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## 4-H Safety in the Home : Extension Circular 13-11-2

William D. Lutes

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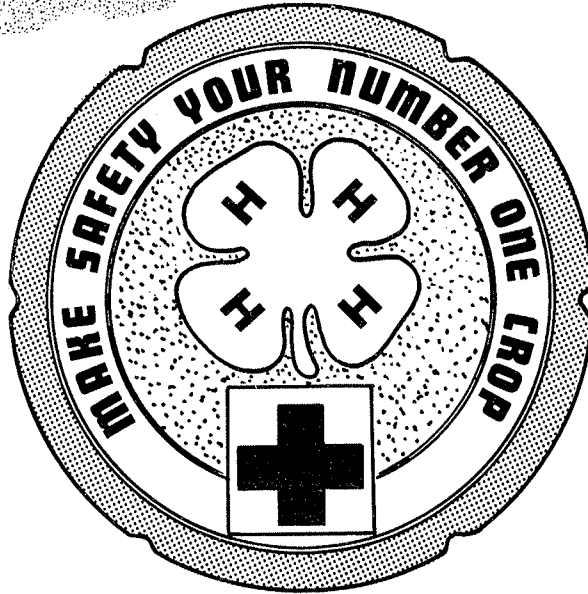
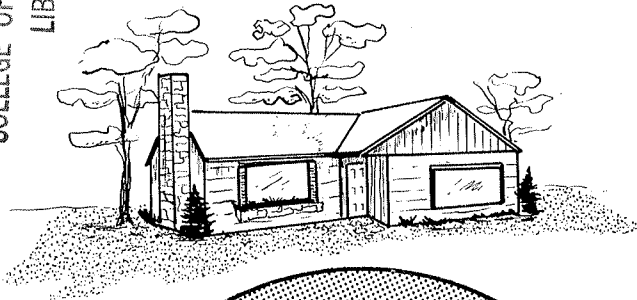
# 4-H SAFETY

*in the home...*

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# 4-H Safety in the Home

by William D. Lutes

## OBJECTIVES OF THE 4-H SAFETY PROJECT

1. To develop an attitude of care, judgment and consideration of others and yourself in daily activities.
2. To eliminate hazards in and around the home.
3. To assist families of 4-H members in becoming safety conscious.
4. To encourage 4-H members to participate in a family activity related to safety.

## PROJECT REQUIREMENTS

1. Complete a survey of the home and yard, using the check lists in the manual.
2. Remove or correct at least 10 of the hazards which you have checked in the "no" column of your survey.
3. Tell in your own words what you have done and learned in this project that will promote safety for you and your family at home.

## SUGGESTED PROJECTS FOR EXHIBIT

1. Home safety posters.
2. Booth exhibits related to home safety.
3. Container for discarded razor blades.
4. Kitchen cabinet drawer or knife rack for safe storage of sharp knives and other dangerous kitchen tools.
5. Display of at least four safety practices you have followed in the safe storage of medicines or poisonous materials.
  - a. Pins in stopper
  - b. Tape over cap
  - c. Storage out of reach of children
  - d. Proper marking and identification of poison
6. Miniatures or models of various areas of the home demonstrating "This" and "Not this" with safety.

## FIRST MEETING

Is your home a place where accidents are apt to happen? It probably is unless you have taken particular care to remove the hazards that are common to the average home. More accidents occur in and around the home than in any other place. The home is where safety is needed most and where it should begin.

You as a 4-H member can be of great service to your family by helping them become conscious of the hazards around the home and cooperating as a member of a family group in preventing accidents in your home.

If you observe safety rules and try to anticipate certain hazards, and take precautionary measures against them, then the home can truly be a sanctuary. It need not-it should not-be a place of potential danger.

The Home Safety Project will help you to discover and correct some of the unsafe conditions in your own home. The principal activities will consist of:

1. Making accurate and thorough surveys of the various areas of the home to spot hazards to safety.
2. Removing hazards that can be removed, and discussing with the family ways to prevent accidents that might result from hazards you cannot remove.
3. Practicing safety and setting a good example for the other members of the family to follow.

### THINGS TO DO:

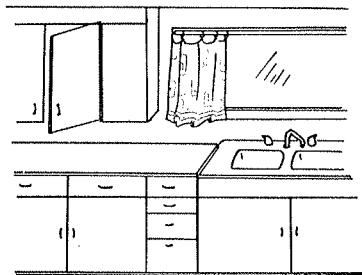
1. At roll call have each member report on a home accident with which he is familiar.
2. Start the meeting with a Safety Song--"Are You Safety Conscious."
3. Define the term "Accident."
4. Discuss how home surveys can be conducted.
5. Assign demonstrations of home safety for future meetings.

### PLANS FOR THE NEXT MEETING:

1. Clip accounts of home accidents from the newspaper and bring them to the next meeting.
2. Demonstration suggestions:
  - a. Replacing electrical fuses
  - b. Placing pans and kettles so the handles are turned away from the edge of the stove.
  - c. Using and storing kitchen knives
  - d. How to use sharp kitchen tools (shredders, graters, or knives)
  - e. Safe use of the kitchen stove

## SECOND MEETING

## How Can You Reduce Hazards in the Kitchen?



The kitchen contains a greater variety of hazards than any other room in the home. This is particularly true for children. Small children should be encouraged to play in other rooms, away from the stoves, hot food, electrical equipment and sharp tools.

As 4-H members you should always practice safety when doing work in the kitchen. Learn safe procedures of cooking, washing dishes, and housekeeping.

