or eat while applying pesticides.
- Do not rub your eyes or touch your mouth while working with pesticides.
- After applying pesticides, wash your hands and face with hot soapy water.
- Do not touch treated surfaces until the pesticide has dried completely (label directions will tell you the anticipated drying time).
- To help the product dry, provide some air ventilation (for example, open your doors and windows for a few hours).
- Wash all surfaces that normally come in direct contact with food with hot soapy water, like counters, tables and stove tops.

General Guidelines for Outdoor Use of Pesticides

- When using a pesticide for the control of home garden pests, be sure to wait the directed amount of time for each garden crop before harvesting.
- Never spray a pesticide outdoors if wind speed is more than 8 kph (5 mph), or if the air temperature is above 30°C (86°F), or if it is raining. Check your local weather forecast for up-to-date temperature, wind and precipitation information.
- If noted on the pesticide label, post appropriate warning signs to notify neighbours so that children and pets may be kept away from the treated area.
- Wear protective clothing as stated on the label, like rubber gloves, long-sleeved shirts, aprons or coveralls. Keep sleeves outside gloves and pants outside boots to prevent the pesticide from getting inside gloves or boots.
- Use only the rate of application stated on the label. A higher rate may cause injury to plants, kill beneficial insects, and leave undesired residues on plants. On the other hand, a lower rate may not control the pest at all.

- Do not smoke, drink or eat while applying pesticides.
- Do not rub your eyes or touch your mouth while working with pesticides.
- After applying pesticides, wash your hands and face with hot soapy water.
- Thoroughly wash clothes used during application, separate from regular laundry.
- Many residual pesticides can be removed from surfaces simply by washing with soap and water.

Storage and Disposal

Follow these tips for storage:

- Always store pesticides out of reach of children and pets, and away from food or water.
- Store pesticides under lock and key. This will avoid confusing pesticide containers with other household products.
- Always store pesticides in their original container.
- Do not expose pesticides to extreme heat, cold or humidity.
- Check the label for specific storage requirements, including expiry dates.

The best solution to the problem of pesticide disposal is good planning. It is important to buy only the amount needed for a specific problem. Here are a few suggestions on how to dispose of house and garden pesticides:

- Never burn or pour pesticides down the drain.
- Do not re-use empty pesticide containers.
- Return extra unopened containers to the supplier.
- For partially used pesticides, contact municipal officials for information on household hazardous waste disposal facilities.

In Case of Accidental Poisoning

- If pesticide poisoning is suspected, contact a poison control centre or a doctor immediately.
- Follow the first aid statements on the label, if applicable.
- Bring the pesticide container or the label to the emergency facility or doctor. This may save time for diagnosis and treatment.
- In case of accidental poisoning of pets, see a veterinarian right away.
- Report the incident to the pesticide company listed on the label, or to Health Canada. Have the information for the specific product you used available when you call or write. Damaged or defective packaging should also be reported.

Source: Health Canada, 2011 www.hc-sc.gc.ca

DIGGING DEEPER ACTIVITY

In order for farmers to purchase pesticides for use with agricultural practices, they must take the Grower Pesticide Safety Course through the Ontario Pesticide Education Program offered by the University of Guelph. If you were to take the course, investigate where the closest course to where you live is being offered, if there is a minimum age to take the course, what the cost is and what is involved (e.g. course, exam, course materials). Record your findings in your Record Book.

ACTIVITIES

Activity #4

Home Hazard Hunt

Have Members use the worksheet (found in the Record Book). Depending on the group, have Members fill out each box or assign a box to each Member. Not all boxes may be applicable in all situations. Have each Member go through the building, including outside of the building if this is safe. Have them check off each item and circle or highlight the things that need to be fixed. Once they have completed this, work with the group to address the hazards.

Excerpts from: Federal Emergency Management Agency www.fema.gov

Activity #5

Internet Safety

Objectives:

1. To identify dangers on the Internet
2. To build critical-thinking and decision-making skills

Instructions:

1. Cut out four pictures of adults from a magazine and glue each to a sheet of paper.
2. Hold up the sheets one at a time so that the picture is facing away from the Members. Explain that each page has a picture of a person. Tell the group that you want them to draw a picture of what they think the person looks like based on some information that you are going to read to them. For each picture, read one of the descriptions below and allow Members time to draw. Ask some of the Members to share their pictures and why they believe the person looks that way.

- I have a dog named Rusty. Sometimes I take him to the park and we play with my friends and their dogs.
- I like writing stories. I've already written eight stories about a girl named Ashley. Sometimes my friends and I draw pictures to go with the stories.
- I really love baseball. My friends and I play on the same team and at lunch we share our baseball cards. Sometimes we go to games together.
- Sometimes I go camping with my friends. We like to go hiking and at night we roast hotdogs and make s'mores.

3. Turn each sheet of paper around so Members can see the pictures of the adults. How do they compare to the images the students drew?
4. Ask Members how people communicate via the Internet (e-mail, instant messenger, chat rooms). Remind Members that they can never be sure of the true identities of people they encounter online. Some people they meet online may want to harm children and young adults.
5. Tell Members that they should never give out any personal information over the Internet without a parent's permission. If anyone asks them for personal information, they should tell their parents immediately.

Source: National Crime Prevention Council www.ncpc.org

MEETING 3 - FIRST AID

Objectives:

- Learn the components of a home safety kit.
- Learn what to do in case of an emergency.
- Learn elements of judging.
- Learn about lightning safety.

Roll Calls:

- Name one item that a first aid kit should contain.
- Where is the first aid kit stored in your house?
- Name an organization that offers First Aid, CPR and AED training.

Sample Meeting Agenda – 2 hrs. 25 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Activity Related to Topic	Activity #6 - Does this Belong? (instructions found at the end of this meeting)	10 min
Topic Information Discussion	Review what should be found in a First Aid kit, where they should be located and why they're needed.	20 min
Public Speaking/Judging Activity	Activity #7 - Judging First Aid Kits (instructions found at the end of this meeting)	30 min
Topic Information Discussion	Review basic First Aid, CPR and AED's.	20 min
Activity Related to Topic	Activity #8 - Emergency! (instructions found at the end of this meeting)	30 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

Note: due to the nature of the information in this section, it is recommended that this topic be presented by professional instructor, doctor, emergency room nurse, etc. Ultimately, it is recommended that everyone (volunteers and members) take a formal First Aid course as part of this 4-H project.

Topic Information

Being Prepared

Common sense, staying calm and precaution are the first steps in first aid. Ideally, these measures will prevent accidents from happening. But, in real life, emergencies do occur. In emergency situations there is often little time to consider what to do or to ask other people. Becoming familiar with some basic first aid skills will help you to deal with an emergency.

FIRST AID KITS

What should your First Aid Kit contain?

Having first aid supplies on hand makes any treatment faster and easier. You can purchase a complete kit or purchase the individual items and put a kit together. Here are some basic supplies that a first aid kit should contain:

- Emergency telephone numbers for EMS/9-1-1, your local poison control centre, and your personal doctors
- Home and office phone numbers for family members, friends, or neighbours who can help
- Sterile gauze pads (dressings) in small and large squares to place over wounds
- Adhesive tape
- Roller and triangular bandages to hold dressings in place or to make an arm sling
- Adhesive bandages in assorted sizes
- Scissors
- Tweezers
- Safety pins
- Instant ice packs
- Disposable non-latex gloves, such as surgical or examination gloves
- Flashlight, with extra batteries in a separate bag
- Antiseptic wipes or soap
- Pencil and pad
- Emergency blanket
- Eye patches
- Thermometer
- Barrier devices, such as a pocket mask or face shield
- Coins for pay phone
- Canadian Red Cross first aid manual

Source: Canadian Red Cross www.redcross.ca

Choose containers for your kits that are roomy, durable, easy to carry, and simple to open. Some good items for improvised dressings are clean towels, sanitary napkins, diapers and facial tissues. Dressings and bandages can be made from old sheets and hockey tape could be substituted for adhesive tape. Garbage bags may be used as waterproof blankets.

After you've stocked your first-aid kit:

- Read the entire Canadian Red Cross first aid manual so you'll understand how to use the contents of your kit
- Store your first-aid kit in a place that is out of a child's reach but is easily accessible for adults.
- Check your kit regularly. Replace missing items or medicines that may have expired.
- Check the flashlight batteries to make sure they work.

First Aid on the Farm

Farms are sometimes in remote areas, where help can be a long time coming. A quick response is critical. If you know what to do, you can improve an injured person's chance of survival. Take a first aid course! Get information on first aid courses in your area that are specifically farm related. You will be trained to administer CPR and to deal with wounds, burns, breaks and shock. These skills may save a life someday.

The minimum basics for first aid on the farm:

- Get trained. Take first aid training and make sure you update your training on a regular basis.
- Locate first aid kits in farm buildings and machinery. Know where the closest kit is to your work area. Ensure first aid kits are well labelled so they are easy to find.
- List emergency numbers at each phone along with rural addresses to give to the emergency operator.
- If possible, have a cell or mobile phone with you out in the field. If you or someone else gets hurt away from the farm yard, you can call for help.
- In an emergency, stay calm. The victim will be reassured by your confidence. Give first aid. Seek proper medical attention as necessary.

Where should you keep a First Aid Kit?

Here are some possibilities:

- In the home near an area when injuries are likely to occur, such as the bathroom, kitchen or garage
- In the car
- In the boat
- In the barn
- In the tractor, combine, harvester, etc.

Wherever the kit is stored, be sure that everyone knows where it is and that it is easy to reach.

It is a good idea to replace used items in your First Aid Kit right away. Otherwise, you might discover you don't have something the next time you need it! Then it will be too late.

Basic First Aid

Note: The following is provided for information only. Seek out the instruction of a professional to learn the proper techniques for administering First Aid.

First aid is the first care given to the victim of an accident or sudden illness. First-aid is define**d as t**he assessments and interventions that can be performed by a bystander (or the victim) with minimal or no medical equipment. The purpose of first-aid is to minimize injury and disability. In serious cases, first-aid is necessary to sustain life.

There are some basic steps to take when an emergency occurs. But do attempt anything that requires special training. Taking an approved first aid course will help you to know what to do and what not to do in an emergency.

