Safety & First Aid

Teacher’s Guide
Written by Barri Golbus

Produced by
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Safety & First Aid

Running Time: 19:37

PROGRAM OVERVIEW

Intended Audience and Uses

This video is intended to be used with junior high and middle school youngsters in health and safety classes. The video is also appropriate for community-based health and safety programs, as well as public service organizations whose educational programs are based on the American Red Cross and American Heart Association’s safety and first aid guidelines. In addition, the program has been written to conform to the National Health Education Standards issued by the American Cancer Society.
Program Synopsis

Safety & First Aid opens with a real-life prologue. A young actress, on location for this program, has lost consciousness and paramedics have been summoned to revive her. As viewers watch what happens, the narrator explains that medical emergencies often strike without warning. With foreknowledge, however, they need not become tragedies. This program, the narrator continues, gives viewers the information they need to prevent many common medical emergencies. It also tells viewers what to do if those emergencies do occur. The main part of the program then begins by explaining that youngsters, by the time they are in their pre-teens and early teens, normally have taken an active role in taking care of their health and safety. On occasion, they may be called upon to take responsibility for others, also.

The scene switches to a fast-food eatery. A youngster hungrily gobbles down a hot dog. Suddenly, he chokes. In a clear, step-by-step explanation based on the latest American Red Cross procedures, the video shows exactly what to do when someone chokes.

Please note the on-screen warning. If the procedures for helping a choking victim are practiced, they must be done so only under the supervision of a trained instructor. Thrusting in the abdominal region, for instance, may cause serious injury if done incorrectly. In addition, procedures may change over time. The instructor should check the web for the most current recommended procedures.

The next portion of the program reviews the dangers of alcohol and other drugs, and explains why they are dangerous. Next, the video goes outdoors to review how to use inline skates, skateboards, and bicycles safely. Wearing helmets and other safety equipment, learning and obeying safety rules, wearing bright clothing, and maintaining equipment are a few of the precautionary measures mentioned.
The video then discusses first aid procedures for minor injuries — cuts, scrapes and punctures. Proper washing techniques, applying ointments and bandages, as well as using antibiotic ointments are covered. When to seek professional medical help is also discussed. Following that, online safety practices are covered. Finally, the video discusses household safety measures — in the kitchen, when using power tools and electrical appliances and planning what to do if a fire breaks out.

**STUDENT OBJECTIVES**

After viewing this video and participating in the suggested activities, students should be able to do the following:

1. Demonstrate how to assist a choking victim.
2. Explain why alcohol and other drugs pose health and safety risks.
3. Name at least 10 ways to safely bike ride, skate or skateboard.
4. Describe how to take care of minor injuries and minor burns properly.
5. Name four online safety rules.
6. Name seven household safety rules.
7. Demonstrate first aid procedures for minor burns.
8. Explain three fire prevention rules and tell how to properly escape from a burning building.

**SUGGESTED LESSON PLAN**

**Introducing the Program**

This video contains six major parts: (1) How to Help a Choking Victim; (2) Illegal Substances and Safety Implications; (3) Outdoor Safety, which covers bike, inline skate and skateboard safety rules and procedures; (4) Minor First Aid for cuts, scrapes, and punctures; (5) Online Safety; and (6) Household Safety,
which discusses kitchen safety, first aid for minor burns, safe use of electrical appliances, fire prevention and emergency planning.

Because there is a great deal of material covered, each section is clearly delineated in the video, allowing teachers and facilitators to stop after one or more segments to conduct discussions or have students work on various activities discussed below.

Introduce the video by viewing the prologue only. After it has been shown, turn off the VCR and discuss the nature of medical emergencies. Which ones can be prevented? Which ones cannot? Discuss the statement, “With foreknowledge, medical emergencies need not become tragedies.”

Pre-Viewing Activities

Pass out Blackline Master #1, Safety & First Aid: Topics Covered. You may, of course, make an overhead transparency of this master if a transparency would be better suited to your classroom situation. Briefly discuss each item with your class, perhaps giving some examples. Then pass out Blackline Master #2, Safety & First Aid Pretest. Allow enough time for your students to complete the pretest, then have them hand in the exercise. (While the video is being played, you may look over your students’ responses to determine in what depth the material needs to be covered.) Finally, hand out Blackline Master #3, Viewer’s Concept Guide. Have your students go over the questions as a silent seat activity, or have them read it aloud. You may restrict the number of questions if you have decided to show portions of the video over several sessions. Tell the class that they
will be expected to answer all the questions after the video has been seen in its entirety.

