

Play it Safe in the Jungle

Junglemobile

Safety Curriculum

Kiwanis Pediatric Trauma Institute
At The Children's Hospital



Revised: July 2006

Emergency: 911

Props: Toy telephones
9-1-1 Sketch Board

Introduction:

Telephones can be used to help people in an emergency get help. Today we are going to learn what an emergency is and how to get help.

Teaching Points:

1. What is an emergency?

- Have children name examples of and "emergency"? (ex: fire, injury, finding a gun, lost, intruder, etc.)
- Discuss that these types of emergency's are when you dial 9-1-1
- Emphasize that if there is a fire, they need to get out first!!

2. What is 9-1-1?

- 9-1-1 is the number you call to get help in a police, fire, or medical emergency.
- Use the sketch board to display the numbers, 9-1-1
- 9-1-1 is ONLY for emergencies

3. How do you dial 9-1-1?

Have children demonstrate and practice the following:

- Dial 911 on the play phones
- Have them state their name, address, and phone number first and then tell the operator what is wrong/type of emergency
- Tell them to speak clearly and not too fast
- Listen carefully to the operator and do what you are told to do
- Tell them they need to wait for instructions from the operator and NOT TO HANG UP until the operator tells them to
- Discuss that they may be scared to talk to the operator but they are there to help
- If there is a fire, tell them to get out first and call from a neighbors or the nearest phone

Fall Prevention

Props: Doll House
Dolls-Variou**s** Ages
Playground

Introduction:

Today we are going to learn the ways we can fall and get hurt in our homes and on the playground and ways that we can be safe at home and when playing.

Teaching Points:

Home Safety

1. Where in your house can you fall and hurt yourself?

- Using the Dollhouse have children point to areas where they could easily fall. (i.e. stairs, windows, balcony, counter, furniture, etc.)

2. What activities can lead to falls?

- Demonstrate with the dolls the ways they could fall (i.e. jumping on beds, playing too close to windows, leaving toys on the steps, etc.)
- Discuss what type of injury could occur if they fall (i.e. hurt their head/brain, broken arm or leg)

3. What can you do to keep yourself safe at home?

- Never play in or around open windows (do not sit on the ledge)
- Don't climb on balcony or stair railings
- Don't play on the stairs
- Use the stair handrails when going up or down
- Don't leave toys on the steps
- Don't jump on furniture (couches, beds, etc)

Playground Safety

1. Where could you fall and hurt yourself on the playground?

- Using the playground have children point out where they could fall. (i.e. slides, monkey bars, swings, etc.)
- Demonstrate with dolls how they could fall on the playground
- Discuss what kinds of injuries could occur if they fell (i.e. hurt their head/ brain, broken arm, leg)

2. What is the safe way to play on playground equipment?

Use dolls to demonstrate the following safe behaviors:

- Go down the slide feet first, not head first.
- Don't jump off equipment
- Take turns playing on the equipment
- Show them with the dolls how to swing on the swings the safe way
- Don't play on broken equipment; tell an adult if something is broken

Fire Safety

Props: Smoke detectors (spare batteries)
Mats for stop, drop, and roll

Introduction:

Today we are going to learn about what to do if there was a fire and how to stay safe

Teaching Points:

1. What is a smoke alarm?

- Explain what a smoke alarm is used for - detecting smoke for possible fires
- Discuss what kinds of things could cause a smoke detector to go off (i.e. smoke from fireplaces, Christmas trees, furnaces, stoves, fire, cigarettes, lights, etc)

2. Do you know what a smoke detector looks and sounds like?

- Show children the smoke detector and have them activate it to hear what it sounds like.

3. What should you do if you hear the smoke alarm, smell smoke, or detect a fire?

- Discuss that smoke rises & it hurts our body so they need to avoid it by getting low and crawling on their knees to escape & get out of the house right away.
- Tell them that if they are behind a door, to feel the door with the back of their hand before opening it and not to open it if its hot
- Emphasize that they need to get out of the house/building before calling 9-1-1 for help
- Have them take turns practicing on mats crawling low to get out of the house

4. What should you do if your clothes start on fire? Stop, Drop, and Roll.

- Don't Run; Stop-Drop and Roll
- Have children take turns demonstrating on the mats how to stop, drop, and roll (repeat 'stop-drop-and roll' while each child takes their turn)
- *Make sure that they cover their eyes and roll for a long enough time to extinguish a fire*

5. What should you expect if there is a fire?

1. Discuss what fire fighters look like (i.e. may be wearing a mask and look scary) and that they are there to help them and their family get out of the house as quickly and safely as possible
2. Tell them that they should never hide under the beds or in closets or go back inside after they are out

6. What else can you do to stay safe?

- Have a plan for a fire escape route at home and practice it with your parents

- Tell an adult right away if you see matches, a lighter, or a lighted cigarette left alone. DON'T TOUCH THEM.

