



[www.4-hontario.ca](http://www.4-hontario.ca)

## 4-H ONTARIO PROJECT



**SAFETY FIRST**  
**In and Around the Home**

**RECORD BOOK**



**4-H Ontario**

### **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

### **Project Resource Information:**

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# RECORD BOOK

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## Record Keeping – Why?

Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn't like. Your Record Book also...

- Helps you set goals for this project
- Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
- Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

## How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will it easier to find what you need later on. This will also allow you to add extra pages later.

## How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

***Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!***



## Who's Who

Club President: \_\_\_\_\_ Ph. #/E-mail: \_\_\_\_\_

Vice President: \_\_\_\_\_ Ph. #/E-mail: \_\_\_\_\_

Secretary: \_\_\_\_\_ Ph. #/E-mail: \_\_\_\_\_

Treasurer: \_\_\_\_\_ Ph. #/E-mail: \_\_\_\_\_

Press Reporter: \_\_\_\_\_ Ph. #/E-mail: \_\_\_\_\_

Meeting Dates:

	<b><i>Date &amp; Time</i></b>	<b><i>Place</i></b>	<b><i>Notes: (Things to bring, remember, etc.)</i></b>
<b><i>Meeting 1</i></b>			
<b><i>Meeting 2</i></b>			
<b><i>Meeting 3</i></b>			
<b><i>Meeting 4</i></b>			
<b><i>Meeting 5</i></b>			
<b><i>Meeting 6</i></b>			

### ***Leader Name & Contact Information***

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## Member Expectations and Goals

Why did you join the Safety First – In and Around the Home project?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for the Safety First – In and Around the Home project? (Keep in mind that an Achievement Program should include the community in some way).

## Member Responsibilities

- Be a current paid member of 4-H Ontario
- Attend at least 2/3 of the meeting time allotted for this project
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duotang so you don't lose any of the pages.
- Complete any other projects as required by the club leaders.
- Remember the more you put into your 4-H club the more you will get out of it!

**Roll Calls – In my Opinion.....**

	<i>Roll Call:</i>	<i>My Answer:</i>
<i>Meeting 1</i>		
<i>Meeting 2</i>		
<i>Meeting 3</i>		
<i>Meeting 4</i>		
<i>Meeting 5</i>		
<i>Meeting 6</i>		

## Project Summary – Safety First - In and Around the Home Project

### A. Member Comments

1. What did you gain from taking this project?
  
2. Which meeting or topic was the most/least interesting? Why?
  - a. Most:
  
  - b. Least:
  
3. Comment and/or give suggestions for improvements on the overall project (eg. activities, tours, achievement program plans, member presentations, special activities, judging information).
  
4. What interests would you like to explore through future 4-H projects?

### B. Parent/Guardian Comments:

### C. Leader Comments:

**This project has been completed satisfactorily!**

Member: \_\_\_\_\_ Leader: \_\_\_\_\_

Date: \_\_\_\_\_ Leader: \_\_\_\_\_



# Activity #1 Meeting #1

## SAFETY CONFUSION!

Who is the fastest and the safest?

Get someone to write down the answer and their name for each of the following:

Your Name: \_\_\_\_\_

Someone who can tell you 2 ways to prevent accidents in the kitchen \_\_\_\_\_

\_\_\_\_\_

Someone who knows what CPR stands for \_\_\_\_\_

\_\_\_\_\_

Someone who can name 4 items in a First Aid Kit \_\_\_\_\_

\_\_\_\_\_

Someone who can name a poisonous plant \_\_\_\_\_

\_\_\_\_\_

Someone who can whisper the 4-H Motto in your ear \_\_\_\_\_

\_\_\_\_\_

Someone who knows the name of the Centre to call when someone has been poisoned

\_\_\_\_\_

Someone who can name 2 dangers in a laundry room \_\_\_\_\_

\_\_\_\_\_

Someone who can tell you how to properly dive off of a diving board \_\_\_\_\_

\_\_\_\_\_

Someone who can tell you how many people can ride on an ATV \_\_\_\_\_

\_\_\_\_\_

Someone who can tell you one tip for dressing in cold weather \_\_\_\_\_

\_\_\_\_\_

# Take Home Activity #1 Meeting #1

## Safety Survey

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:

- 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](http://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](http://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 above boxes, work together with your parents to find a solution to address potential electrical hazards.***

# Take Home Activity #2 & #3 Meeting #1

## Take Home Activity #2 (Meeting #1)

Find all of the smoke detectors in your house. With the help of an adult, test each smoke detector to make sure it works. Record your findings below.