**View the Video**

Total viewing time is approximately 19 ½ minutes. On average, each segment is approximately three minutes. The program has been designed for segment-by-segment viewing, multiple segment viewing, or viewing in its entirety.

**Post-Viewing Activities**

If you feel it would be helpful, go over the answers to the *Pretest* and *Viewer's Concept Guide*. Then, starting with how to help a choking victim, discuss each section of the video. You may want to invite a member of your local fire department to demonstrate the procedures for your class, and, if that person is properly trained, supervise your students as they practice the procedures on one another. Be certain that the instructor is familiar with the latest guidelines issued by the American Red Cross and American Heart Association, upon which the video’s demonstration has been based. Otherwise, students may be given conflicting information and become confused. Pass out *Blackline Master #4, Helping a Choking Victim*. Have your students complete this exercise, either as a class activity, as homework, or as seat work. Go over the answers. Next, pass out *Blackline Master #5, Illegal Substances & Safety*. After your students have had a chance to complete this exercise, have them read and discuss their answers. The crucial factor in the first situation is, of course, alcohol poisoning. In the second, the major idea is diminished motor control and impaired judgment, which could lead to an accident. Distribute *Blackline Master #6, Bicycle Safety Checklist*. As your students go over the list, have them
relate injuries that have happened to them, or someone they know, because they did not do something listed. Was the injury serious? If not, could it have been? Now pass out Blackline Master #7, First Aid for Minor Injuries: How Much Did You Learn? Give your class enough time to answer the questions, then discuss their answers. Next, hand out Blackline Master #8, Online Safety: Finish the Story. You can have your class finish it together, individually, or as homework. As the stories are discussed, help your students understand the very real dangers of meeting online acquaintances. Review the four rules of online safety mentioned in the video. Distribute Blackline Master #9, Fire Safety at Home. Instruct your students to read the information silently, or have it read aloud. Has anyone ever been in a fire? If so, have that person tell what happened. If your students live in apartment buildings, stress the information on how apartment dwellers should plan their emergency exits. Ask the students to take home this handout and share it with the adults in their family. Encourage them to use the checklist as a basis for their emergency planning. Invite a representative of your fire department to give a home safety presentation to your class. In addition to the topics covered in the video, you also may want the firefighter to discuss Fourth of July explosives. If appropriate, invite a member of your local police department to discuss firearm safety and illegal substance abuse. When all the activities have been completed, you may wish to show the video again in its entirety. When done, review all the material as needed, then give the post test, Blackline Master #10. Grade this evaluation and, if needed, go over any material not mastered by the class.

Description of Blackline Masters

Blackline Master #1 — Safety & First Aid: Topics Covered previews the six major sections of the video.
**Blackline Master #2 — Safety & First Aid Pretest** helps in the classroom planning process by indicating the level student knowledge of basic safety and first aid concepts.

**Blackline Master #3 — Viewer’s Concept Guide** helps students focus on many of the main concepts presented in the video.

**Blackline Master #4 — Helping a Choking Victim** summarizes the procedures shown in the program and helps students remember task order.

**Blackline Master #5 — Illegal Substances & Safety** underscores the dangers of alcohol poisoning and focuses attention on impaired judgment and diminished motor control when using marijuana.

**Blackline Master #6 — Bicycle Safety Checklist** gives a useful list of “Do’s & Don’ts” when riding bikes.

**Blackline Master #7 — First Aid for Minor Injuries: How Much Did You Learn?** reviews what to do for scrapes, punctures and cuts.

**Blackline Master #8 — Online Safety: Finish the Story** helps students understand the dangers of meeting online acquaintances.

**Blackline Master #9 — Fire Safety at Home** presents additional information on home fire safety and gives a useful checklist students can use in their own homes.

**Blackline Master #10 — Safety & First Aid Post Test** serves as an evaluation tool to determine student comprehension and retention of the material presented.

### ANSWER KEY

**Blackline Master #2, Pretest**

1. Encourage victim to cough up food; place foot between legs; administer abdominal thrusts. If victim passes out, lower to floor;

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tilt head back; pinch nose and breathe in twice; straddle victim’s legs; administer five abdominal thrusts; tilt back victim’s head; hold down victim’s tongue, sweep out food with index finger; tilt back victim’s head; pinch victim’s nose, breathe out twice; repeat thrusting, breathing and sweeping until help arrives or victim breathes normally.  2. Dulls senses and lessens ability to deal with emergency situations.  3. Any of the following five: wear a helmet, wear bright clothing, don’t wear earphones, ride with traffic flow, never pass on right, look for road hazards, give hand signals, cross slatted grates and rails at right angles, learn and obey all traffic rules, stay clear of storm sewer openings, keep both hands positioned to break, keep lights in good working order, take in bike for periodic mechanical check-ups, never double ride, check brakes and reflectors periodically.  4. Wash with soap and water for at least 20 seconds, put on antiseptic ointment, place a bandage on it, and wash every day with soap and water until it heals.  5. Never use full name, never give out phone number, never e-mail a picture to someone you’ve met online, never meet an online acquaintance alone.  6. Water and electricity are a deadly mix.