Artificial Respiration

Victims who have stopped breathing from drowning, electric shock, poisons, etc. should be given mouth-to-mouth resuscitation. The technique for performing artificial respiration should be learned through an approved first aid course.

Bleeding

To control bleeding, even from a cut artery, apply direct pressure on the wound using a clean pad or your hand. Raise the arm, leg or head above heart level.

If there is an object in the wound, such as a nail or piece of glass, do not pull it out. Cover lightly and apply pressure around the wound without touching the object.

Broken Bones

All broken bones must receive medical attention. Before moving the injured person, you must splint the break. Use an umbrella, a magazine, a stick or similar object to sop the broken bones from moving. In the case of a leg, the uninjured leg can be the splint. Use plenty of bandages to secure the splint above and below the break.

If a neck or back injury is suspected, do not attempt to move the victim.

Unconsciousness

Place victim in the recovery position. Loosen tight clothing. Give nothing by mouth. Never leave an unconscious person alone. Send for medical help.

EXCEPTION: Do not move a person who may have a spinal injury unless it is necessary to get him or her out of danger.

Burns

Put the injured area in cold water to relieve pain. Do not break blisters. Cover with a clean dressing. Medical attention is needed for severe burns or minor burns covering a large area.

Poisons

Call the Poison Control Centre or doctor and get the victim to the hospital immediately.

Identify the poison if possible and take the container with you. Try to determine how much has been taken and how long since it was taken. DO NOT cause vomiting if burns and stains about the lips show a caustic or corrosive poison has been taken.

Choking – Conscious Victim

Ask the victim 'Are you choking?'

If the victim can speak, cough or breathe, do not interfere.

If the victim cannot speak, cough or breathe, call for help. Perform abdominal thrusts until successful or the victim becomes unconscious.

Choking – Unconscious Victim

Call for help. Open the airway using head-tilt or chin-left manoeuvre. Try to ventilate. If unsuccessful, straddle the victim and perform 6 to 10 abdominal thrusts. Do a finger sweep in the mouth, try to ventilate and continue the sequence as required.

Source: Basic First Aid Steps – Emergency First Aid Chart, St.John Ambulance

In Canada in 2014, first aid certificates can be issued by one of four training organizations that authorize 'course providers' to provide first aid training in up to ten provinces and three territories.

- ***Canadian Red Cross Society***
- ***Royal Lifesaving Society (Canada)***
- ***St. John Ambulance***
- ***Canadian Ski Patrol***

CPR AND AUTOMATED EXTENERAL DEFIBRILLATION (AED)

Cardiac arrest is a medical emergency causing death if not treated immediately. Most cardiac arrests occur in homes and public places. If someone has collapsed and is unresponsive, you may be able to help save a life by calling 9-1-1 or your local emergency number as well as by performing Cardiopulmonary Resuscitation (CPR) and by using an Automated External Defibrillator (AED) if one is available.

What is Cardiac Arrest?

Cardiac refers to the heart. Arrest means stop. Cardiac arrest occurs when the heart suddenly and unexpectedly stops beating. Cardiac arrest is not the same as a heart attack. A heart attack occurs when the blood supply to the heart is slowed or stopped because of a blockage. In the case of a heart attack, the heart continues to beat.

Cardiac arrests may have a variety of causes including heart disease, drowning, stroke, electrocution, suffocation, drug overdose or injury.

Signs of a Cardiac arrest include:

- Sudden collapse
- No movement
- Sudden unresponsiveness to touch or sound
- Abnormal or no breathing or only gasping
- No pulse

What is a Heart Attack?

When the blood supply to the heart is slowed or stopped because of a blockage, a heart attack occurs. Atherosclerosis, the narrowing of coronary arteries due to plaque buildup, causes more than 90& of heart attacks. A heart attack may also occur when a coronary artery temporarily contracts or goes into a sever spam, effectively shutting off the flow of blood to the heart. The length of time the blood supply is cut off will determine the amount of damage to the heart.

Some heart attacks may not affect the heart's function, but others may interfere with its ability to pump blood effectively. Sometimes a heart attack may lead to cardiac arrest.

What is CPR?

CPR (Cardiopulmonary Resuscitation) is an emergency procedure that can restore blood flow to someone suffering cardiac arrest, keeping the victim alive until advanced medical care arrives.

What is an AED?

An automated external defibrillator (AED) is a small, portable device used to identify cardiac rhythms and deliver a shock to correct abnormal electrical activity in the heart. As a result of the sophisticated electronics in an AED, the operator will only be advised to deliver a shock if the heart is in a rhythm which can be corrected by defibrillation. If a shockable rhythm is not detected, no shock can be given and the provider will be instructed to perform cardiopulmonary resuscitation (CPR) until emergency medical services arrive.

When an AED and CPR are immediately available, the chance of survival from sudden cardiac arrest is substantially improved. Combined with CPR, the use of an AED may increase the likelihood of survival by 75% or more.

Source: Heart & Stroke Foundation of Canada, 2013

It is recommended that everyone receive formal training in CPR and the use of AEDs. This will insure that everyone learns the proper techniques for administering CPR and for using an AED.

Depending on the age of the group, there are a few different options for training:

1/ Coordinate with a local Heart and Stroke Society or Lifesavers Society organization and have them do a CPR and AED seminar. This seminar would be a presentation that would offer good information in short amount of time and with little cost but it will not offer any type of certification.

2/ Complete a certified CPR and AED course through the Red Cross or St. Johns Ambulance. This option requires more time commitment and more cost. This would be a certified course.

3/ Complete an Emergency First Aid course which includes the CPR and AED training from Option 2 as well as Wound Care and Respiratory and Cardiac Arrest. It would take more hours to complete than Option 2 and would cost more.

4/ Complete a Standard First Aid course. It includes Emergency First Aid (from Option 3) and also covers head/spine injuries, bone, muscle and joint injuries, environmental emergencies and poisonings. It is a large time commitment and will incur more cost but it is the most thorough training that can be completed from all of the options presented here.

IT'S AN EMERGENCY!

Do you how to call for an ambulance? In many areas you simply have to dial 9-1-1 to request an ambulance, fire truck or police help. The 9-1-1 service is not available in all locations though so be sure to find out the number you would need in an emergency and post it by the phone.

When you make an emergency call:

- Speak slowly and clearly
- Identify yourself
- Give the exact accident location (having exact directions to your house posted by the phone is helpful in an emergency)
- Describe the type of accident and the type of injuries

The most important thing to remember in an emergency situation is to remain as calm as possible.

BEFORE THE NEXT MEETING

Try the following activities at home.

1. If your home doesn't have a First Aid Kit in the house, in your vehicles and your barn/shop (if you have one), work at gathering items for a First Aid Kit.

2. Find out which organizations in your area offer First Aid Course training, where the training takes place, if there is a cost, how long it takes to complete the course and if there are any special requirements for completing the course. Record your findings in your Record Book.

MEETING 3 DIGGING DEEPER

LIGHTNING SAFETY

Canada receives over two million lightning strikes a year on average. Many lightning deaths and injuries are associated with smaller local storms. It takes only one lightning bolt to change your life.

Lightning is a very underestimated weather hazard and it can easily injure or kill someone. Each year lightning kills approximately 10 Canadians and injures approximately 100 to 150 others. If you can hear thunder, you can get hit by lightning.

Direct strikes are responsible for only 5% of lightning-related deaths and injuries. Two other types of hazardous phenomena are caused by lightning. Ground current and side flash account for 60 to 80% of lightning-related injuries and deaths. A ground current is set up when lightning hits the ground, spreads out and sends a current through a victim. Side splash occurs when lightning hits a tall object, travels partly down the object and then jumps to a nearby victim.

So, how do you keep yourself and your family safe when lightning strikes?

The first and most important thing to remember is that if you can hear thunder, you are within striking distance of lightning. Take shelter immediately, preferably in a house or all-metal automobile (not convertible top). If caught outside far from a safe shelter, stay away from tall objects, such as trees, poles, wires and fences. Take shelter in a low lying area.

Once indoors, stay away from electrical appliances and equipment, doors, windows, fireplaces and anything else that will conduct electricity, such as sinks, tubs and showers. Avoid using a telephone that is connected to a landline.

If you are in your car during lightning, do not park under tall objects that could topple, and do not get out if there are downed power lines nearby. If you are caught outside, don’t stand near tall objects or anything made of metal and avoid open water.

If caught on the water in a small boat with no cabin during thunder and lightning, quickly get to shore. Boats with cabins offer a safer environment, but it's still not ideal.

Remember, there is no safe place outdoors during a thunderstorm. Once in a safe location, remain there for 30 minutes after the last rumble of thunder is heard before resuming your outdoor activities.

First aid for lightning victims

- Lightning victims do not carry an electrical charge and can be safely handled.
- Call for help. Victims may be suffering from burns or shock and should receive medical attention immediately. Call 9-1-1 or your local ambulance service.
- Give first aid. If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

Additional precautions to take during a lightning storm

If caught outdoors:

- Avoid putting yourself above the surrounding landscape. Seek shelter in low-lying areas such as valleys, ditches and depressions but be aware of flooding.
- Stay away from water. Don't go boating or swimming if a storm threatens, and get to land as quickly as possible if you are already on the water. Lightning can strike the water and travel substantial distance from its point of contact.
- Stay away from objects that conduct electricity, such as tractors, golf carts, golf clubs, metal fences, motorcycles, lawnmowers and bicycles.
- Avoid being the highest point in an open area. Swinging a golf club, or holding an umbrella or fishing rod can make you the tallest object and a target for lightning.
- You are safe inside a car during lightning, but be aware of downed power lines which may be touching your car. You are safe inside the car, but you may receive a shock if you step outside.
- In a forest, seek shelter in a low-lying area under a thick growth of small trees or bushes.
- Keep alert for flash floods, sometimes caused by heavy rainfall, if seeking shelter in a ditch or low-lying area.

Indoor Precautions

- Before the storm hits, disconnect electrical appliances including radios and television sets. Do not touch them during the storm.
- Don't go outside unless absolutely necessary.
- Keep as many walls as possible between you and the outside.
- Don't handle electrical equipment or telephones. The electrical current from the lightning strike will travel through wires and cords and if you are directly connected with them, you could be struck.