Helmet Safety

Props: 1 package of Oreo cookies or Saltine crackers
Plastic Baggies
Cushioned Container (glad ware container with foam inserts)
Disinfectant Wipes
Demonstration Bike Helmet

Introduction: Today we're going to learn the safety reasons for wearing a helmet and the right way to put a helmet on.

Teaching Points:

1. Why is it important to wear a helmet?

- Discuss that a helmet protects your head and your brain if you fall
- Explain that keeping our head & brain protected is very important because if we hurt this part of our body it can sometimes not heal back the right way & can make your brain not work right for the rest of your life

2. What can happen if we don't wear our helmet? Demonstrate the following:

- Place a 3-5 cookies or crackers inside a plastic baggie
- Drop the bag on the table/hard surface (contents should break)
- Explain that this is what can happen to the inside of our head/brains if we fall and do not have our head protected by a helmet
- Then place the cookies or crackers inside the cushioned container and drop it on the table/hard surface
- Explain that when we wear a helmet we can protect the inside and outside of our heads from being hurt if we fall
- Reinforce that we can make sure your head and brain don't get hurt by always wearing your helmet

3. When should you wear your helmet?

- Helmets should be worn EVERY TIME you ride a bike, scooter, skates, skateboard, skiing, or any activity where you are on wheels
- Tell kids 'it's cool' to wear your helmet even if friends tease them

4. What is the proper way to wear a helmet?

Demonstrate on a child the proper way to fit the helmet (wipe the helmet out with a disinfectant wipe before and after use):

Straight: helmet should sit on top of head so the front is one to two fingers above the eyebrows; the straps should form a "v" under the ears when buckled;

Snug: helmet should fit snug and should not rock back and forth or from side to side. Foam pads inside can be adjusted to improve fit

Snapped: Helmets should always be buckled; strap should be adjusted so only one finger can be fit between strap and chin when buckled

- If you fall or are in a crash - you should get a new helmet

Pedestrian Safety

Props: Village Activity Rug
Street Signs
Wooden Toys (Cars, Buses, etc...)

Introduction:

Today we are going to learn the safety rules and signs for walking around our neighborhoods

Teaching Points:

1. What kinds of signs do have you see here on the road?

- Have children identify the different signs, i.e. stop sign, train crossing, crosswalk sign, etc)
- Use the wooden cars and buses to demonstrate what each sign means
- Explain that obeying these signs will help them to stay safe and not get hurt

2. What is the safe way to cross a street/road?

- **Look left, look right, look left again, and make eye contact with the driver *before* crossing the street**
- Have children practice this skill together as a group
- Cross only at intersections and when traffic is clear (demonstrate)
- Hold hands with an adult when crossing the street
- Discuss traffic signals, what they mean and how to use them if they are available

3. What are some other rules for road safety?

- Be alert when crossing the street
- Look to the traffic signals and always obey them
- Never run out into a street. Stop at the curb, look both ways and keep looking until you are safely across the street
- Always cross in front of the school bus so the driver can see you
- Never walk into the street from between parked cars
- Never play on or around railroad tracks (trains cant see you or stop quickly)
- Walk on sidewalks whenever possible
- Don't play on or around the street

***BOOSTER SEAT IS NOT TO BE USED AND IS ONLY FOR A DEMONSTRATION OF WHAT ONE LOOKS LIKE. DO NOT PLACE CHILDREN IN THE SEAT.**

Seat Belts/Booster Seats

Props: Booster Seat (do not use/only for show)
Toy cars with and without car seats; dolls

Introduction:

Today we are going to learn about why it's important to always use a seat belt or booster seat and the right way to put them on

Teaching Points:

1. What is a seat belt, car seat or booster seat and what do they do?

- Seat belts keep our bodies from being hurt if we get into an accident or crash

2. What could happen if we don't wear a seat belt, booster seat or car seat?

- Demonstrate with toy cars what can happen in a crash when someone is both restrained and unrestrained by crashing cars into one another

3. Who should wear a car seat, booster seat or seat belt?

- Everyone who rides in a car should always wear their seat belt even if its for a short trip
- Have children stand next to the booster boy to determine their height and whether they should be in a booster seat; give them the hand out/brochure for more information on proper fit and the law

4. How are seat belts/booster seats used correctly?

1. Booster seats help position children correctly and safely in seat belts (of note for adults/parents: booster seats are highly recommended for children 4 feet 9 inches or less; if children under this height are placed in seat belts, they can suffer severe injuries in the event of a crash)
2. Fasten seat belt low and snug across the hips, touching the thighs
3. Shoulder belt should rest across the middle of/on the collarbone (not across the face or neck)
4. Shoulder belt should never be put behind the back, neck, shoulder or arm
5. Always wear your seat belt in the correct positions

5. Where are the safest places for children to ride in cars?

- Back seats are the safest place to ride in the car
- Back seat with lap and shoulder belt for children in boosters
- Middle of back seat for children in car seats
- Children should not ride in the front seat with an air bag unless they weigh more than 100 pounds

Warning! DO NOT LEAVE WATER UNATTENDED AT ANY TIME!