Blackline Master #3, Viewer’s Concept Guide
1. Encourage victim to cough up whatever is in his throat.  2. Five.  3. It dulls the nerves that aid in swallowing.  4. A helmet.  5. You need to hear traffic and pedestrians.  6. The car may turn right and hit you.  7. The bicycle becomes unsteady.  8. At least twenty seconds.  9. Seek medical help immediately.  10. Never use full name, never give out phone number, never e-mail a picture to someone you’ve met online, never meet an online acquaintance alone.  11. Roll up sleeves, don’t wear loose-fitting clothing if working near open-flame appliance; pick up pot covers slowly, facing away from you; turn pot and pan covers inward.  12. Touch door with back of hand, moving upward from floor level.

Blackline Master #4, Helping a Choking Victim
Encourage victim to cough up food; call for help; administer
abdominal thrusts; pinch victim’s nose, breathe out twice; sweep out food with index finger; repeat thrusting, breathing and sweeping until help arrives or victim breathes normally.

Blackline Master #5, Illegal Substances & Safety
1. Luis and Martha could die from alcohol poisoning. 2. Marijuana can slow a person’s motor control and impair judgment, thereby increasing chances of a serious accident.

Blackline Master #7, First Aid for Minor Injuries: How Much Did You Learn?
1. At least 20 seconds. 2. Soap and water. 3. They can delay healing. 4. An infection; seek medical help. 5. A very serious infection; go to a doctor or emergency room immediately. 6. After washing and applying a first aid ointment (if used). 7. Every day

Blackline Master #10, Post Test
l. c 2. a 3. c 4. b 5. c 6. T 7. T 8. F 9. F 10. F 11. g 12. c 13. b 14. e 15. f 16. soap, water 20 seconds 17. hands, feet 18. yellow or yellow-greenish, swollen 19. doctor or emergency room. Part V: Never use your full name, never give out phone number or address, never e-mail your picture to someone you don’t know, never meet an online acquaintance unless adult or other responsible person comes with you. Part VI: Pull up sleeves, don’t wear loose clothing near open flame appliance; pick up pot covers slowly, facing away from you; turn pot and pan handles so they won’t stick beyond edge of stove; run cool over minor burns, apply antiseptic liquid or antibiotic cream; unplug electrical appliances before attempting to fix them; replace faulty cords; don’t overload circuits; seek medical help for anything beyond a mild electrical shock; have smoke detector on each level; have fire extinguisher; have emergency exit plan; wear proper protective gear when working with power tools; don’t use electrical appliances near running water.
TRANSCRIPT OF THE VIDEO

NARRATOR:  While on location for the program you are about to see, actress Sarah Bullock was having makeup applied to her hand.

Suddenly — and without any apparent reason — she lost consciousness.

Paramedics were immediately summoned.

EMT #1:  She was unresponsive for about 30 to 45 seconds. Struck the back of her head. She has a small laceration to the back of her head, which has stopped bleeding.

EMT #2:  Where'd she fall at?

EMT #1:  Right here.

EMT #2:  She hit the floor, then?

EMT #1:  She’s a little hungry, a little sleepy. She’s not sick to her stomach. Blood sugar’s 130 — one-three-zero.

NARRATOR: Medical emergencies often strike without warning. With foreknowledge, however, they need not become tragedies. This program has been designed to help prevent many common emergencies, and to give you the information you need if they do occur.

If you’ve done any baby-sitting recently, you may have given some thought to how much your world has expanded since you’ve a child.

For instance, as the years have passed, you’ve undoubtedly been given a lot more responsibility — so much so that now you’ve even been entrusted with the safety of another individual.

Looking after someone else’s well-being does involve a lot of responsibility, looking after your own does, too.

And in all likelihood, you do look out for your own safety now — or at least, a large portion of it.

Also, you probably get out on your own a lot more than when you were a child.

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Undoubtedly, you get out more with others, too — to participate in athletic contests, for instance.