Use battery operated appliances only. Cordless telephones are safe however you could receive a very loud noise on the phone which may seem like a shock. This would be consistent with the house or somewhere nearby being struck by lightning.

Environment Canada's Meteorological Service of Canada issues severe thunderstorm watches and warnings for storms that can produce damaging winds, heavy rain and hail. The service does NOT specifically warn for lightning. Watch the skies for threatening clouds and listen for thunder. Stay up to date with the latest weather forecasts and warnings by monitoring your favourite broadcast outlet, Weatheradio or a hand-held mobile device.

Remember: in a thunderstorm, no place outdoors is safe. When thunder roars, go indoors!

Source: Environment Canada, 2013 www.ec.gc.ca

DIGGING DEEPER ACTIVITIES

Activity #1

How frequently does lightning strike in your area? The Government of Canada Weather Office website has a Canadian Lightning Danger Map that represents areas at greatest risk of being struck by lightning within the upcoming 10 minutes.

This map can be found at: http://weather.gc.ca/lightning/index_e.html?id=AC

When a thunderstorm is approaching, take a look at this website and determine where your exact location is on the map and what the prediction for lightning strikes might be. But, even if the prediction of lightning strikes is low, be prepared to take cover indoors.

Activity #2

How is lightning formed? Practice either of the following demonstrations at home and then be prepared to demonstrate it at your next meeting.
Demonstration #1

Materials Needed:
- Plastic comb
- Piece of wool or fur
- Access to a metal door knob

Instructions:
1. Darken the room as much as possible.
2. Rub a plastic comb with a piece of wool or fur.
3. Hold the comb near a metal doorknob.
4. Observe what happens (everyone should be able to see tiny sparks)

Demonstration #2

Materials Needed:

- Plastic comb
- Bowl of dry puffed rice

Instructions:

1. Run a comb through your hair.
2. Put the comb into a bowl of dry puffed rice.
3. Observe what happens (Grains of rice will stick to the comb. After they lose their charge, they will fall off.)

Explanation of the demonstrations and how they relate to lightning

The friction created a buildup of electrons, causing an electrical charge. This is known as static electricity. Lightning is made in a similar way. In a storm cloud, friction from dust, ice and water droplets produces an accumulation of charges, as did the friction in each of the demonstrations.

The electricity moves from the negative towards the positive. Some parts of clouds end up with a lot of negative charges. The earth can have positive charges (like the metal door knob and the dry puffed rice). If the difference between the two is big enough, the negative charge will be attracted to the positive charge. A spark will jump between the cloud and the earth because opposites attract.

ACTIVITIES

Activity #6
Does This Item Belong?

Have a box filled with items, some of which would be found in a First Aid kit but some of which wouldn't be found in the kit. One by one, show the Members items that could be included in a first aid kit, along with some obvious non-kit items that will make them laugh. Make this appropriate for their age level with items they can identify.

Activity #7
Judging First Aid Kits

Set out four different first aid kits and number them, left to right, 1 through 4. Give each Member a Judging Card (found in the Record) and have the Members judge the kits based on the criteria listed.

Activity #8
Emergency

Have Members practice making emergency phone calls using the scenarios listed in the Record Book. Have them remember to do the following when making an emergency call:

- Speak slowly and clearly
- Identify yourself
- Give the exact accident location (having exact directions to your house posted by the phone is helpful in an emergency)
- Describe the type of accident and the type of injuries

MEETING 4 - THE WIZARD OF OD (OUTSIDE DANGERS)

Objectives:

- Learn about ladder safety.
- Learn safe practices when working with lawn mowers, riding mowers and grass trimmers or when shoveling or blowing snow.
- Learn about hypothermia and how to help a hypothermia victim.

Roll Calls:

- Name one outside danger.
- Name one safety tip for operating a lawn mower.
- What job outside have you completed and what did you do to make sure you completed it safely?

Sample Meeting Agenda – 2 hrs. 50 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Review types of ladders, ladder hazards and general safety practices.	30 min
Activity Relating to Topic	Activity #9 - Ladder Inspection Checklist (instructions found at the end of this meeting)	20 min
Topic Information Discussion	Review lawn mower safety tips	40 min
Activity Relating to Topic	Activity #10 - Lawn Mower Safety Checklist (instructions found at the end of this meeting)	15 min
Topic Information Discussion	Review snowblower safety	15 min
Public Speaking/Judging Activity	Activity #11 - Snow Blower Traffic Lights (instructions found at the end of this meeting)	15 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

Topic Information

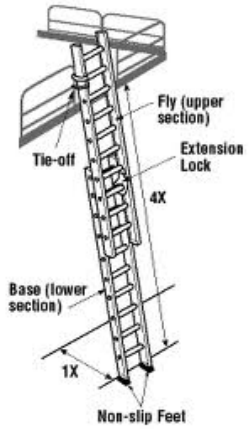
A LOT ABOUT LADDERS

Types of ladders:

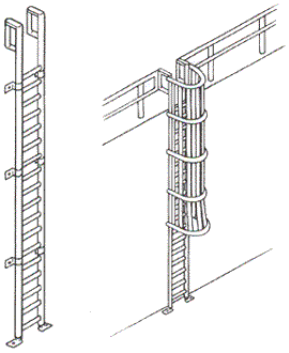
There are many types of ladders and it is important to choose the right one for the job.

- Extension/straight
- Fixed access
- Tripod orchard (orchard use only – never use indoors or for smooth surface application)
- Stepladder

When using a straight or extension ladder:



- Place the ladder on a firm surface
- Make sure it has slip resistant feet, use secure blocking or have someone hold the ladder
- The top of the ladder should extend at least 10 metres (3 feet) above the roof line/contact point. Follow the rule that the ladder should be one metre back away from the wall for every 4 metres in the air.
- After raising the extension ladder to the desired height, lock both sides
- Tie the extension ladder to the anchor point



Source: Canadian Centre for Occupational Health & Safety www.ccohs.ca

When using a fixed access ladder (permanent ladder):

- Use appropriate safety devices/precautions (e.g. a restraint belt)
- Always maintain three-point contact when climbing (this is done by having two hands and one foot, or two feet and one hand on the ladder at all time)
- When climbing, face the ladder and place your feet firmly on each rung
- Ensure you footwear is clean and free of mud, etc.
- If you need tools, raise or lower them using a hand-line or place tools in a pouch.

Source: www.humanservices.alberta.ca

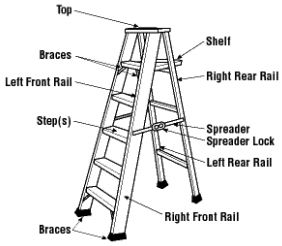
When using a tripod orchard ladder:

Tripod orchard ladders are designed for use on soft and uneven surfaces therefore they do not have spreaders, locking devices, steel points and safety shoes. An orchard ladder has a single back leg.

- Only use for specific operations such as pruning and harvesting
- Only one person should be on the ladder at a time
- When using the ladder, the back of the ladder should be towards the tree centre
- Never use the top of the ladder as a step

Source: www.oshatrain.org

When using a stepladder:



- Never use a step ladder as a straight ladder
- Use a platform type stepladder with side rails
- Place the ladder on a firm surface
- Spread the legs to their limit and ensure the braces are locked

Source: Canadian Centre for Occupational Health & Safety www.ccohs.ca

Ladder Hazards

Injury statistics show that the use of ladders presents many hazards. Injuries involving ladders frequently cause permanent disability.

Hazards include:

- Falls from ladders
- Struck by falling ladders
- Struck by materials falling from ladders
- Tripping over ladders (standing up or lying on the floor)
- Lifting heavy ladders
- Striking persons or objects when carrying ladders
- Contact with electrical equipment

Ladder Inspection Checklist

(this checklist also appears in the Record Book)

- ☐ Are the rungs loose? Will they move using your hands?
- ☐ Can you see any nails, screws, bolts or other metal parts that are loose?
- ☐ Are the wooden parts of the ladder smooth? Are there any splinters, splits, cracks or chips?
- ☐ Are there non-slip safety feet? Are they in good condition?
- ☐ When being used, is the ladder stable?
- ☐ Are the hinge spreaders straight? Are they tight?
- ☐ Are the hinge spreader stops functioning properly?
- ☐ Are the hinges tight?
- ☐ Are the extension locks in place? Are they in good condition?
- ☐ Is the rope damaged?
- ☐ Are any identification marks on the ladder legible?
- ☐ Has the ladder been stored properly when not in use?

General Safety Practices when using Ladders:

- Use the right ladder for the job
- Inspect the ladder before and after use
- Get help when moving heavy or long ladders
- Make sure that your shoes are safe
- Face the ladder when going up or down and maintain a three-point contact
- Secure the top of the ladder when using a straight/extension ladder and brace the feet or have someone hold the ladder
- Hoist materials or attach them to a belt – do not carry materials in your hand
- Make sure that only one person in on the ladder at a time
- Don’t stretch or reach beyond the side rails of a ladder
- Never stand any higher than on the third run from the top of a ladder
- If you must work near power lines, always use a fiberglass ladder. NEVER work with a metal ladder around power lines.

LAWN EQUIPMENT SAFETY TIPS

Lawn Mower Safety Checklist

(this checklist also appears in the Record Book)

- ☐ Read the operator's manual
- ☐ Know how to turn the machine off quickly
- ☐ Clear away debris. If you miss any debris, stop the mower to pick it up
- ☐ Make sure mower attachments are in good working order
- ☐ Inspect blade but disconnect the spark plug wire first. Is blade sharp and secure? Are shields in place and working properly?
- ☐ Wear appropriate safety gear, such as reinforced boots and ear plugs. NEVER mow the lawn in your bare feet.
- ☐ Never use earphones to listen to music while mowing. You won't be able to hear other sounds while operating the lawn mower.
- ☐ Avoid wearing loose clothing or dangling jewelry that could become caught on the lawn mowers' controls.
- ☐ Keep people away from the work area. A mower can hurl objects with great force in any direction, not just through the chute. It can shoot a stone 8 metres and pierce aluminum siding. Never leave blades rotating when crossing a gravel lane or patch of any kind.
- ☐ Adjust wheel height only when the mower is off. Set on highest cutting point and go slowly when on rough ground.
- ☐ Watch for permanent obstructions like tree roots, holes and drain pipes
- ☐ Never unclog chute while engine is running
- ☐ Turn off mower to fill gas and/or oil
- ☐ Do not leave mower on slope
- ☐ Always check the area you are going to cut for debris which could be thrown when struck by the mower
- ☐ Do not run the motor indoors
- ☐ Do not touch hot motor parts
- ☐ Do not pull a lawn mower towards you
- ☐ Never operate a lawn mower under the influence of drugs or alcohol
- ☐ NEVER LEAVE A MOWER RUNNING WHILE UNATTENDED!