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## Take Home Activity #3 (Meeting #1)

Does your house have a fire extinguisher? If so, where is it stored? Record your findings below.

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# ACTIVITY #4 MEETING #2

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## Home Hazard Hunt

How many hazards can you find????

### Chemical Hazards

- Are flammable liquids—such as gasoline, cleaning products, acetone, and paint/lacquer thinner—stored away from the home? Are they in secure containers? Is the area well ventilated?
- Do the storage containers have labels stating what the product is and the precautions needed when using it?
- Are the containers stored away from heat sources and children?

### Electrical Hazards

- Do extension cords, power bars and small electrical appliances bear the mark of a recognized certification agency?
- Are extension cords frayed or damaged with exposed wires or loose plugs or has the 3rd prong grounding pin been removed?
- Are extension cords being used properly? Only outdoor rated cords should be used outdoors.
- Are electrical outlets in good condition? Make sure electrical plugs are not loose in the outlet, that the outlet is not warm to the touch and that there are no signs of discolouration on the cover or surrounding wall.
- Do you have circuits that frequently trip or fuses that frequently blow?
- Do you have overloaded electrical outlets?
- Are your GFCI protected outlets working properly?
- Do all appliances operate safely and not overheat, short out, smoke or spark?

### Fire Hazards

- Are gasoline, turpentine, paint thinner, kerosene, and charcoal lighter fluid stored away from heat sources and children?
- Are old rags, papers, mattresses, broken furniture, clothes, curtains, or other combustible materials found near electrical equipment, gas appliances, or flammable materials?
- Are there dried grass clippings, tree trimmings, or pulled weeds on the property?
- Are heaters, candles, or matches in high-traffic areas or accessible to children?
- Are heaters standing upright, without extension cords? (If feasible, they should have automatic shutoffs.)
- Are there enough fire extinguishers (one for each floor)? Have they been recharged as directed? Do you know how to use them?

Are there enough smoke alarms and carbon monoxide detectors (one for each floor)? Have the batteries been tested and changed as needed? (Change batteries at least once a year; some recommend doing it when you're setting clocks at the start and end of Daylight Savings Time. If possible, replace the batteries with those lasting 10 years. Many fire departments distribute smoke detectors and batteries for those who are unable to purchase them.) Does everyone know what to do when the alarm sounds? If there are people in the house who cannot hear an alarm, install ones that flash and sound.

### Organic Hazards

Are any of the houseplants poisonous or toxic? (Poisonous types include aloe, peace lily, and philodendron.) If so, are they out of reach of pets and children?

Have you seen poisonous animals such as spiders or scorpions in the home? Consider pesticides, and always be cautious when reaching into boxes and corners, or putting on shoes.

Is there any visible mold? Treat mold with a solution of bleach and water (no more than 1 cup of bleach in 1 gallon of water) or seek professional help.

### Flood Hazards

Check gutters and downspouts to be sure they are in good working order and not clogged with debris. Use pipes to direct drain water away from the foundation.

If storm drains are located near your property, check to ensure they are not clogged with debris or ask your local authorities to do so.

Check for adequate sloping of soil or fill away from your foundation. If needed, add soil or fill around the foundation to obtain more adequate drainage away from the building.

Look for areas where there may be erosion due to fast moving water. If needed, add rocks to slow the movement of water.

Check into the feasibility of having a supply of sandbags or temporary closures for parts of your building where floodwaters could enter. If you choose this remedy, ensure that household members are prepared to fill the sandbags or place the temporary closure when needed.