You may go to a friend’s house to study with classmates; head over to the mall, to shop; or grab a bite to eat at a fast-food restaurant.

Now, let’s suppose that one of your friends is famished and begins to wolf down his hot dog, when suddenly he clutches his neck. Something is stuck in his throat.

If your friend can still cough, talk and breathe, his airway is only partially blocked.

FRIEND:  Come on!  Cough it up!

NARRATOR:  You should encourage him to cough up whatever is in his airway.

If your friend can’t cough or speak, his airway is completely blocked.

Don’t panic.  Tell someone nearby to call for help.

FRIEND:  Go call 9-1-1!  Get an ambulance out here!

NARRATOR:  While help is summoned, stand behind your friend and place one of your feet between his legs.  That way, you’ll be able to slide him gently to the floor in case he passes out.

Next, find your friend’s navel with one hand, make a fist with the other, and place the thumb side of your fist against his abdomen, just above his navel.

Then grasp that fist with the hand you used to find his navel, and give quick, inward, upward thrusts.

Each thrust is an attempt to remove the object lodged in your friend’s throat.

If he passes out, you’ll need to lower him gently to the floor for another procedure.

Start by placing one hand under his chin, and the other on his forehead. Tilt his head back and lift his chin until his teeth almost touch. Listen for any breathing.
If he’s still not breathing normally, pinch his nose, and cover his mouth with yours.

Breathe out two full breaths.

If the air still doesn’t go in, you’ll need to administer more abdominal thrusts. So straddle the victim’s legs and place the heel of one of your hands on his abdomen, just above his navel.

Put your other hand on top, and push upward and inward five times.

When you’ve finished with five thrusts, it’s time to move back to your friend’s head.

Tilt it back as before, reach your thumb into his mouth to hold down his tongue, and then reach in with your other hand’s index finger, formed as a hook, and try to sweep out any foreign objects that have been dislodged.

Once again, tilt your friend’s head backward, pinch his nose, and breathe into his mouth twice.

You’ll repeat the breathing, thrusting and sweeping procedures until your friend starts breathing, or until help arrives.

Choking can happen at any time and at any place someone is eating, even at a party.

In fact, if there are any alcoholic beverages consumed at the gathering, there’s a greater risk of choking because alcohol dulls the nerves that aid in swallowing.

And, of course, there are other safety issues involved in teen drinking.

For instance, deaths due to alcohol poisoning — drinking too much too fast — claim hundreds of teen victims every year.

Serious auto accidents in which young people have been killed numbered almost 10,000 during the past decade.

So putting alcohol into your system — no surprise here — isn’t safe.

Neither is smoking marijuana, which also negatively affects your senses... and thus lessens your ability to deal with any emergency situations — not to mention normal ones.
So an important guideline for teen safety is — keep alcohol, marijuana and all other unprescribed drugs out of your body.

GIRL: I hear it all the time!

NARRATOR: Sure, you’ve heard it a million times. But, hey...there must be a reason.

NARRATOR: Actually, there are untold thousands of them. And untold thousands more — most of whom said to themselves, “That won’t ever happen to me.”

But it did.

Moreover, if and when it does happen, it short-circuits a lot of those great times you can have participating in the activities you enjoy!

And that brings us to another point — always wear recommended safety equipment, especially helmets, when skating, skate boarding and bike riding.

Elbow guards and knee pads are other essentials that may very well keep you from a visit to the emergency room.

Learning and following bicycle safety rules probably will help, too.

That means obeying all traffic signs and signals, of course — stop signs and lights, yield signs, railroad crossing gates and so on.

It also means having all your senses available to you, including your hearing

So put away those headphones to your CD or cassette player, or your radio, when you’re bike riding, skate boarding or skating.

If you can’t hear horns, vehicles or people approaching, you’re not riding safely.

Now, you probably know to ride on the side of the road with the traffic flow, not against it. Right? But do you know why?

Well, drivers naturally look on their side of the road for bikes and other vehicles.

And, of course, you should use hand signals to tell those motorists, and
pedestrians, what you intend to do because the reaction time of some drivers may be relatively slow.

You should never pass on a car’s right, either. It may be turning in that direction, and, as a consequence, you could be hit. Again, and this does bear repeating, never pass on the right.

You also should be on the lookout for road hazards — stones, gravel, ice or other road debris, as well as train tracks and parallel slatted grates, which you should cross at right angles. That way, your tires won’t be caught in the grooves.

Staying clear of storm sewer openings will also prevent mishaps.