When exposing the underside of a push mower for inspection or maintenance, tip the mower by the handle. Remember, if the mower has been used recently, the mower parts could be hot. Always have an adult help with inspection and/or maintenance.

Mowing Direction

With a push mower, mow across slopes. Never go up and down. If you slip going down a slope, you could drag the mower back across your feet and legs as you fall.

With a riding mower, mow slopes by traveling up and down. This is more stable than mowing sideways.

ADDITIONAL SAFETY POINTS ABOUT RIDING MOWERS

- NEVER have a rider with you on a riding lawn mower
- Because the engine gets very hot, has on the engine surface might catch on fire. Wipe it off before starting.
- Before starting the mower make sure all attachment clutches and the mower are in neutral
- Before backing up, come to a complete stop, turn around and look where you are going
- You should travel in the slowest gear when mowing slopes
- Do not mow in reverse with a riding mower unless absolutely necessary

Pulling Loads with a Lawn Tractor

Here are some safety tips to keep in mind when pulling a load with a lawn tractor:

- Pulling should be done at a slow speed
- Limit load weight and size. Check your owner's manual
- Make wide turns only
- Use counterweights as recommended by the manufacturer (some large lawn tractors have heavy weights that can be added to the front of the mower to balance a heavy load)
- Use approved hitch points

GAS OR ELECTRIC GRASS TRIMMERS SAFETY CHECKLIST

(this checklist also appears in the Record Book)

- ☐ Hold the unit firmly with both hands
- ☐ Ensure the cutter is tight
- ☐ Make sure the throttle springs back into the neutral position
- ☐ Always wear personal protective equipment, i.e. goggles, hearing protection, long pants, etc.
- ☐ Clear debris
- ☐ Keep the cutter tool covered with a guard
- ☐ Stop the engine before putting the cutter down
- ☐ Adjust the harness and hand grips to suit work positions
- ☐ Use at ground level only. This machine is not meant to trim bushes
- ☐ In dry weather, use a fire-safe muffler

OUTDOORS IN THE WINTER

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway - on average, several hundred pounds!

Snow Shovelling Tips

1. Pick the right shovel - use a lightweight pusher-type shovel. If you are using a metal shovel, spray it with Teflon first so the snow won't stick to it.

2. Warm Up - before tackling any strenuous activity, take the time to warm up with some overall conditioning (e.g. a 10 to 15 minute walk followed by some simple stretching)

3. Push, don't throw: Always push the snow to the side rather than throwing it so you avoid lifting heavy shovelfuls of snow and sudden twisting or turning movements. Always turn your body by moving your feet in the direction that you are pushing.

4. Bend your knees - if you find you have to lift a shovelful of snow, use your knees and your leg and arm muscles to do the pushing and lifting while keeping your back straight. Feet should be kept wide apart with the front foot near the shovel. Having the front foot near the shovel helps support the load of snow with the leg rather than letting the arms do all the work.

5. Take a break - if you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shoveling immediately if you feel chest pain or back pain.

6. Don't let the snow pile up - if the weather report calls for several days of snow, frequent shoveling will allow you to move smaller amount of snow at once.

7. Dress for the weather - layered clothing works better to keep you muscles warm and your skin dry so you don't get chilled. Wear clothing that allows freedom of movement.

8. Never overload the shovel

9. Stay hydrated - Don't be fooled by the temperature! Your active body needs plenty of fluids even though it's cold outside. Be sure to drink lots of water or juice before, during and after winter sports.

THE SNOWBLOWER

Always keep safety in mind when dealing with snow removal. Concentrate on what you are doing, and always be aware of your surroundings.

Before Starting to Use the Snowblower:

- Buy a machine that is approved by the Canadian Standards Association (CSA)
- Review the owner's manual before starting the snowblower
- Make sure the area to be blown is clear of hidden hazards such as toys, tools, rocks, sports equipment, etc. These are all hidden dangers in a deep snowfall.
- If you blow the front porch or step, take up the welcome mat/rug before blowing.

When Using the Snowblower:

- Keep children and pets safely away from the snowblower. Snow can be thrown to distances of 7 to 10 metres or farther, depending upon the size of the unit. If it can blow snow that far, it can also shoot a rock or stone a great distance.
- Wear close fitting clothing. Scarves and straps on coat sleeves and gloves that fasten to D-rings are no-nos. Wear footwear with good tread to prevent slipping.
- Do not operate the blower too close to a trench, ditch or terrace. Watch for holes or curbs that could cause you to lose your balance.
- Reduce speed on slopes.
- Watch for traffic when you are near the road.
- Blow snow into the wind to allow for better visibility.
- Do not blow snow onto the road. This could be a traffic hazard both while blowing and after when the snow lies on the road. In some jurisdictions, the snowblower operator could be fined for putting snow on the road.
- Do not tamper unnecessarily with the snowblower by removing safety shields, overriding safety clutches or increasing engine speed. The manufacturers have set up the blower to ensure your safety.
- Do not reach in the auger to free chunks of ice, heavy snow or other objects. This is the most common cause of snowblower injuries. Turn off the engine, disconnect the power source (electrical plug or spark plug wire and work the clog free with a tool.
- Always turn off a blower, for even the shortest of breaks.
- Never add fuel to the gas tank when the engine is running or hot. Add it before you start the machine.
- Always push, never pull a snowblower. If you stumble while pulling it, the machine could land on you.
- Make sure that there is always somebody nearby in case of an accident.

BEFORE THE NEXT MEETING

Try the following activities.

1. Complete the Ladder Safety checklist for a ladder you have in your home, shop or barn. (checklist worksheet found in the Record Book).

2. Working with a parent, complete the Gas/Electric Trimmer Safety Checklist (found in the Record Book).

3. Review different types of snow shovels that are available. If possible collect pictures of each type and record what each one costs. Research why each shovel is designed the way it is and decide which one you think would be the best one for you to use and why. Record your findings in your Record Book.

4. If possible, bring your bicycle to the next meeting.

MEETING 4 DIGGING DEEPER

HYPOTHERMIA

As Canadians, we pride ourselves on our ability to cope with our severe winters. But we forget that the cold can and does kill. Hypothermia, sometimes called exposure, occurs when the body can no longer produce more heat than it is losing. The body's internal temperature then drops below 35oC or 95ºF.

It's important for Canadians to know what leads to hypothermia. Wind, wet and cold are the key factors. Wind can chill the body as air moves over it. Water rapidly absorbs body heat. Wet clothing is a common cause of hypothermia and casualties in lakes and rivers are often due to hypothermia, not drowning. Cold air cools down the body but it does not have to be frigid. Hypothermia can happen at under 10oC, so it's a threat even with above-average winter temperatures.

Precautions Anyone can Take

The Canada Safety Council recommends preparing yourself against hypothermia if you are working outside or taking part in outdoor recreational activities by doing the following:

- Wear a warm hat. Most body heat is lost through the head.
- Wear layered clothing. Proper layers will allow warm air to stay trapped but do not trap perspiration next to the skin.
- Protect your feet and hands. Wear loose waterproof boots. If the boots have felt liners, carry an extra pair to replace damp ones. Mittens warm the hands more effectively than gloves. Carry an extra pair of these too.
- Prevent dehydration and exhaustion, which can lead to hypothermia. Drink plenty of non-alcoholic fluids. Pace yourself when doing vigorous activity.
- Stay fit through good physical conditioning and good nutrition. People who are fit are less susceptible to hypothermia. And don't let yourself become weakened through fatigue.
- Try to stay in a heated environment but not so hot as to cause excessive sweating. You risk hypothermia when you try to cool down by leaving a hot environment for a cool one.
- Eat high energy food, such as nuts and raisins.
- Avoid alcohol, coffee, tea and tobacco. They can cause heat loss.
- If you are traveling on the road or in the wilderness carry emergency supplies.

Sudden heart attacks increase during a cold snap. Cold air can cause blood pressure to go up, especially when skin is exposed. Shivering is a serious warning sign to seek a warmer, sheltered place.

Beware of the Symptoms

Initial Signs (Mild Hypothermia)
• Bouts of shivering
• Grogginess and muddled thinking
• Breathing and pulse are normal

Danger Signs of Worsening Hypothermia (Moderate Hypothermia)
• Violent shivering or shivering stops
• Inability to think and pay attention
• Slow, shallow breathing
• Slow, weak pulse

Signs of Severe Hypothermia
• Shivering has stopped
• Unconsciousness
• Little or no breathing
• Weak, irregular or non-existent pulse

What to do if you Suspect Hypothermia

If you suspect hypothermia, take measures to prevent further heat loss and get medical help as quickly as possible. Continue the warming efforts even if there is little or no pulse or heartbeat. Severe hypothermia can be mistaken for death.
Move the casualty to a dry, warm location if possible, or provide protection from the wind. Keep the person in a horizontal position. If you can't replace wet clothes with dry ones, cover the wet clothes with warm dry clothing or blankets, and place something warm and dry under the casualty. If the person is conscious, supply a warm drink, but avoid alcohol and caffeine.

Knowing first aid is a tremendous help. But most deaths from hypothermia can be prevented if you use common sense.

Wear Layers to Keep Warm

Inadequate clothing lets the warmed air around the body escape. Proper clothing and protection trap the warm air around the body. The key is to keep warm and dry.

The first layer lets the skin breathe. Underwear, socks and glove liners of polypropylene or knitted silk lets perspiration escape from next to the skin. The second layer absorbs perspiration without allowing heat to escape. Wool is ideal because it stays warm even when wet. It also comes in many thicknesses. The third layer traps heat in and keeps water or dampness out. A quilted coat filled with down or a lightweight microfibre is ideal. If it is not waterproof, wear a water- resistant shell or windbreaker.