If you might experience flood problems, check on the availability and advisability of having flood insurance by contacting local insurance providers.

### Structural Hazards

Have water heaters, large appliances, bookcases, other tall and heavy furniture, shelves, mirrors, pictures, and overhead light fixtures been anchored to wall studs?

Have pictures or mirrors been moved away from where people sleep or sit?

Have large or heavy objects been moved to lower shelves or stored somewhere else?

Does the water heater or other gas appliances have flexible gas supply lines?

Are cabinet doors latched or locked so that items cannot fall out?

Are hallways and stairways well lit?

Are hallways and stairways free of clutter?

Have any deep cracks in ceilings or the foundation been repaired?

## Hazards for Small Children

- Are safety gates at the bottom and top of stairways?
- Are guards around fireplaces, radiators, hot pipes, or wood-burning stoves?
- Are sharp edges cushioned with corner guards or other material?
- Are curtain cords and shade pulls out of reach?
- Is the hot water heater set at a safe temperature (120 degrees or less)?
- Are prescription drugs and over-the-counter medicines kept in childproof containers and out of reach?
- Are shampoos and cosmetics kept out of reach?
- Are all sharp objects in the bathroom, kitchen, and other areas kept out of reach?
- Are toilet seats and lids down when not in use?
- Are outlets covered?
- Are beds or cribs away from radiators or other hot surfaces?
- Do mattresses fit the sides of cribs snugly? Are crib slats no more than 2-3/8 inches apart?
- Do toy boxes have secure lids and safe-closing hinges?

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

# Meeting 2 - INTERNET RULES

## Internet Safety 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*

**I agree to all 10 of the above Internet Safety Rules.**

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_









# Activity #7 Meeting #3

## Judging First Aid Kits - Judging Card

### Criteria

1. Does the First Aid Kit look in good shape?
2. Does it look like it has been updated lately or does it look old?
3. Is it missing items?
4. Has it been stored properly in a proper, durable container?
5. Is it easy to carry?
6. Is it simple to open?

Giving Reasons:

I place this class of First Aid Kits \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

I place First Aid Kit \_\_\_\_\_ first because \_\_\_\_\_

I place First Aid Kit \_\_\_\_\_ over First Aid Kit \_\_\_\_\_ because \_\_\_\_\_

I place First Aid Kit \_\_\_\_\_ over First Aid Kit \_\_\_\_\_ because \_\_\_\_\_

I place First Aid Kit \_\_\_\_\_ over First Aid Kit \_\_\_\_\_ because \_\_\_\_\_

I place First Aid Kit \_\_\_\_\_ 4th because \_\_\_\_\_

For these reasons, I place this class of First Aid Kits \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Official Placing \_\_\_\_\_

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## Activity #8 Meeting #3

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### Emergency!

*Practice making an emergency phone call after hearing the following scenarios:*

#### Scenario #1

Your 69 year old grandfather, John, has fallen down the stairs and can't get up. You heard the fall but didn't see it happen. He can still speak but he isn't making much sense. He has a cut on his head and is bleeding. He is a diabetic. The only people at home are you and your grandfather.

#### Scenario #2

You are at the park with your friends playing soccer. Your older sister is watching the group. Your friend Ryan, who is 12 years old, suddenly collapses on the field and your sister runs out to help him. Ryan isn't moving or breathing. His face is fairly white in colour. Your sister gives you her cell phone and asks you to call for help.

#### Scenario #3

You are riding your bicycle down a country road when a motorcycle goes past you really fast. Just beyond where you are, the man on the motorcycle loses control and he goes into the ditch. You bike up quickly to where he is and see that he is yelling that his leg hurts and that he can't move his arm. He says his name is Robert.

#### Scenario #4

You and your friends have gone on a hike for the day at the local Provincial Park. You have been following the trail signs but after a while you can't find any signs anymore. You keep walking to no avail. The last time you remember seeing a sign was near a large river. You yell loudly but don't hear anyone yell back. The sun is starting to set and it's starting to get cold. You check your cell phone and you still have reception.