Other important bicycle safety considerations include keeping both hands positioned to brake immediately, wearing bright clothing so you can be seen easily, and keeping all your bike equipment (including brakes and lights) in good working order by having a technician immediately take care of any problems, and by having regular maintenance.

Finally, you should never double ride, which makes bikes unsteady and therefore unsafe.

So here are some outdoor safety guidelines for your consideration: when biking, skate boarding, inline skating, or participating in similar activities, always wear a helmet and possibly knee pads and elbow guards; keep your equipment in good working order; and learn — and follow — all the safety rules.

Of course, even if you act safely, accidents such as scrapes, cuts and punctures do happen.

When they do, some simple first aid measures are in order.

The most important is to thoroughly clean the wound with soap and water for at least 20 seconds, being careful to remove any foreign material, such as dirt or bits of grass that might lead to an infection.

You can apply a first aid ointment, also, if the cut or scrape is superficial. But it’s not a good idea to use an ointment on hands or feet for more than a day because ointments can delay healing in those areas.

In addition, your wound should be covered with a bandage, either a bandage strip or gauze taped over the scrape, cut or puncture.
And you should continue washing the wound gently with soap and water every day — again, for at least 20 seconds each time — until it’s healed.

Obviously, a trip to the doctor (or an emergency room) is required when the wound is more than minor — when gluing, stapling or stitching may be needed.

If there’s a yellowish or yellow-greenish fluid draining from your wound, or if it becomes red, swollen, warm or increasingly painful, an infection has set in and you’ll need professional medical attention.

If you have any red streaking on your skin, near the wound, that may indicate an especially serious infection and you should go immediately to your doctor, or to the emergency room.

There are many excellent web sites that can give individuals more detailed information on cuts, scrapes and punctures. Checking out those sites may not be a bad idea if you’ve got one of those injuries.

Now, as long as we’re discussing online matters, let’s talk a little bit about online safety.

If you enjoy hooking up with others in a chat room, or through e-mail or on an online bulletin board, you know you’ve got lots of company out there.

And while most Cyberspace users are fine, upstanding citizens, regrettably some are not. They’re not the kind of individuals with whom you would care to associate.

But in Cyberspace, of course, there’s no way for you to know for certain.

So here are some ways to avoid getting into a dangerous situation over the net.

First, always use a handle or your first name, but never your full name when you’re on line. Second, never give out your phone number or address. Next, never e-mail your picture to someone you don’t know, someone you’ve met on line. Finally, never meet in person an individual with whom you’ve chatted on line.

Be especially wary of an online acquaintance who constantly tries to meet you in person — and doesn’t want you to bring along an adult or a friend.
That should be a warning signal — enough for you to click that person off, for good.

Now, let's turn our attention elsewhere.

Not many of us think a lot about household safety. But it's important because more people are injured in household accidents every year than in any other way.

If you're cooking on an open flame appliance, be sure to pull up or roll up your sleeves, and don't wear loose-fitting clothing because both can catch fire on open flames.

You'll need to be careful when picking up pot covers, too. They should be taken off slowly, facing away from you, so the steam won't rush into your face and possibly burn you.

Pot and pan handles that stick out, beyond the edge of the stove, should be turned inward.

If they aren't, they can be bumped, causing spills and possibly burns.

If you are burned, the first thing you should do is cool the injury for several minutes, preferably by running cool water over it.

If the burn is minor — if there's no blistering — you'll need to gently pat it dry and then apply an antiseptic liquid or antibiotic cream that can be bought over the counter in most drug stores.

But you should not use butter, cooking oils or ice on a burn. They're old folk remedies that can cause more harm than good.

Now, let's move on to first aid for household electrical burns, which may occur when a person hasn't been careful enough to unplug an appliance when attempting to fix it.

Electrical burns may be external. But they can be internal, also, so can't be seen.

Any significant electrical burn, anything beyond a mild shock, should be checked by a physician immediately.

SIS: What is it? What happened?
VICTIM: I think I got a bad shock!

SIS: Are you okay? Let me call Dr. Jones.

NARRATOR: That could be either your own doctor or one at a nearby emergency room.

Of course, all electrical appliances merit careful handling. They are inherently dangerous.

And as you undoubtedly know, overloaded circuits can be very dangerous, too, because they can overheat and start fires.

Cut, frayed and broken cords are dangerous, also. Obviously, they can shock you, and, as with overloaded circuits, can start fires.

Speaking of fires, every family should have an emergency exit plan, a way to get outside in case there’s a fire.

And they should know what to do before leaving a room, too.