Water Safety

Props: Toy Swimming Pool
Rubber Ducks (Mom and Baby)
Personal Flotation Devices (PFD)
Lake/River Model

Introduction:

Today we are going to learn ways to stay safe when around water.

Teaching Points:

1. What are some of the dangers of being around water?

- Swimming pools: you can get hurt by not being able to touch the bottom, not knowing how to swim, might fall in, diving in low/thin water etc; need to be careful of drowning (not being able to come up from the water to breathe or float)
- Lakes, rivers, oceans : cant see very well under water and might not be able to see the bottom; the current could be very strong
- Bath tubs: even though there is only a little bit of water in the tub drowning could occur; always have an adult/grown up near by

2. What are some of the ways we can stay safe when around water?

- When swimming - always swim close to an adult/grown up and with another person (demonstrate this by using the Mommy and baby duck swimming next to one another in the pool)
- Always get into water by using your feet first
- Do not dive into the shallow end of a pool
- Swim only when there's a lifeguard or grown up who give you permission to swim
- Always follow sign like " No Diving" or " No Running"
- Get out of water immediately if you hear or see lightning or thunder
- Always wear a life preserver/PFD (personal flotation device) if you are on a boat or if are in a pool and are not a good swimmer

3. What is a Personal Flotation Device/PFD?

- Explain how a PFD keeps the head and body above water so that they can float and be able to see;
- Explain that wearing a PFD can save their life if they were to fall into the water by helping them float until they can get help.
- Reinforce that PFD should always be worn when on a boat, fishing, water skiing, etc...
- Demonstrate how to put on a PFD by having children try on

Poison Prevention

Props:

Candy and Medicine Look-a-like boxes (inside Junglemobile)
Poison center phone number magnets

Introduction:

Today we are going to learn about different poisons we find in our home.

Teaching Points:

1. What could happen if we eat or drink something we are not supposed to?

- Explain that most things we eat or drink don't make us sick, but if we eat or drink the wrong thing or take too much of something it can make you really sick.
- What do we call something that will hurt us if we eat, drink, or smell it? - A poison

2. Where can you find poison dangers in your home?

- What are some types of poisons? (I.e. cleaning supplies, paint, nail polish, alcohol, bug spray, medicine, etc.)
- Have children identify various places in their home they can find poisonous items (i.e. under the kitchen sink, in a medicine cabinet, plants, in the garage, paint, etc.)

3. What are ways we can keep away from poisons?

- Only take medicine from a grown-up you trust
- Ask a grown-up before eating or drinking something you don't know what it is
- Tell a grown-up if you or someone else finds a poison

4. What should we do if we eat or drink something we aren't supposed to?

- Tell an adult what you ate or drank and have them call the poison center if needed.
- Keep the poison center phone number close to your telephone so you always know where it is.
- Tell the poison center what you ate or drank and have the container handy so you can answer questions they will have. The poison center nurses and poison experts will tell you what to do from there.

References

Buckle Bear, Center for Injury Prevention, 5009 Coye Drive, Stevens Point, WI 54481, (800-344-7580).

Buckle Up Kids: Child Passenger Trauma Prevention, U.S. Department of Transportation, National Highway Traffic Safety Administration, U.S. Fire Administration, American Academy of Pediatrics, PO Box 927, Elk Grove Village, IL 60009-0927, (847-981-7933).

Deadly Look-alikes, June 2000, Jane Frobose, Colorado State University Cooperative Extension, www.ext.colostate.edu, (720-913-5276).

Gear Up! Mid-South SAFE KIDS Coalition, Le Bonheur Children's Medical Center, 50 North Dunlap, Memphis, TN 38103, (901-572-6730).

HeadStrong, Denver Osteopathic Foundation, 3131 S. Vaughn Way, Aurora, CO 80014, (303-338-8541).

Risk Watch, National Fire Protection Association, One Battermarch Park, Quincy, MS 02269-9201.

Telephoning for Help, Scriptographic Booklet No. 54858 by Channing L. Bete Co, Inc. South Deerfield, MA 01373, (800-628-7733).

Walk Safe Program: On the Move for Pedestrian Safety, American Trauma Society, 8903 Presidential Parkway, Suite 512, Upper Marlboro, MD 20772-2656 (800-556-7890).

Winners Wear Helmets, Centura Health-Saint Anthony Central Hospital, 4231 W. 16th Ave., Denver, CO 80204, (303-629-3788).