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# Activity #9 Meeting #4

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(checklist also needed for Take Home Activity #1 Meeting #4)

## Ladder Inspection Checklist

- 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?

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# Activity #10 Meeting #4

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## Lawn Mower Safety Checklist

- 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!

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# Take Home Activity #2 Meeting #4

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## Gas/Electric Trimmer Safety Checklist

Working with a parent, complete the Gas/Electric Trimmer Safety Checklist.

- 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



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# Activity #12 Meeting #5

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## 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.

- 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

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# Activity #13 Meeting #5

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## Bike Safety Quiz

Test your bike safety smarts with this quiz!

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

1. Is it okay to ride a bicycle while wearing headphones?
  - o Never
  - o Only on busy roads
  - o Only on residential streets
  
2. Before entering a roadway, you should look:
  - o Left
  - o Right
  - o Left, centre and right
  
3. Your bicycle helmet should fit
  - o Snugly and cover your forehead
  - o Loosely and cover your ears
  - o Snugly and cover your ears
  
4. A low speed fall on a bike path can cause:
  - o A brain injury
  - o Cuts and bruises
  - o All of the above
  
5. You should wear a helmet
  - o Every time you ride a bike
  - o Only on busy roads
  - o Only on bicycle paths
  
6. Before entering a roadway from a parking lot, you should:
  - o Slow down
  - o Speed up
  - o Stop
  
7. You should observe the following at a four way stop.
  - o The bicycle/vehicle that stops first should go first
  - o Go first as soon as you arrive
  - o Both bicycle/vehicle go at the same time

8. It's important to check over your shoulder every time you:
  - o Are going to change lanes
  - o Are going to make a turn
  - o All of the above
  
9. Visibility is important to staying safe on the road. Always make sure you have:
  - o Good working lights and reflectors
  - o Light-toned clothing
  - o All of the above
  
10. A bell is an important safety feature because:
  - o It informs others you are passing
  - o It keeps you from getting bored
  - o It's fun to play with
  
11. If a cyclist dismounts completely and is walking beside and pushing their bicycle:
  - o They are considered by law to be a pedestrian
  - o They are considered by law to be a vehicle
  - o They are breaking the law
  
12. Stay well behind large vehicles because:
  - o They may not like bicycles
  - o They may not see you
  - o They may want to back up
  
13. When riding:
  - o Ride with your head down
  - o Ride with your head up and look well ahead
  - o Look mostly in your mirror
  
14. To make sure that cars see you:
  - o Always enter the intersection either ahead of or behind the cars
  - o Pull out in front of traffic
  - o Always enter the intersection without stopping
  
15. When riding your bicycle:
  - o Only signal on busy roads
  - o Obey all traffic laws
  - o Ride on the left side of the road
  
16. Before entering an intersection, you should look:
  - o Left
  - o Right
  - o Left, centre and right

17. Before turning right at an intersection, you should:
- o Look left
  - o Look right
  - o Should check and look left and right
18. The ABC's of bicycle maintenance are:
- o Air
  - o Brakes, bars and bell
  - o Chains and crank
  - o All of the above
19. When do most bicycle injuries occur?
- o Evening
  - o Afternoon rush hour
  - o Morning
  - o None of the above
20. How many provinces have helmet laws?
- o 2
  - o 4
  - o 6
  - o 10
21. Ride in a straight line at least how many metres away from parked vehicles?
- o 2
  - o 4
  - o 1
  - o 5
22. If the right curb lane is about to become a right-turn only lane and you wish to go straight:
- o Keep going
  - o Stop
  - o Shoulder check, signal and move to the adjacent through lane
23. To cross tracks safely, cross the tracks at a:
- o Right angle
  - o Left angle
  - o Centre
  - o Do not cross

24. When riding your bicycle you should be:
- Alert
  - Wary
  - Seen
  - All of the above
25. What is a common vehicle-bike collision?
- Driver opening the car door
  - Driver turning left and right
  - Driver passing
  - All of the above