Source: Canada Safety Council

Frostbite

When exposed to very cold temperatures, skin and underlying tissues may freeze, resulting in frostbite. The areas most likely to be affected by frostbite are your hands, feet, nose and ears.

If your skin looks white or grayish-yellow, is very cold and has a hard or waxy feel, you may have frostbite. Your skin may also itch, burn or feel numb. Severe or deep frostbite can cause blistering and hardening. As the area thaws, the flesh becomes red and painful. Gradually warming the affected skin is key to treating frostbite.

Prevent frostbite:

- Wear a hat and clothing made of tightly woven fibers, such as wool, which trap warm air against your body. A few lighter layers protect better than one heavy garment.
- Protect vulnerable areas such as fingers, toes, ears and nose.
- Drink plenty of warm fluids to help the body maintain its temperature. If hot drinks are not available, drink plenty of plain water. Avoid caffeine and alcohol, which hinder the body's heat-producing mechanisms and will actually cause the body's core temperature to drop.
- Take frequent breaks from the cold to let your body warm up.

Signs & symptoms of frostbite:	***As the condition worsens...***
• Numbness • Tingling • Pain and swelling	• Total loss of sensation • Pale waxy skin will become dark bluish • In severe cases, the skin will look burnt and charred.

Do you know what to do for frostbite?

- Cover the affected area.
- Never rub the skin as this may cause further damage.
- Warm the area gently by immersing the affected part in water that is warm and comfortable to the touch. Continue until affected area is warm and looks red.
- Bandage the affected area with a dry sterile dressing.
- Ensure that the affected part does not become frozen again.
- Get the person to a doctor as soon as possible.

Source: Canadian Red Cross & The Mayo Clinic

DIGGING DEEPER ACTIVITIES

In cold water, hypothermia can occur quite quickly. Cold water dangerously accelerates the onset and progression of hypothermia since body heat can be lost 25 times faster in cold water than in cold air.

How long a person can survive in water depends in large part on the temperature of the water. Research and make a chart of descending water temperatures, the time before exhaustion and the time before death for each temperature.

There are a number of things you can do to help increase your chance of survival if you ever have the misfortune of falling into cold water. Preventative measures such as PDFs, physical fitness level and posture are just a few things. Make a complete list of ways to improve the chance of survival in cold water.

ACTIVITIES

Activity #9
Ladder Inspection Checklist

Make a copy of the Ladder Inspection Checklist for each Member (found in the Record Book).

Have an older ladder available at the meeting for Members to look at. For larger groups, have more than one ladder available so Members can work in groups to inspect the ladder. Once each group has inspected the ladder, have the group present their finding to the rest of the group. Have the group also list what types of jobs they think the ladder would be best for completing. (e.g. step ladder for picking apples, painting, etc.)

Activity #10
Lawn Mower Safety Checklist

Make a copy of the Lawn Mower Safety Checklist for each Members (found in the Record Book).

Using either a push lawn mower or a riding lawn mower, review the parts of the machine and what they are called. Then, review each point on the checklist.
If possible, before completing the checklist, have a senior member cut a little bit of lawn with the lawn mower, then turn it off and have members follow through with the checklist.

Activity #11
Snow Blower Traffic Lights

Divide the Members into three groups. One group is the Red group, one is the Yellow group and one is the Green group.

Have a flipchart or Bristol board and a marker for each group to work with. Tell the groups that they have 5 minutes to write down Snow Blower do, don't and cautions depending on which colour they have.

After 5 minutes are up, have each group go through their list with the rest of the group. Ask the entire group if there are any points that they could add to each list.
This activity could also be done about Lawn Mower Safety.

MEETING 5 - WHEELS

Objectives:

- Learn to identify bicycle parts and know what they should look like when the bicycle is safe to ride
- Learn safe bike riding techniques and what proper safety gear must be worn
- Learn to identify traffic signs and understand why sign identification is important
- Learn car travel safety tips

Roll Calls:

- Name one safety tip for riding a bicycle.
- Name one reason its important to understand road signs when bicycling.
- Name one part of a bicycle.

Sample Meeting Agenda – 2 hrs. 35 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Review the parts of a bicycle and what a Member should be looking for in a safe bicycle	20 min
Public Speaking/Judging Activity	Activity #12 - The Bicycle Safety Check (instructions found at the end of this meeting)	30 min
Topic Information Discussion	Review bicycle helmet safety, Sign recognition, hand signals and safe riding tips	20 min
Activity Related to Topic	Activity #13 - Bike Safety Quiz (instructions found at the end of this meeting)	20 min
Topic Information Discussion	Review ATV, ROV and Snowmobile safety. Review what items are needed for an Emergency Car Kit.	15 min
Activity Related to Topic	Activity #14 Cycle Safe Word Search (instructions found at the end of this meeting)	15 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

If your club is comprised of mainly senior members, invite a mechanic to the meeting to demonstrate how to properly jump start a vehicle.

Topic Information

BICYCLES

A bicycle that is the right size is easy to control and comfortable to ride. Here are some tips to help you choose a bike that is right for you.

Frame Size

Men's bike size indicator:
You should be able to stand flat-footed on the ground without touching the bike frame.

Mixte (Women's) bike size indicator:
When sitting on the seat, your toes should touch the ground.

Seat and Handlebar Stem Height

As you ride, your leg should be almost straight at the bottom of the pedal stroke. Your weight should be evenly balanced, allowing you to rest your hands lightly on the handlebars.

Tire Information

It is important to have your tires properly inflated at all times. A tire that is too soft will make your bicycle hard to pedal and difficult to control. The rims too, might become damaged when you hit a bump.

A tire that is too hard will offer poor traction and makes the bicycle difficult to control.

Bells & Brakes

A bike must have a bell or horn in good working order. It must also have at least one brake system on the rear wheel. When you put on the brakes, you should be able to skid on dry, level pavement. Failure to have a proper working bell/horn or at least one brake could result in a fine.

FACT

Approximately 7500 Canadian cyclists are seriously injured each year.

Source: CAA Bike Safety http://bikesafety.caa.ca

The Bicycle Safety Check

The following checklist should be used on a regular basis for checking your bicycle so that your bicycle is working in top shape (this checklist also appears in the Record Book)

- ☐ Check the tire pressure
- ☐ Make sure the wheels are tight
- ☐ Make sure the seat is tight
- ☐ Make sure the bell works
- ☐ Check to make sure the reflector is clean
- ☐ You should be able to straddle the top tube with your feet flat on the ground
- ☐ Check for broken spokes
- ☐ Make sure the handle bars are tight
- ☐ Make sure the chain is tight and oiled
- ☐ Make sure the headlight works
- ☐ Make sure the brakes work
- ☐ Check that the seat height is correct and adjust accordingly if needed

Cyclist's Helmet

Whenever you're riding a bicycle, you must wear a cyclist's helmet. In Ontario, if you are under the age of 18, it's the law! Select a bike helmet that meets CSA, CPSC, Snell or ASTM safety standards. Helmets with a front peak are designed to hit the ground first to protect your face.

Helmets are only effective if worn properly so make sure you wear a helmet that fits both correctly and comfortably.

- Place the helmet on your head, with the front of the helmet 1 or 2 fingers width above your eyebrows.
- The helmet should fit snuggly but not be too tight. Many helmets include internal pads that can be added/removed and some helmets have a dial at the back for adjusting the tightness.
- Adjust the side straps to form a "Y" around your ears with the buckles sitting just below your ears.
- Buckle the chinstrap and tighten it until you can fit only one finger between the strap and your chin.
- Do the "Shake Test." Shake your head and make sure your helmet stays in place. If it moves, you need to re-fit and re-adjust.

FACT

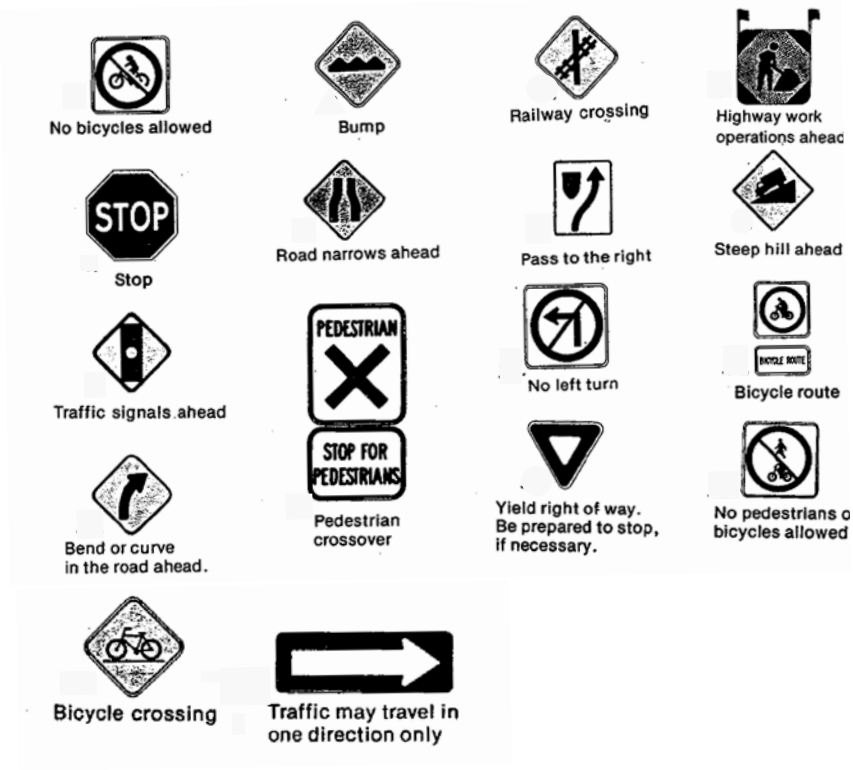
Most cycling injuries and crashes occur during the afternoon rush hour. Most cycling deaths occur at night when there's artificial lighting.

Source: CAA Bike Safety http://bikesafety.caa.ca

Cycling at Night

To be properly equipped for night riding a bike must have a white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise and white reflective tape on the front forks and red reflective tape on rear forks.
If you're cycling at night it's also important to wear light coloured clothing and some reflective tape. This means car drivers will be able to see you.