Touching the door with the back of your hand (which is sensitive) — by starting low and working upward — will help you make certain that flames aren’t right outside the door. It’s an important cautionary measure because if fire is there, you’ll have to get out another way.

Crawling beneath the smoke, which you can practice, can be a good way to get outside when your house is on fire. Smoke is just as dangerous as fire.

Does your home have a fire extinguisher? If not, it should. It should have one or more smoke detectors, also — at least one on each level.

By the way, if you use a ladder for household chores, someone should be nearby to make certain it stays balanced.

Moreover, goggles, gloves or other safety clothing and equipment are always recommended when you use electrically powered tools and sharp instruments.

As we’ve mentioned, all electrical appliances need to be handled with caution. Hair dryers are best left in bedroom, where there’s probably no water around. Water and electricity are a deadly mix.
If you like to keep the radio on while you shower or bathe, use one powered by batteries, not one you have to plug in.

In short, then, growing up often means taking on more responsibility for your personal safety and well-being and, in an emergency, for the safety and well-being of others.

Your personal safety means following safety rules; wearing proper clothing; staying away from alcohol and other drugs; knowing what personal first-aid procedures to follow for minor injuries; keeping your anonymity when on line, as well as refusing to meet online acquaintances; and being careful around the house, especially around open flames and electrical appliances.

Do those few things, and you’ll be on the pathway to living a long, safe and healthy life.

If you were wondering what happened Sarah Bullock, who you met at the beginning of this program, she was wheeled to a hospital emergency room in an adjoining building. Her head injury required four staples. She has now completely recovered, and to date has not had any more fainting spells.

WEB RESOURCES

First Aid
http://firstaid.ie.eu.org/
Clear instructions for common medical emergencies. Good illustrations.

How to Avoid Getting Hit
http://michaelbluejay.com/bicycle
(Click the alphabetical index under General Information, then click “Safety, How Not to Get Hit”). Shows seven common ways bicyclists are hit by cars and, with illustrations, gives avoidance strategies.

Johns Hopkins Health Information
http://www.intelihealth.com/
A top-notch health and first aid site with fast search capabilities.
Safeteens
http://www.Safeteens.com/safeteens.htm
Provides the latest online safety information for young people.

Guide to Household Safety
http://www.tempe.gov/
An excellent room-by-room (and outdoors) set of guidelines to help insure household safety. Type “Guide to Household Safety” in the search dialog box, then click “Household Safety — Tempe, Arizona.”

Facts for Families
http://www.aacap.org/factsfam/teendrug.htm
The American Association of Adolescent Psychiatry’s web page for information on teen alcohol and other drug abuse.

Teen Talk, The Perils of Pot
A scientifically accurate article aimed at teens, written by Dr. Richard Heyman, Chairperson, Committee on Substance Abuse of the American Academy of Pediatrics. Substitute “28” for “25” in the web address for Dr. Heyman’s article of teen Alcohol Abuse, also for young people.
SAFETY & FIRST AID: WHAT WE WILL STUDY

- HOW TO HELP A CHOKING VICTIM
- HOW ALCOHOL & OTHER DRUGS IMPACT A PERSON’S SAFETY
- OUTDOOR SAFETY (BIKES, INLINE SKATES, SKATEBOARDS)
- FIRST AID FOR CUTS, SCRAPES, PUNCTURES
- ONLINE SAFETY
- HOUSEHOLD SAFETY
SAFETY & FIRST AID PRETEST

Directions: Answer each question with a short answer in the space provided.

1. Briefly describe how to help a choking victim.

2. Tell two ways alcohol or other drugs affect a person's safety.

3. Name five safety rules for bicycles, inline skates or skateboards.

4. Briefly describe how to prevent an infection in a cut.

5. Give four online safety rules.

6. Why is it not a good idea to use an electrical appliance, such as a hair dryer, in the bathroom?
VIEWER’S CONCEPT GUIDE

Directions: Answer each question with a short answer in the space provided.

1. What is the first thing you should do when aiding a choking victim?

2. If the choking victim has passed out, how many abdominal thrusts should you give him before sweeping his throat with your finger?

3. Why does alcohol increase the chances of choking?

4. What safety device should always be worn when biking, skating or skate boarding?

5. Why is it a good idea to take off earphones when biking?

6. When bike riding, why shouldn’t you ever pass on a car’s right?

7. Why is double riding an unsafe practice when bike riding?

8. For how long should a minor wound, such as a cut, be washed?

9. If red streaking appears near a wound, what should you do?

10. What are four online safety rules mentioned in the video?

11. What are three kitchen safety rules mentioned in the video?

12. How should one check a door to determine if fire is nearby?
HELPING A CHOKING VICTIM

Directions: As you saw in the program, one should call for help if the choking victim cannot cough up what's stuck in his throat. In most communities, 9-1-1 is the number to call for emergency services. Fill in the missing steps in the flow chart below. You may use the terms in the box on the second page of this exercise.