***This test can also be completed online at: <http://bikesafety.caa.ca/practice-test/index.php>***

# Activity #14 Meeting #5

## Cycle Safe Word Search

### Cycle Safe

W A Q E N B A N Q C T Y B O C S P U N S  
 F Q S I L B Q O Y V T I R E A U R I M V  
 L Q C G Y C N I E A E A L W B O G P A H  
 I R X E Y K Y T Z V M P O C R N Y U F C  
 G R E C N Q E C F O L P S L A M I N A Z  
 H I X F K N Q E I Z E P M D U K W O P T  
 T L G P L I C S R B H R R D P G N U V Z  
 E H E M B E D R A Z A H G I K M S R M E  
 T D R P G J C E U O D I W V F E E S U V  
 Y K L N V U V T V Q P S Q P G X S V P T  
 M D D V D A T N O C O C L W R R U C Z T  
 G Y T X X P S I A R T C U L J N A E T Y  
 W S Y E T H X P O F H A A I B D V V Y D  
 W X F P R M Q X O U O N C W F G S K E R  
 T C S N N I H Y R K L P O T S A F E R L  
 Z Y A T W I J C C I E Y O B D P P B W R  
 J H U K R I L K P H I S S E G S D R O H  
 T Y A I J D H M A C D A M L I V E A V E  
 H S S K S P D L Z A V W G L X J D K E I  
 S E Q C P J C L M S W B R U E L F E M O

ANIMALS  
 BELL  
 BICYCLE  
 BRAKE  
 GRAVEL  
 HAZARD

HELMET  
 INTERSECTION  
 LIGHT  
 POTHOLE  
 REFLECTOR  
 ROAD

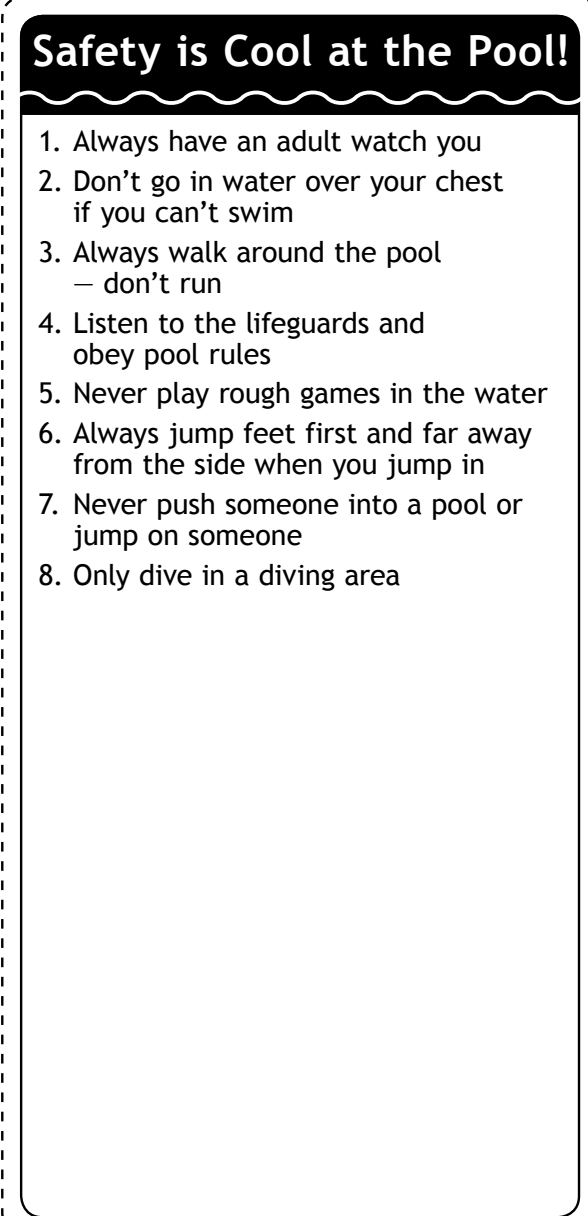
SAFE  
 SPEED  
 SPOKES  
 STOP  
 TIRE  
 TURN

# Activity #15 Meeting #6

## Safety is Cool at the Pool!

### Water Bottle Label – Pool Safety Rules

Instructions: Pick one of the important safety rules you need to remember at the pool and illustrate it on the blank area on the label below.