SIGN RECOGNITION

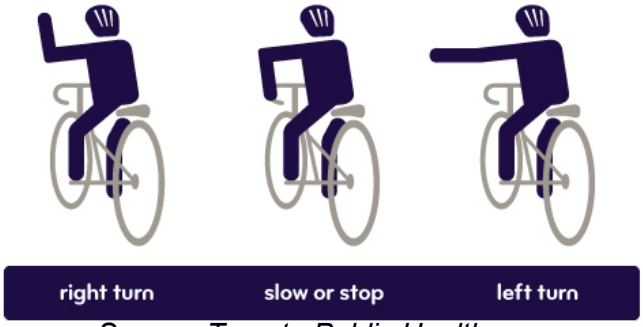


There are many signs that every cyclist should know before heading out on the roads.

1. Official bicycle route
2. No bicycles allowed
3. Bump
4. Railway crossing
5. Highway work operations ahead
6. Stop
7. Road narrows ahead
8. Pass to the right
9. Steep hill ahead
10. Traffic signals ahead
11. Pedestrian crossover
12. No left turn
13. Bicycle route
14. Bend or curve in the road ahead
15. Yield right of way. Be prepared to stop, if necessary.
16. No pedestrians or bicycles allowed
17. Bicycle crossing
18. Traffic may travel in one direction only.

HAND SIGNALS

Use hand signals prior to turns and lane changes in order to communicate your intentions with others.



Source: Toronto Public Health

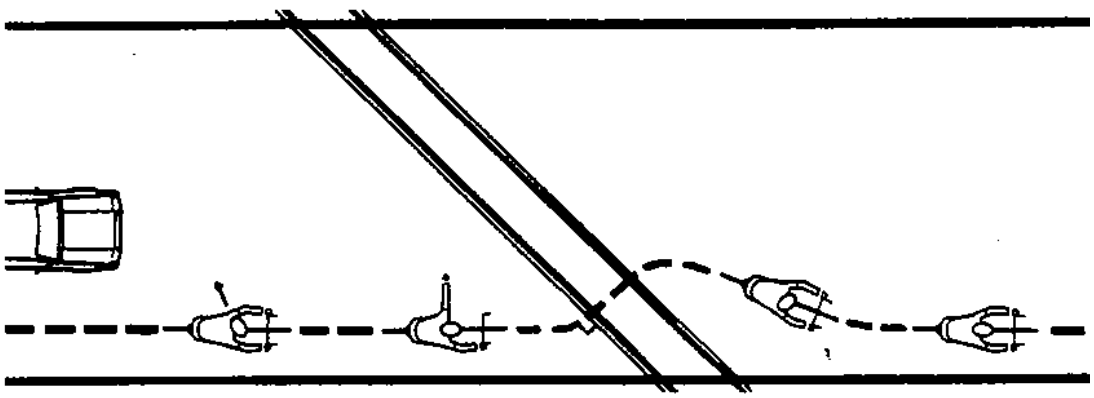
Fact
Cyclists are more likely to be injured or killed at an intersection or at a location where there are traffic signals or other traffic control signs.

Source: CAA Bike Safety http://bikesafety.caa.ca

SAFE RIDING TIPS

Bicycle riders of all ages must know and obey the rules of the road. You must know how to handle yourself and your bike in any of the situations you will come across while riding. For example, some of the things you must know how to do are:

- **Crossing a railroad track**
  - Look both ways before crossing, stand on the pedals as you cross the track and cross the track slowly
- **Crossing a diagonal railroad track**
  - Look over your shoulder for oncoming traffic and then cross the tracks perpendicular to the direction of the tracks. To do this, you will have to move further out into the lane you are travelling in. This is why it is so important to look over your shoulder – to prevent being hit by a car! Crossing the track this way prevents any problems with the tire becoming lodged or caught in the tracks.
- **Riding beside a curb**
  - You should stay at least 0.5m from the curb to avoid curbside hazards such as potholes, water catch basins, dirt and stones.



• Safely moving around an obstruction

➢ Look over your shoulder and ride into the centre of the lane to go around the obstruction. When the lane is too narrow to allow a motorist safe passage in the lane with you, you should ride in the middle of the lane. Otherwise, riding along the curb might encourage a motorist to pass you where there isn't sufficient room to pass.

• Making a turn

➢ Look over your shoulder to see if any traffic behind you wishes to pass. If turning left, you should enter the lane, riding near the highway lines, signal and then turn. If turning right, you should look behind to see if a car wants to turn at the same time.

• Riding through an intersection

➢ Look over your shoulder to see if any traffic is turning right. You should also look up and to the left to see if oncoming traffic wishes to turn left in front of you.

You also need to know on which roadways bicycles are permitted and which roadways bicycles are NOT permitted on.

Remember, riding a bike safely takes common sense and a cool head.

ALL TERRAIN VEHICLES (ATV), RECREATIONAL OFF-ROAD VEHICLES (ROV), SNOWMOBILES

Safety isn't just for bicycles! In Canada, we enjoy recreation with a number of different vehicles. Always abide by the laws in your area and use safe practices while operating any one of these off-road vehicles.

1. Always fasten your seat belt (if the vehicle is equipped with one), wear a helmet and other protective gear and keep all parts of your body inside (if operating a recreational off-road vehicle).
2. Avoid paved surfaces. Off-road vehicles are designed to be operated off-highway.
3. Drive only in designated areas, at a safe speed, and use care when turning and crossing slopes.
4. Never drive or ride under the influence of alcohol or drugs.
5. Never drive an ATV or Recreational Off-road vehicle unless you're 16 or older and have a valid driver's license. Never drive a snowmobile unless you're 12 or older and have completed the OFSC (Ontario Federation of Snowmobile Clubs) Training Course. Off road vehicles are not toys.
6. Never carry more passengers than the ROV or snowmobile is designed for, and never allow a passenger who is too small to sit in a passenger seat to ride in the ROV. Never allow riders on an ATV.
7. Read and follow the operator's manual and warning labels.

EMERGENCY CAR KIT

If you have a car, prepare an emergency car kit and keep it in the vehicle. The basic emergency kit for cars should include the following items:

- Food that won't spoil, such as energy bars
- Water in plastic bottles so they won't break if frozen (change every six months)
- Blanket
- Extra clothing and shoes
- First aid kit with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Wind–up flashlight
- Whistle in case you need to attract attention
- Roadmaps
- Copy of your emergency plan and personal documents

Also keep these inside your trunk:

- Sand, salt or cat litter (non-clumping)
- Antifreeze/windshield washer fluid
- Tow rope
- Jumper cables
- Fire extinguisher
- Warning light or road flares

Source: Get Prepared – Government of Canada www.getprepared.gc.ca

BEFORE THE NEXT MEETING

Try one of the following activities.

1. If you didn't have a chance to do a Safety Inspection at the meeting on your own bicycle, do an inspection at home using the Checklist found in the Record Book. Inspect the bicycles of others in your family as well (after you've asked them for permission of course!)

OR

2. If your car doesn't have an Emergency Car Kit, make one using the suggestions listed in this meeting. Bring the kit to the next meeting to show everyone what you kit looks like.

MEETING 5 - DIGGING DEEPER

PLAY IT SAFE WHEN JUMP-STARTING VEHICLES

The greatest potential danger from jump-starting a vehicle is battery explosion. Car batteries contain concentrated sulfuric acid and up to 700 amps of current which is enough to set both you and your car on fire.

Instructions on how to Jump-Start a Car

Step 1: Read your owner's manual. Some manufacturers do not allow jump-starts and some have fuses that need to be removed before jump-starting or other steps that need to be taken before you can successfully jump-start the car. Some manufacturers place the car battery in a location other than the engine compartment. In this case, your car will have designated jump-start terminals under the hood. If you are uncertain what to look for, always check your owner's manual.
Step 2: Make sure the dead car and the good car are NOT touching. They should be close enough though to make sure the battery cables can easily reach from battery to battery.
Step 3: Turn the ignition key in both cars to the "off" position.
Step 4: Put on eye-protection glasses.
Step 5: Identify battery terminals (or the jump start terminals if your battery is not in the engine compartment).

POSITIVE HAS A PLUS SIGN (+) NEGATIVE HAS A MINUS SIGN (-)

If necessary, use a rag to clean off the battery terminals.
Step 6: Lay the jumper cables on the ground, making sure that the red and black clamps aren't touching each other. Be sure to use cables that are SAE approved.
Step 7: Connect a red (positive) cable to the dead car's positive battery post or positive jump-start terminal.

Watch out for moving parts in the engine compartment!

Step 8: Connect the other end of the red (positive) cable to the live car's positive battery post.
Step 9: Connect one end of the black (negative) cable to the live car's negative battery post. Do NOT connect the other end of the negative cable to the dead car's battery post.
Step 10: Locate an unpainted metal part of the dead car's engine, away from the battery. The engine manifold is a good location. You can also use the air conditioner compressor bracket or the alternator bracket (the bracket is the piece of metal to which the compressor or alternator is attached) but be careful to avoid moving parts such as belts.

Step 11: Connect the unused end of the black (negative) cable to this location.
Step 12: Start the good car's engine.
Step 13: Start the dead car's engine. If it doesn't crank, wait for two or three minutes and try again.
Step 14: If it still doesn't crank you probably have a bad connection somewhere. If the dead car's engine fails to crank, turn off the engine of the good car. Disconnect the negative clamp on the dead car's engine to avoid sparks near the battery. Then, jiggle the other three clamps to be sure they're making good contact with the batter terminals. Reconnect the fourth clamp.
If the car doesn't start after checking the connections, it's time to call a tow truck. Your car probably has a problem that can't be fixed on the side of the road.
Step 15: As soon as the dead car starts, you can disconnect the cables. Generally, you should take the cables off in the reverse order that you put them on, however some owner's manuals recommend a different procedure. If this is the case with your car, do not follow the instructions below. Instead, refer to your owner's manual for disconnecting the battery cables.
Step 16: Disconnect the black (negative) cable connected to the dead car's engine. Be careful not to drop this end.
Step 17: Disconnect the black (negative) cable from the negative terminal of the good car's battery.
Step 18: Disconnect the red (positive) cable from the positive terminal of the good car's battery.
Step 19: Disconnect the red (positive) cable from the positive terminal of the dead car's battery.
Step 20: Congratulations! You're finished! Last step – take off the eye protection glasses before you drive away!