Victim choked

Administer abdominal thrusts → No

Victim coughs up food

Yes

Crisis over

No

Victim passes out

Yes

See page 2

No
HELPING A CHOKING VICTIM

(Victim has passed out)

Lower victim to floor → Tilt back victim's head →

Administer five abdominal thrusts

Straddle victim's legs No

Breathing normally?

Yes

Crisis over

Hold down victim's tongue →

Tilt victim's head

Pinch victim's nose, breathe out twice →

Tilt victim's head

Administer abdominal thrusts   Pinch victim's nose, breathe out twice
Encourage victim to cough up food   Sweep out food with index finger
Call for help   Repeat thrusting, breathing and sweeping until help arrives or victim breathes normally
Directions: In the video, you saw that alcohol and drug use is unsafe. Read each situation below, then explain why it would be unsafe.

1. A Friday night party at Sam's house has gotten underway. Sam's parents aren't home, and Jeff and Terry open the liquor cabinet. They take out some vodka, and, on their dare, Luis and Martha take shots as fast as they can, seeing who can drink the most in ten minutes.

2. Ted's brother, Bobby, who's in high school, has given Ted several joints. After school, Ted and his friend Manuel decide to smoke the joints out in the garage, where the marijuana's scent won't be detected. After smoking the joints, and feeling very mellow, Ted spies Bobby's motor cycle. "Hey, I know where Bobby keeps the keys," he says. "Let's go for a spin!"
**BICYCLE SAFETY CHECKLIST**

Directions: Use the checklist below to determine how safe you are when biking. The more items you check, the safer you are.

**When I ride my bike, I –**

- Wear a helmet
- Wear bright clothing
- Put away headphones
- Ride with traffic flow
- Never pass on right
- Look for road hazards
- Give hand signals
- Cross slatted grates and rails at right angle
- Learn & obey all traffic rules
- Stay clear of storm sewer openings
- Keep both hands positioned to brake
- Keep lights in good working order
- Take in bike for periodic check-ups
- Never double ride
- Check brakes and reflectors periodically

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FIRST AID FOR MINOR INJURIES: HOW MUCH DID YOU LEARN?

Directions: Based on the information presented in the video, answer the following questions.

1. How long should you wash a wound?

2. What should you use when washing a wound?

3. Why shouldn’t one use a first aid ointment on hands or feet for more than a day?

4. What do yellowish fluid, and/or redness, warmth and swelling indicate? What should you do if those conditions occur?

5. What does red streaking on the skin near a wound indicate? What should you do if streaking is present?

6. When should a bandage be applied to a wound?

7. How often should a wound be washed until it has healed?
Directions: Read the story below. Then, based on the information presented in the video, complete the story. Use the back of this paper or a separate sheet of paper, if needed.

José was online for several hours every day. He played games, researched class assignments, and visited chat rooms to meet other kids. One day, José ran across Ricky — a cool dude if ever there was one. He traveled with his dad on business trips sometimes, and had been to a lot of places all over the country. Within several months, José and Ricky were good friends. Both were avid baseball fans, liked the same subjects in school, and frequented the same online game rooms. One day, Ricky said they should exchange pictures and then mentioned how fun it would be if the two could get together. Then, about a week later, he excitedly e-mailed José. He was coming to José’s town! Later that evening, when the two boys chatted, Ricky said he could meet him, but his dad didn’t want him to meet somebody who was an online friend. “Your folks probably feel the same way, right?” he wrote. “So why don’t we meet in secret? I’m going to be staying at the Regnary Inn.”
Directions: Read the information below. Then, complete the fire safety checklist on the next page with your family to determine its level of fire safety at home.

As you saw in the video, one of the most important ways to prevent serious injury and death during a fire is to plan ahead. Advanced planning is especially important considering that almost one-third of all fire deaths occur between midnight and four in the morning, when a family is normally sleeping. When awakened by fire, people tend to be disoriented by sleep, smoke and poisonous gases. By then, it's too late to start planning an escape.

Practicing how to escape a burning house can save lives – yours and the rest of your family's.