**Safety is Cool at the Pool!**

1. Always have an adult watch you
2. Don't go in water over your chest if you can't swim
3. Always walk around the pool – don't run
4. Listen to the lifeguards and obey pool rules
5. Never play rough games in the water
6. Always jump feet first and far away from the side when you jump in
7. Never push someone into a pool or jump on someone
8. Only dive in a diving area

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# EXTRA ACTIVITIES

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## **Activity #17** **Human Machines**

Have groups of 6 to 8 people each create a machine out of humans by imitating the appearance and action of the machine. Examples include becoming a snow blower, push lawn mower, riding lawn mower, electric trimmer, bicycle, car, fire truck, boat, etc.

## **Activity #18** **Thunderstorm**

Everyone sits in a circle, shoulder to shoulder. No talking is allowed. The leader starts the exercise and each person joins in when they hear the sound the person to their left is making. The leader starts the exercise by rubbing their palms together. This continues in the circle until it comes back to the leader who then changes the sound (snap fingers, clap hands, slap thighs, stomp feet, and then in reverse order). The sensations created are akin to the sounds of a thunderstorm.

## **Activity #19** **Ball Toss**

This is a review exercise. Have everyone stand up and form a circle so that everyone is facing inwards looking at each other. Toss a foam ball or bean bag to a person and have them tell what they thought was the most important safety tip that was discussed at the meeting relating to whichever topic was covered at the meeting (fire safety, bicycle safety, water safety, etc.). They then toss the ball to someone else and that person explains what they thought was the most important safety tip. Continue the exercise until everyone has caught the ball at least once and explained an important safety tip.

## **Activity #20** **Pipe Cleaners**

Give each Member three pipe cleaners (or have Members work in small groups in group is younger in age). Don't tell them what the pipe cleaners are for until everyone has them.

Then, tell them they are to create a pipe cleaner sculpture of a machine that they have learned to use safely in this project.



## Activity #21

### Me Too

This activity works best for small groups or with a large group divided into smaller groups of 4 to 6 Members.

#### ***Instructions:***

1. Give everyone in the group 10 pennies or toothpicks or scraps of paper, etc.
2. The first person states something he or she has seen someone doing in or around the house that was unsafe.
3. Everyone else who has seen the same thing puts one penny in the middle of the table.
4. The second person then states something he or she has seen someone doing in or around the house that was unsafe and everyone who has seen that puts another penny in the centre.
5. Continue until someone has run out of pennies.

## Activity #22

### Bicycle Rodeo

After reviewing bicycle and helmet safety, set up an obstacle course for Members to navigate with their bicycle. Time the Members to see who can do it the quickest without missing any of the steps in the obstacle course.

## Activity #23

### Trust Walk

Have Members pair off. One Member will wear a blind-fold or keep their eyes closed and the other Member will be the guide. The guide cannot touch the blind-folded person unless the blind-folded person is going to hurt themselves.

Give the Member who can see, a map of the building with points that they have to travel to to pick up something (eg. a candy). Before the activity starts, discuss what hazards in the room could be a potential problem for the person who is blindfolded and what directions could be given to avoid the blind-folded person being hurt.

After completing the course have the pair switch roles.