Source: Car Talk, 2012 www.cartalk.com and the Society of Automotive Engineers (SAE) www.sae.org

DIGGING DEEPER ACTIVITIES

Ask a mechanic or someone with a lot of experience if they will agree to be video taped while demonstrating how to jump start a vehicle. If they agree, video each step of the process through to the end of goal of getting the vehicle running. In addition, ask the mechanic questions such as how long they have been working on vehicles, why they like this job and how they received their training. Show the video to the rest of the group and possibly at your Achievement program depending on the wishes of your leaders.

If you are not able to find someone to video, research the steps on the Internet and try to find a picture for each step. Create a chronological diagram using the pictures to explain the steps for jump starting a vehicle.

ACTIVITIES

Activity #12
The Bicycle Safety Check

Make at least two copies per Member of the Bicycle Safety Checklist. With the group as a whole, review the checklist while using one bicycle to demonstrate what to look for.
After this has been completed, divide the group up into smaller groups depending on how many bicycles there are at the meeting. Have the Members work on their own to fill out a new checklist sheet for the bicycle their smaller group has.

Once each group has completed the checklist, have each group, using the bicycle, demonstrate to the rest of the group which items they were able to check-off on their list and which items need attention.

Activity #13
Bike Safety Quiz

Have Members complete the Bike Safety Quiz found in the Record Book.
Answers can be found at the end of the Record Book.

Activity #14
Cycle Safe Word Search

Have Members complete the Cycle Safe Word Search found in the Record Book.
Answers can be found at the end of the Record Book.

MEETING 6 - THE GREAT WATER CHALLENGE!

Objectives:

- Learn respect for the dangers associated with the water.
- Learn about life jackets and the difference between them and personal flotation devices (PFD's).
- Learn how to safely wear a life jacket or PFD.
- Learn pool safety.
- Learn about sun safety
- Learn to identify hazardous plants and rescue procedures in case the plants are digested.

Roll Calls:

- Name one new thing you have learned in this project.
- Give one safety tip to follow when near water – a river, lake, pond or pool.
- Besides swimming, name one way to enjoy the water.

Sample Meeting Agenda – 2 hrs. 15 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Review the difference between lifejackets and PFD's and how to properly fit a PFD	20 min
Activity Related to Topic	Activity #15 - Safety is Cool at the Pool (instructions found at the end of this meeting)	20 min
Topic Information Discussion	Review swimming pool safety and sun safety.	20 min
Public Speaking/Judging Activity	Activity #16 - All Tied Up (instructions found at the end of this meeting)	30 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Get ready for the Achievement Program!	
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

If possible, this meeting would be best completed at a pool or a beach with a lifeguard as a guest speaker.

Topic Information

FACT

90% of boaters who drowned were not wearing a PFD or lifejacket at the time of the incident.

Source: Canadian Red Cross Drowning Report

Did you know that most people who drown never intended to be in the water? Many of them were simply enjoying boating activities or playing near the a lake, ocean, river or swimming pool. Since they didn't intend to enter the water, they weren't wearing a lifejacket or personal flotation device (PFD).

Approved lifejackets or PFDs are a critical part of water safety. There must be an approved flotation device for every person on board the vessel. Most on-water enforcement agencies have a zero tolerance policy towards disobeying this regulation.

Stay safe and wear your lifejacket at all times. Attach a sound signaling device or whistle to you PFD.

THE STANDARD LIFE JACKET

Standard Lifejacket, Adult.

Source: Canadian Red Cross

A standard lifejacket has a self-righting capability that turns an unconscious person who is face down in the water to a face-up position, allowing them to breathe.

The standard lifejacket is keyhole style and comes in two sizes - one for people who weigh over 40kg (90 pounds, and one for people who weigh less than 40kg (90 pounds).

Standard lifejackets must be orange, yellow or red, and have a whistle attached.

To wear your standard lifejacket:

- Place your head through the keyhole
- Tie neck tie
- Criss-cross the waist straps on your back and tie them at the front, against your stomach. Never tie the strap on top of the standard lifejacket.

PERSONAL FLOTATION DEVICE (PFD)

PFDs were designed for use in recreational boating and are generally smaller, less bulky and more comfortable than lifejackets. There are two basic types of PFDs: inherently buoyant and inflatable.

Adult Boater PFD

Source: Canadian Red Cross

Inherently Buoyant

- Designed for constant and comfortable wear.
- Provides minimal protection against cold water depending on the type (vest versus floater coat) – boaters need to dress appropriately for their environment.
- Multiple approved styles and colours.

An inherently buoyant PFD has flotation built right in. They have less flotation than all three types of lifejackets, have limited turning capability but are available in a variety of styles and colours.

Inflatable

An inflatable is a type of personal flotation device that either automatically inflates when immersed in water, or must be inflated by the wearer using either an oral or manual inflation device.

- Capable of self-righting most wearers once inflated and worn.
- Freedom of movement and comfort.

NOTE: Check the lifejacket or PFD for Fisheries and Oceans Canada – Coast Guard / or Transport Canada approval. Note: US Coast Guard approved lifejackets do not meet the requirement for safety equipment on Canadian boats, except for US residents visiting Canada.

FACT

Young adults 18-24 years have a higher likelihood of drowning than any other age group in Canada.

Source: The Royal Life Saving Society of Canada, Ontario Branch. 2012

CHOOSING A PDF

Colour
PFDs are available in many bright colours. Be sure to check the label to ensure the PFD is Canadian approved. The Canadian Coast Guard strongly recommends bright colours for better visibility.

Size and Fit
PFDs must be an appropriate size to be effective. Choose one that is comfortable and allows free movement, including walking and sitting.

Sizing is based on chest measurement for adults and body weight for children.
Try on the PFD and secure all zippers and belts. Test by pulling up on the collar to insure it does not ride-up and interfere with movement or breathing.

Your child's PFD is too big if you can pull it over his or her ears, and the PFD is too small if you cannot fasten all buckles and straps.

SWIMMING POOL SAFETY

Backyard pools, while providing hours of entertainment during the hot summer months, can be dangerous. Tragically most drowning and injuries in backyard pools involve children and young adults.

Children are in danger because:
• They like to play in water
• The move quickly
• They can drown in only a few centimetres of water

Children who drowned usually gained easy access to the pool or were left unsupervised while young adults are often injured while diving. In fact, one in three diving incidents happens in backyard pools. Spinal injuries occur most often when diving into water less than five feet deep and on the victim's first dive. In most cases, neither the victim nor the pool owner recognized diving as a risky activity.

To avoid tragic incidents in your backyard pool, remember these simple guidelines from the Red Cross:

- Tell visitors the pool rules
- Always supervise
- Use personal flotation devices, not toys for support
- Encourage feet first entries
- No one should ever dive into an above ground pool
- Do not wear earplugs; they can add dangerous pressure as you descend
- Keep safety equipment and a first aid kit nearby
- Alcohol and pools don't mix.

Good fences are just as important as pool rules. Check to make sure your fence meets your municipality's requirements for height and safety. Build a fence and a gate that will keep children away from your pool and keep the gate locked at all times. Remember, preventing access to your pool could save a life.

Additional Safety Tips

- ALWAYS have an adult watching children in and around the pool.
- Children under the age of 3 and children who cannot swim must wear a life jacket or PFD (personal flotation device).
- Send children to swimming lessons and water safety lessons.
- Take a course on pool safety, first aid and lifesaving skills (such as CPR).
- Have emergency phone numbers listed at the telephone closest to the pool.
- Make sure toys, garden furniture and tools are not near the pool fence. Children can climb up on these things to get into the pool.
- Install non-slip materials in areas that could get slippery, including the top step of ladders
- Never dive off the side of the diving board
- Only allow one person on the diving board at a time
- Only allow one person on the slide at a time. Never slide down head first – only slide down feet first and sitting up
- Never play or swim in front of a diving board or slide when they are in use.
- Do not run or chase one another on the deck
- Never spend time near a pool by yourself
- NEVER go swimming by yourself
- Have 10 to 15 minute rest periods every hour
- Do not remove the safety rope from the pool that indicates a change in depth
- Keep chairs and tables away from the edge of the pool
- Make sure all plates and cups near the pool are unbreakable. Bare feet might be injured by broken glass.
- Have depth indicators on the side of the pool
- The bottom of the deep end should be a different colour than the bottom of the shallow end

SUN SAFETY

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC.

1. **UVA** rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. Because UVA rays pass effortlessly through the ozone layer (the protective layer of atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure. Beware of tanning beds because they use UVA rays as well as UVB rays. A UVA tan does not help protect the skin from further sun damage; it merely produces color and a false sense of protection from the sun.

2. **UVB** rays are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.

3. **UVC** rays are the most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth.
What is important is to protect yourself from exposure to UVA and UVB, the rays that cause skin damage. With the right precautions, you can safely play in the sun. Here are the most effective precautions:

Avoid the Strongest Rays of the Day

Seek shade when the sun is at its highest overhead and therefore strongest (usually 10 a.m. until 4 p.m. in the northern hemisphere). If you must be in the sun between these hours, be sure to apply and reapply protective sunscreen. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not at the beach.

Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water and even concrete. This "invisible sun" can cause unexpected sunburn and skin damage.

Make sure you don't use tanning beds at any time, even to prepare for a trip to a warm climate. Both UVA and UVA/UVB tanning beds produce sunburn. And there is an increase in the risk of melanoma in people who have used tanning beds before the age of 35. In the Fall of 2013, a law was passed in Ontario banning the sale of tanning services to youth under the age of 18.

Cover Up

One of the best ways to protect yourself from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.
For all-day outdoor activities, bring along a wide umbrella or a pop-up tent to play in. If it's not too hot outside and won't make you uncomfortable, wear light long-sleeved shirts and/or long pants.

Use Sunscreen Consistently

Lots of good sunscreens are available, including formulations for sensitive skin, brands with fun scents like watermelon, long-lasting waterproof and sweat-proof versions and easy-application varieties in spray bottles.

What matters most in a sunscreen is the degree of protection from UV rays it provides. When faced with the overwhelming sea of sunscreen choices at drugstores, concentrate on the SPF (sun protection factor) numbers on the labels.

