

Texas Agricultural Extension Service

People Helping People

SUPER SAFETY

Food, Fun, Safety and Study for Kids After School

Safety Is Super!

Safety is the number one concern of kids on their own after school and of their parents.

Most parents have rules for their kids' safety. Write down the rules your parents have for you and ask them why they have each rule:

- Rules for answering the door: _____
- Rules for going outside: _____
- Rules for answering the telephone: _____
- Rules for having friends over: _____
- Other rules: _____

Doesn't it make you feel good that your mom and dad have thought about these rules to make you safer at home?

Bicycle Safety

Riding a bike is lots of fun. But you can also get hurt if you do not follow some common sense rules.

Help your parents check your bike's frame, wheels, tires, pedals and brakes to make sure it is "set to go." Then, remember the "rules of the road."

- Obey all traffic signals, slow down at intersections and look both ways.
- Do not ride double, especially if you have a high-rise bike with a banana seat. Riding double makes it easier to lose control.

- Most of all, leave the stunt riding and racing for open areas near your home where there is no car traffic.
- Get off the street or road and stop when you hear the sirens of emergency vehicles.

Identification Card

What would you do if you were on your way home from school and you had a problem, lost your key or got hurt and needed some help from an adult?

Emergencies like these do not happen very often, but when they do, it is a good idea to be prepared. Always carry an identification card. Here is a sample card that you can use to make your own.

Name	_____
Address	_____
Mom's work phone	_____
Dad's work phone	_____
Doctor	_____
Police	_____
Poison control center	_____
Other	_____

Make your own identification card.

If you carry a card like this, you will always have the phone numbers you need. Some kids carry two cards, one in a wallet or purse and a second one inside a binder or bookbag.

It is also a good idea to tape some coins for phone money to the back of your identification cards. You will probably never need to use your identification card, but isn't it good to know you have one just in case?

First Aid Facts

Everyone should know about first aid. It is a good way to keep yourself safe, and maybe even help somebody else someday. Here is a first aid guide for you. Put it inside the first aid kit in your house, or tape it inside a cupboard or medicine cabinet where you can always find it.

Cuts or Scrapes

- Stop bleeding by holding a clean cloth against the cut or scrape and pressing gently.
- If the cut is bleeding a lot and cannot be stopped, call emergency number _____
- Wash out the cut or scrape with soap and water, then put a bandage on it.

Insect Stings

- Scrape out the insect stinger, or pull it out with tweezers.
- Put ice on the sting, so it will not hurt as much.
- Wash with soap and water.
- If you are allergic to insect stings, or you start to feel sick or vomit, or it becomes hard to breathe, call emergency number _____

Animal Bites

- Stop the bleeding with a dry cloth.
- Wash out the animal bite right away. Make sure you wash it well with soap and water.
- Cover with a bandage.
- Call your parent _____
- If you do not know the animal, or it is a wild animal, call the humane society or police and your doctor as soon as possible.

Nosebleeds

- Do not lie down.
- On the side of your nose that is bleeding, press your nostril against the center of your nose. If both sides are bleeding, pinch your nose together. Do this for 5 minutes.

- If your nose does not stop bleeding, press a cloth that has been wet with cold water against the side of the nose.
- If the nose is still bleeding, call emergency number _____

Broken Bones

- If you think you have broken a bone, do not try to move it.
- Call your parent or doctor for advice on what to do, emergency number _____

Poisoning

- If you think you or anyone else has been poisoned, call the emergency number right away, _____
- Keep the bottle or container where you can read the label to emergency people.

Breathing Problems

- For a breathing problem, tilt your head back. That will help keep an air passage open.
- If you begin to feel faint, call emergency number _____

Choking

- As a precaution, learn the Heimlich Maneuver.
- Call emergency number _____ . Stay on the line (until help comes) even if you cannot talk.

Something in Your Eye

If you get dirt or an eyelash in your eye, first try to get a grown-up to help. If you can't find a grown-up, shut your eyelid until your eye begins to water. If that doesn't work, pour a little cold water into your eye or pull your eyelid over your lower eyelid. Don't rub your eye.

Burns

- For a small burn like you could get from a hot pan, hold the burn under cold water or

put an ice cube on it until it no longer hurts.

- Do not put butter or anything else on a burn.
- For a large burn, call an emergency number right away, _____ .

Bumps and Bruises

Treat everyday bumps and bruises with ice. If an ice compress is not available, wrap ice cubes in washcloths or in plastic bags. If the pain from a bump or bruise doesn't stop after using ice or if it gets worse and continues to swell, you may need help. Pay special attention to bumps on the head. Confusion, severe headaches or vomiting mean you should call for help immediately.

Electrical Shock

Learn about appliances and how to prevent electrical shocks from occurring. If someone you are with is shocked, there are steps you must take to help the person and to avoid being shocked yourself. **DO NOT TOUCH THE VICTIM DIRECTLY!**

- Phone for help.
- If you and your clothing are dry and you are standing in a dry place, disconnect the appliance from the outlet.
- If that is not possible, switch off the circuit breaker.

First Aid Checklist

(Go over this with your parents.)

- | | <u>Yes</u> | <u>No</u> |
|--|------------|-----------|
| 1. Do I know where the first aid kit is always kept? | _____ | _____ |
| 2. Is there a list of emergency numbers by each phone? | _____ | _____ |
| 3. Is there a neighbor who is always home that I can go to for help? | _____ | _____ |
| 4. Can I call 911 for any type of emergency? | _____ | _____ |
| 5. Do I know the special instructions my parents have for emergencies? | _____ | _____ |

Always have these phone numbers by every phone in the house:

Central emergency number _____

Police _____

Fire _____

Doctor _____

Poison control _____

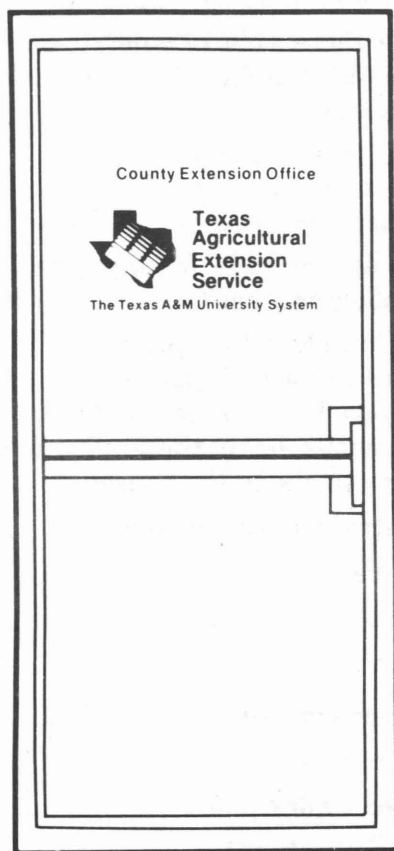
Ambulance _____

Mom's work phone _____

Dad's work phone _____

Neighbor or friend _____

First Aid Notes



The place to go when you need to know . . .

. . . about agriculture, home economics, 4-H and youth or community development. Drop by or call your county Extension office. You'll find friendly, well-trained agents ready to serve you with up-to-date information, advice and publications. **Your county Extension office . . . the place to go when you need to know!**



**Texas
Agricultural
Extension
Service**

Prepared by
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Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

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