## ANSWERS

### Activity #1 (Meeting #1)

#### Safety Confusion!

Answers:

1. Kitchen Safety – can include a number of answers including turning pot handles inwards, storing sharp knives properly, having a fire extinguisher, throwing out cracked glasses or dishes, cleaning up spills, etc.
2. CPR – Cardio Pulmonary Resuscitation
3. First Aid Kit – can include gauze pads, tape, bandages, scissors, tweezers, safety pins, ice packs, non-latex gloves, flashlight, antiseptic wipes or soap, emergency blanket, thermometer, eye patches, emergency phone numbers, coins for a pay phone, etc.
4. Poisonous Plants – see list found on pages ## & ##
5. 4-H Motto - Learn To Do By Doing
6. Poison Control Centre
7. Laundry Room - can include water on the floor, electrical outlets too close to the washer and dryer, piles of clothes on the floor, lint not cleaned out of the dryer regularly, washer or dryer not equipped with ground fault device
8. Diving Board – only dive off of the front of the board, not off the side. Only one person on the board at a time. Never dive into an above-ground pool.
9. Only the rider can be on an ATV. No passengers allowed!
10. Dress in layers. Wear a hat. Wear loose waterproof boots. Take extra liners for boots. Mittens keep hands warmer than gloves.

## Activity #13 (Meeting #5) Bike Safety Quiz

Test your bike safety smarts with this quiz!

**Source: CAA Bike Safety <http://bikesafety.caa.ca>**

1. Is it okay to ride a bicycle while wearing headphones?  
 Never
  
2. Before entering a roadway, you should look:  
 Left, centre and right
  
3. Your bicycle helmet should fit  
 Snugly and cover your forehead
  
4. A low speed fall on a bike path can cause:  
 All of the above
  
5. You should wear a helmet  
 Every time you ride a bike
  
6. Before entering a roadway from a parking lot, you should:  
 Stop
  
7. You should observe the following at a four way stop.  
 The bicycle/vehicle that stops first should go first
  
8. It's important to check over your shoulder every time you:  
 All of the above
  
9. Visibility is important to staying safe on the road. Always make sure you have:  
 All of the above
  
10. A bell is an important safety feature because:  
 It informs others you are passing
  
11. If a cyclist dismounts completely and is walking beside and pushing their bicycle:  
 They are considered by law to be a pedestrian
  
12. Stay well behind large vehicles because:  
 They may not see you

13. When riding:
  - Ride with your head up and look well ahead
  
14. To make sure that cars see you:
  - Always enter the intersection either ahead of or behind the cars
  
15. When riding your bicycle:
  - Obey all traffic laws
  
16. Before entering an intersection, you should look:
  - Left, centre and right
  
17. Before turning right at an intersection, you should:
  - Should check and look left and right
  
18. The ABC's of bicycle maintenance are:
  - All of the above
  
19. When do most bicycle injuries occur?
  - Afternoon rush hour
  
20. How many provinces have helmet laws?
  - 6
  
21. Ride in a straight line at least how many metres away from parked vehicles?
  - 1
  
22. If the right curb lane is about to become a right-turn only lane and you wish to go straight:
  - Shoulder check, signal and move to the adjacent through lane
  
23. To cross tracks safely, cross the tracks at a:
  - Right angle
  
24. When riding your bicycle you should be:
  - All of the above
  
25. What is a common vehicle-bike collision?
  - All of the above

***This test can also be completed online at: <http://bikesafety.caa.ca/practice-test/index.php>***

**ANSWERS**

## Cycle Safe Word Search

**Cycle Safe**

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+ + + + L + + O + + T I R E + + + + + + +
L + + + + C + I + + E + + + + + + + + + +
I R + + + + Y T + + M + + + + + + + + + +
G + E + + + + C + + L + S L A M I N A +
H + + F + + + E I + E + + + + + + + + +
T + + + L + + S + B H + + + + + N + + +
+ + + + + E D R A Z A H + + + + + R + +
+ + + + + + C + + + + + + + + + + + U +
+ + + + + + + T + + P + + + G + + + + T
+ + + + + + + N O + O + + + + R + + + +
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ANIMALS

BELL

BICYCLE

BRAKE

GRAVEL

HAZARD

HELMET

INTERSECTION

LIGHT

POTHOLE

REFLECTOR

ROAD

SAFE

SPEED

SPOKES

STOP

TIRE

TURN