For kids age 6 months and older, select an SPF of 30 or higher to prevent both sunburn and tanning. Choose a sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen). If you have sensitive skin, look for a product with the active ingredient titanium dioxide.

For sunscreen to do its job, it must be applied correctly. Be sure to:
- Apply sunscreen whenever you will be in the sun.
- Apply sunscreen about 15 to 30 minutes before you go outside so that a good layer of protection can form. Don't forget about lips, hands, ears, feet, shoulders and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a you move).
- Apply sunscreen generously.
- Reapply sunscreen often, approximately every 2 hours. Reapply after you have been sweating or swimming.

Use Protective Eyewear

Sun exposure damages the eyes as well as the skin. Even 1 day in the sun can result in a burned cornea (the outermost, clear membrane layer of the eye). Cumulative exposure can lead to cataracts (clouding of the eye lens, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses.

Not all sunglasses provide the same level of ultraviolet protection; darkened plastic or glass lenses without special UV filters just trick the eyes into a false sense of safety. Purchase sunglasses with labels ensuring that they provide 100% UV protection.

Double-Check Medications

Some medications increase the skin's sensitivity to UV rays. As a result, people with skin that tends not to burn easily can develop a severe sunburn in just minutes when taking certain medications. Fair-skinned people are even more vulnerable.

Ask your doctor or pharmacist (or have your parent ask) if any prescription (especially antibiotics and acne medications) and any over-the-counter medications you are taking can increase sun sensitivity. If so, always take extra sun precautions. The best protection is simply covering up or staying indoors. Even sunscreen can't always protect skin from sun sensitivity caused by medications.

What To Do If You Get A Sunburn

If you get a sunburn, these tips may help:

- Take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help alleviate pain and heat.
- To ease discomfort, apply pure aloe vera gel (available in most pharmacies) to any sunburned areas.
- Ask a parent for anti-inflammatory medication like ibuprofen or acetaminophen to lessen the pain and itching. Do not, however, take aspirin if you are a child or teenager. Over-the-counter diphenhydramine may also help reduce itching and swelling.
- Apply topical moisturizing cream to rehydrate the skin and treat itching. For the more seriously sunburned areas, apply a thin layer of 1% hydrocortisone cream to help with pain. Do not use petroleum-based products because they prevent excess heat and sweat from escaping. Also, avoid first-aid products that contain benzocaine, which may cause skin irritation or allergy.

If the sunburn is severe and blisters develop, have a parent call your doctor. Until you can see your doctor, do not to scratch, pop or squeeze the blisters, which can become easily infected and can result in scarring. Stay in the shade until the sunburn is healed. Any additional sun exposure will only increase the severity of the burn and increase pain.

Excerpts from Kids Health http://kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html#

MEETING 6 DIGGING DEEPER

POISONOUS PLANTS

Plants can look beautiful in a house but they can also be a safety hazard depending on the type of plant. To be safe, keep all plants, berries, seeds and bulbs out of the reach of young children and pets.

Outside of the house though, this isn't always possible, (and sometimes it's tricky in the house too!) so it is best to be prepared and know what to do.

The following plants are known to be poisonous to humans. Get to know the names of these plants and what they look like in case you have to call the Ontario Poison Centre to report that someone has either touched or ingested a plant.

- Some of these plants will not cause serious poisoning unless a large amount is eaten
- Seeds or pits from apples, apricots, cherries, nectarines and peaches are poisonous but only if eaten in large amounts. Accidently swallowing a few seeds will not cause illness.
- Remember, a young child may choke on any plant.
- This is not a complete list of all poisonous plants.

Amaryllis
Angel's Trumpet
Arrowhead Vine
Autumn Crocus
Azalea
Bittersweet
Black Locust
Boston Ivy
Caladium
Calla Lily
Castor Bean
Chinese Lantern Plant
Clematis
Cotoneaster
Crocus, Autumn
Croton
Cyclamen
Daffodil
Daisy (Chrysanthemum)
Delphinium
Dieffenbachia (Dumb Cane)
Elephant's Ear
English Ivy
Eucalyptus
Euonymus
Foxglove
Gladiola
Holly
Horse Chestnut
Hyacinth
Hydrangea
Hydrangea plant
Iris
Jack-in-the-Pulpit
Jequirity Bean
Jerusalem Cherry
Jimson Weed
Larkspur
Lily-of-the-Valley
Lobelia
Lupine
Marijuana
Milkweed
Mistletoe
Monkshood
Morning Glory
Mother-in-law Plant
Mother-in-law's Tongue Plant
Narcissus
Nightshade
Oleander
Peony
Periwinkle (Vinca)
Philodendron
Poison Ivy
Poison Oak
Pokeweed
Potato (all green parts)
Pothos
Rhododendron
Rhubarb Leaves
Rosary Bean
Snake Berry
Snow on the Mountain
Star of Bethlehem
St. John's Wort
Tobacco
Tomato (plant & unripe fruit)
Virginia Creeper
Water Hemlock
Wisteria
Yew

Amaryllis flower

Hydrangea plant

Be careful:
- Do not assume that a plant is safe for people just because birds or wildlife eat it.
- Jewellery, crafts and maracas, especially those purchased outside of Canada, may contain poisonous seeds.
- Do not suck nectar from flowers or make tea from flowers or leaves.
- Cactus plants can cause skin to be irritated and should be kept away from children.

First Aid

What do you do if someone eats a poisonous plant?

If the person is choking, unconscious or having trouble breathing or swallowing, you should:
- Call 911 immediately

If the person is a child that appears well after eating a poisonous plant, you should:
- Look for pieces of the plant in the mouth
- Remove any pieces of the plant that you can see
- Give small sips of water
- Do not try to make the child throw up
- Call the Ontario Poison Centre at 1-800-268-9017. Make sure you periodically check this number to make sure it hasn't changed over time and have it listed by your home phone and entered into your cell phone contact list.

Some plants may cause skin irritation, itching, a rash or blisters.
If a person touches a poisonous plant, you should:
- Wash the skin immediately with lots of soap and lukewarm water
- Call the Ontario Poison Centre

Mushroom Safety

Poisonous and non-poisonous mushrooms grow side by side. Only a mushroom expert, called a mycologist, can tell the difference. It is dangerous to eat any mushroom that you have found outdoors. Cooking outdoor mushrooms does NOT make them safe to eat.

Note:
- Eating even small parts of some mushrooms can cause sickness and death
- After eating a poisonous mushroom, a person may not become ill for many hours
- Do not wait until the person feels sick to call the Ontario Poison Centre

Hints to prevent mushroom poisoning:
- Remove and throw away all mushrooms growing near your home
- Check your lawn for mushrooms ebfore children go outdoors to play, especially after a rainfall.

DIGGING DEEPER ACTIVITY

Identify poisonous plants that are native to the area you live in. Find pictures of these plant(s) and create a display stating the plants' name, how it becomes poisonous to humans (by touch, by ingesting, etc.) and what to do if a person has become poisoned by this plant. Depending on the wishes of your club leaders, present this display at school, at your clubs' Achievement program or at another event determined by your leaders.

ACTIVITIES

Activity #15

Safety is Cool at the Pool!

Members will discuss important rules to remember when swimming in a pool and then create a label that can be taped to a water bottle listing important safety rules.
Materials needed include one water bottle per Member, art supplies (coloured pencils, markers, crayons, scissors), flip chart paper, Bristol board or a chalkboard.
For younger Members, use the water bottle label handout that already has rules listed on it. Younger Members can illustrate one of the rules on the bottom of the label.
Older Members can use a blank water label and write their own rules.

Activity #16

All Tied Up

The purpose of this activity is to have Members work as a team to put a PFD or a lifejacket on at least 2 Members of the group (or more depending on many PFD's or lifejackets you have).
Arrange participants into a circle, facing each other. Have a least 2 Members volunteer not to be in the circle. They will be the ones that will have the lifejackets/PDF's put on them. Ask everyone in the circle to hold out their arms. Tie the group toether so that each person is tied to both neighbour's wrists. Now that the group is all "tied" up, have them put the lifejackets/PDF's on the two volunteers.
To make this more difficult, give the group a time limit.
Other ideas for tasks for the group to complete:

- Pour a cup of water for each person in the group
- Pick up all hazards that could be dangerous around a swimming pool (eg. toys, branches, garbage, plates/cups, clothing, garden furniture)
- Create a picture of everyone enjoying their day at the lake
- Make a snack and eat it

Achievement Program Ideas/Suggestions

- Make a visual presentation of a tour in and around the home. Use photographs, power point, drawings or a video. Be sure to point out the safe situations as well as the unsafe ones. Invite parents, friends, other organizations, etc. to see the presentation or make the presentation at school.
- Organize a bicycle rodeo for a community youth group or at your school.
- Hold a safety day with different stations. Group demonstrations and plays could be performed. Invite various organizations to do demonstrations or set up a booth. This could be done at a home, community centre, school or in a local mall.
- Pair up with your local Farm Safety Association and have a Safety Day/Evening featuring both Home and Farm Safety.
- Have members make a presentation at school about home safety and why it is important to be aware of the dangers in and around their own homes.

Special Projects

These projects are done outside of meeting time and are for members interested in doing more – often senior members. It's up to you as the leader to decide if you will require members to complete a Special Project for club completion. Some ideas include:

- Interview an electrician, fire fighter, medical responder, police officer, life guard, etc. and write a press release for the newspaper.
- Create a display about some aspect of home safety and display it at a local business, insurance company, agricultural fair or at school.
- Create a room with many safety hazards and have the rest of the Members in the club identify all of the hazards.
- Create a cost comparison chart of first aid kits, fire extinguishers, PFDs (portable flotation devices) and the attributes of each item at each cost level.
- Create a video about home safety and post on YouTube.

Tour Ideas

- Visit a fire station, local utility company, police station, ambulance bay, hospital, small engine equipment store (e.g. lawn mowers, snow blowers, etc.), marine store, local pool/ beach.
- Have guest speakers attend meetings to supplement the material in the Reference Manual. Speakers could include someone from the local electrical utility company, a fireman, a lifeguard, a Red Cross or St.Johns Ambulance instructor, etc.
- Invite the media to come to a meeting, especially one where the group is either going on a tour or is having a guest speaker.