



Personal Safety

Life Skills - Step 4

Purpose

The "Personal Safety" Step should lead the Trailmen to be more aware of the world around them. It should teach them to see danger and to take appropriate action or avoidance.

1. What dangers are in and around your home? How can you fix or avoid these dangers?
2. What dangers are in and around your meeting place? How can you fix or avoid these dangers?
3. What should you do if you see a fire in a building? What should you do if you are or someone else is on fire?
4. How should medicines and household chemicals be stored?
5. When should you call 911? What is the number for 911?




Notes to the Trail Guide

//

1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

//

Skills Progression

	<ol style="list-style-type: none">1. Identify dangers at home<ol style="list-style-type: none">a. Pick up toysb. Safe areas to play (inside and out)c. Warn parents of dangers2. Stop, drop, & roll3. How and when to call 911
	<ol style="list-style-type: none">1. Identify dangers at home2. Kitchen & living areas3. Outside areas4. Identify dangers at meeting place5. Know to stay away from chemicals and medicine except as parents direct
	<ol style="list-style-type: none">1. Identify dangers at home2. Whole house (inside & out)3. Storage of chemicals and medicine4. Identify dangers at meeting place5. Smothering a small fire

Helps

1. What dangers are in and around your home? How can you fix or avoid these dangers?
 - a. **Goal:** To recognize dangers in and around your home.
 - b. **Lesson:** Identify things around home that could lead to injury and be proactive in fixing these issues.
 - c. **Examples: Inside the home**
 - i. Kitchen
 1. Hot stove
 2. Burners
 3. Pan on stove with handle pointed into room
 4. Leaving the oven door open
 5. Knives
 6. Tripping, toys on floor. Kitchen is not for play.
 7. Dishes on edge of counter
 8. Broken glass
 9. Seal on refrigerator/freezer (keep closed)
 - ii. Bathroom
 1. Electrical devices near tub/toilet/sink
 2. Slips in tub or floor
 3. Chemicals and cleaners storage
 4. Razors and make-up storage
 5. Medicine storage (latched cabinet, child-proof tops)
 6. Kid safety latches
 - iii. Living areas
 1. Smoke alarms
 2. Carbon monoxide detectors
 3. Child/pet safety gates
 4. Fireplace screen
 5. Curtain cords
 6. Keep games with small parts away from small children
 7. Space heaters
 8. Clutter
 - a. On floor
 - b. On stairs
 - c. In yard driveway
 - d. **"A place for everything and everything in its place"** – Ben Franklin
 9. Hot iron
 10. Electrical cords (trip hazard, pull device off shelf, too much plugged in)
 - iv. Storage
 1. Chemicals
 2. Cleaners
 3. Medicines
 4. Sharp tools
 5. Breakables

- v. Power outage
 - 1. Keep a flashlight and batteries or candles handy.
 - 2. Keep refrigerator and freezer closed.
 - 3. If power will be out for a while, eat or dispose of refrigerated or frozen foods.
 - d. **Examples: Outside the home**
 - i. Ladders
 - 1. Walking under ladders
 - 2. Climbing ladders that are unstable or too steep
 - 3. **Need for a "spotter" when climbing**
 - ii. Toys in yard, driveway, behind cars
 - iii. Playing in the street
 - iv. Pool safety (fenced, don't play around when not swimming, ...)
 - v. Power tools, mower
2. What dangers are in and around your meeting place? How can you fix or avoid these dangers?
- a. **Goal:** To recognize dangers in and around you meeting place.
 - b. **Lesson:** Identify things around your meeting place that could lead to injury and be proactive in fixing these issues.
 - c. **Examples:**
 - i. Trip hazards (bumps in sidewalk, cords, hoses, clutter)
 - ii. **Kitchen (food left out, unclean, evidence of mice/bugs, ...)**
 - iii. Restroom (dirty, broken fixtures, slick floor, ...)
 - iv. Chemicals and cleaners storage (locked room/cabinet)
 - v. Fire exits (know where they are, not blocked)
3. What should you do if you see a fire in a building? What should you do if you are or someone else is on fire?
- a. **Goal:** To know what to do in case of a fire.
 - b. **Lesson:** Know location of fire exits. Know the fire escape plan. Stop, drop & roll.
 - c. **Examples:**
 - i. Discuss fire escape plans for your meeting area. Know the exits, who is responsible for whom, have an assembly area, and a roster for who is at the meeting tonight?
 - ii. Practice a fire drill.
 - iii. Discuss what to do if someone is on fire. (Smother with a blanket, stop, drop, & roll)
 - iv. Practice stop, drop, & roll.
4. How should medicines and household chemicals be stored?
- a. **Goal:** To know if medicines and household cleaners are stored properly.
 - b. **Lesson:** Learn about safe storage methods.
 - c. **Examples:**
 - i. Locked storage areas (cabinets/rooms)
 - ii. Safety tops

- iii. Check expiration dates
5. When should you call 911? What is the number for 911?
- a. **Goal:** To know when to call 911.
 - b. **Lesson:** Understanding the 911 system.
 - c. **Examples:**
 - i. What is 911? (emergency safety number)
 - ii. What is the number for 911? (question is for humor purposes only)
 - iii. When to call 911? (Any emergency. When in doubt – CALL)
 - 1. When told to do so by an adult.
 - 2. Medical emergency (someone **has passed out, been burned, ...**)
 - 3. Building/vehicle is on fire.
 - 4. Someone is trying to break in.
 - 5. Snake bite
 - 6. Any emergency.
 - iv. What should you say when talking to 911?
 - 1. The 911 staff is trained to talk to children so just answer the questions asked.
 - 2. Normally give **your name, location, type of emergency, symptoms, ...**
 - v. Practice calling 911. **Do NOT really call 911 to practice.**
 - 1. **Give different scenarios for each “call”.**
 - vi. Host a visit from a 911 operator or other emergency person.

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

Game ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.
- Several ideas are listed below.
 - **Blind Crossing**
 - Place obstacles on the floor. Use toys, chairs, books, ...
 - Blindfold a boy and have another boy give him directions on how to cross the room. He will safely lead him to safety.
 - **Stop - Drop - Roll**
 - At the beginning of the meeting learn about stop drop and roll.
 - Periodically during the meeting call out commands:
 - STOP - boys stop and freeze in place
 - DROP - boys drop to floor on all fours
 - ROLL - boys roll around and try to stay in their seats

- STOP-DROP-ROLL - boys stop what they are doing drop to the ground and roll around
- Mix up the commands to keep them guessing.

Scripture

Deuteronomy 22:8

- Fox - Pick up your toys. If someone hurts himself by stepping on or kicking your toy it is your fault.
- Hawk - Pick up your toys and other belongings. Help your siblings keep your house neat.
- Mt. Lion - It is our responsibility to keep our property safe for others.

Proverbs 3: 21-23

- Fox - God's wisdom keeps us safe.
- Hawk - God's wisdom keeps us safe.
- Mt. Lion - God's wisdom keeps us safe, therefore, we must learn wisdom and discretion.

Websites/References

<http://printableworksheets.in/worksheet/dangers-in-the-bathroom>

National Safety Council: Safety at Home <http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home.aspx>

Copyright © 2017 by Trail Life USA. All rights reserved.