The National Fire Protection Association recommends that there be two escape routes from each room – usually a door and a window. The association also recommends that everyone in the household knows how to unlock doors and windows, and that windows, if glued shut by paint, be loosened. Everyone in the household (as well as baby sitters and house guests) should know how to remove screens, storm windows and safety bars.
A designated meeting place, such as a tree or neighbor’s porch, should be part of every escape plan. If someone is missing, the firefighters should be told as soon as they arrive.

Apartment dwellers should familiarize themselves with fire exit locations. Elevators should not be used when an apartment building is on fire. Not only may they stop operating, but elevator shafts draw hot air and smoke upward, much as chimneys do, making an elevator an extremely dangerous place in a burning building.

Young children in a household may be terrified of firefighters who wear masks and other protective gear. They should be shown pictures of firefighters and told to go to them for help. Youngsters should also be instructed to “stop, drop, and roll” if their clothing catches fire. Instead of running, they should drop to the ground, cover their face with their hands, and roll to put out the fire.

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**Home Fire Safety Checklist**

My family has taken the following precautions:

- □ Fire escape plan made and posted in a visible place
- □ Fire escape practiced
- □ Meeting place designated
- □ “Stop, drop and roll” practiced
- □ Smoke detector installed at each level
- □ Fire extinguisher(s) placed for quick access
- □ All flammable materials properly stored
- □ All windows painted shut are opened
- □ All persons in household instructed how to open screens and storm windows
- □ Overloaded circuits fixed
- □ Cut, frayed, or worn electrical cords replaced
SAFETY & FIRST AID POST TEST

Section I: How to Help a Choking Victim

Directions: Circle the letter next to the phrase that best completes the statement.

1. If a choking victim can still talk, cough and breathe, you should
   a. call for help immediately.
   b. administer abdominal thrusts.
   c. encourage him to cough up whatever is in his airway.
   d. stand behind him and place one of your feet between his legs.
   e. none of the above.

2. After tilting back the victim's head, you should
   a. listen for breathing.
   b. pinch his nose.
   c. check to see if his teeth are almost touching.
   d. cover his mouth with yours.
   e. breath out two breaths.

3. The number of thrusts administered during each sequence of thrusting on an unconscious victim is
   a. two.
   b. three.
   c. fifteen.
   d. five.
   e. eight.

4. Before sweeping dislodged foreign objects with your index finger, you should
   a. check for breathing.
   b. hold down his tongue with your thumb.
   c. breath out twice into the victim's mouth.
   d. check to see that his teeth are almost touching.
   e. none of the above.
5. Abdominal thrusts should be administered
   a. between the ribs.
   b. just below the navel.
   c. just above the navel.
   d. on the left side, near the hip.
   e. either a. or b.

Part II: Alcohol, Drugs & Safety

Directions: If the statement is true, place “T” in the space next to it. If it is false, place an “F” in the space.

6. _____ Alcohol dulls the nerves that aid in swallowing.
7. _____ Drinking too much alcohol too fast can result in death.
8. _____ More than 100,000 young people died from alcohol-related auto accidents during the past decade.
9. _____ Marijuana heightens your ability to deal with emergencies.
10. _____ If you tell yourself alcohol and other drugs won’t harm you, they won’t, because positive thinking is powerful.

Part III: Outdoor Safety

Directions: Match the words and phrases by placing the correct letter in the spaces provided.

11. _____ Ready hands to use these at all times
    a. left
    b. earphones
    c. helmet
    d. elbow guards
    e. where drivers look
    f. right
    g. brakes
    h. knee pads
    i. lights
    j. front
    k. back

12. _____ Must always be worn when biking, skating, skateboarding
13. _____ Should not be worn when biking and skating
14. _____ Why you should ride your bike with the flow of traffic
15. _____ Never pass a car on this side
Part IV: Minor First Aid

Directions: Fill in the blanks with the correct answer.

16. Minor cuts, scrapes and punctures should be washed with ______ and ________ for at least ______ ________.

17. A first aid ointment shouldn’t be applied for more than a day on ________ or ________ for more than a day.

18. A wound infection has occurred if there’s ________ or ________ fluid present, or if the wound becomes red, warm, ________ or painful.

19. When a wound requires gluing, stitching or stapling, one must go to the ________ or ________ ________.

20. An especially serious infection may be indicated by ________ on the skin, near the wound.

Part V: Online Safety

Directions: In the provided space, write four safety rules when online.

Part VI: Household Safety

Directions: Based on what you learned from the video and written material you have read, write a short essay on household safety. You may use the back of this paper. Include the following topics: safety in the kitchen, what to do for minor burns, how to avoid electrical shocks, what to do if shocked, and home fire safety.