## THINGS TO DO:

1. Answer role by giving a safety practice to follow in the kitchen.
2. Sing a safety song.
3. Discuss the hazard check list for the kitchen.
4. Have a kitchen safety demonstration.
5. Assign demonstrations for next meeting.

## PLANS FOR THE NEXT MEETING:

1. Complete the survey of your kitchen using the check list.
2. Suggested demonstrations for safety in the living room and dining room:
  - a. How to make a rug skid-proof.
  - b. How to carry dishes safely.
  - c. How to make wood floors safe.
  - d. Preventing fires from the fireplace.

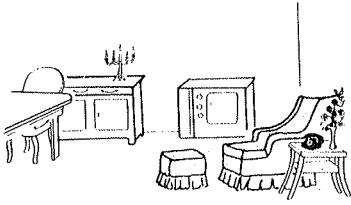
## HAZARD CHECK LIST FOR THE KITCHEN

	YES	NO
1. Are the kitchen knives and other sharp instruments kept out of reach of children?	_____	_____
2. Do you make a habit of turning handles of cooking utensils away from the edge of the stove?	_____	_____
3. Do you wipe the kitchen floor dry of any water, grease, or food that drops on it?	_____	_____
4. Do you always use heavy pot holders when removing hot pans from the stove?	_____	_____
5. Do you always cut away from yourself when using a sharp kitchen knife?	_____	_____
6. Do you always disconnect electrical appliances when they are not in use?	_____	_____
7. Are disinfectants, insecticides and other poisonous materials stored safely where small children can not get to them?	_____	_____
8. Are matches kept out of reach of small children?	_____	_____
9. Are you always conscious of the possibility of gas stove burners being left turned on when the burner is not lighted?	_____	_____
10. Is a satisfactory container provided for broken glassware and refuse?	_____	_____
11. Is an approved fire extinguisher handy to control fires starting in the kitchen?	_____	_____

### THIRD MEETING

#### How Can You Make Your Living and Dining Areas More Safe?

The family spends a great deal of time in the living and dining rooms. Many hazards are apt to be present in these areas and there are many chances for accidents.



More than in any other area, accidents that occur in the living and dining rooms are apt to happen to all members of the family. Why not spot the hazards there now and keep your family's safety record clean.

#### THINGS TO DO:

1. Start the meeting with a safety song or poem.
2. At roll call ask each member to tell how many hazards he marked on his kitchen check list.
3. Go over the check list for hazards in the living and dining rooms.
4. Have a demonstration of a safe practice in the dining room.
5. Assign demonstrations of bedroom and bath safety for next meeting.

#### PLANS FOR NEXT MEETING:

1. Complete the check list for your living room and dining room.
2. Plan demonstrations of safety in the bedroom and bath.
3. Suggested demonstrations:
  - a. Set up a miniature bath or bedroom showing how to remove hazards.
  - b. Demonstrate the use of a bath-tub mat or the use of hand holds on tub.
  - c. Show how to make a container for used razor blades.

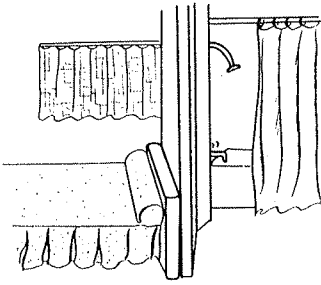
## HAZARD CHECK LIST FOR THE LIVING ROOM AND DINING ROOM

	YES	NO
1. Are all rugs anchored or provided with skid-proof pads?	_____	_____
2. Are toys, clothes and other articles kept off the floor to prevent falls?	_____	_____
3. Is a sturdy step stool or ladder available for reaching high places?	_____	_____
4. Are all electrical outlets in good order?	_____	_____
5. If you have a fireplace, is it properly screened to prevent fires?	_____	_____
6. Are safe ash trays available for smokers?	_____	_____
7. Do you make sure that lamp cords and extension cords are in good repair and not under rugs?	_____	_____
8. Is your television set well ventilated?	_____	_____



## FOURTH MEETING

### How Can You Prevent Accidents in the Bedroom and Bath?



The bedroom is the home's most deadly room, accounting for almost 25% of accidents in the home. As in the case of all home accidents, however, the risks can be minimized with a little care and foresight.

Furniture should be arranged so there is a clear path from door to bed with light switches at both places. Temporary heating devices should be used with extreme care in the bedroom and should be turned off before you go to sleep.

The combination of water, electricity, dangerous medicine and hard slippery surfaces makes the bathroom a common place for accidents. Special attention is required to prevent accidents in the bath.

#### THINGS TO DO:

1. Answer roll by telling of one hazard you found in completing your check list of the dining and living rooms.
2. Have every member take part in a short safety skit.
3. Read over and discuss the hazard check list for the bedroom and bath.
4. Have one or more demonstrations on bathroom and bedroom safety.
5. Assign demonstrations for the next meeting that are related to safety in the basement or laundry room.

#### PLANS FOR THE NEXT MEETING:

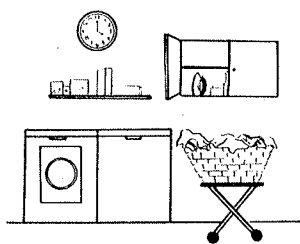
1. Complete the hazard survey for the bedroom and bath, calling to the attention of the family the hazards you find.
2. Work out safety demonstrations or posters related to safety in the basement or laundry room.
3. Suggested demonstrations:
  - a. How to hang tools safely.
  - b. How to use common types of fire extinguisher.
  - c. How to properly replace an electric fuse.
  - d. How to properly ground laundry equipment.

## HAZARD CHECK LIST FOR THE BEDROOM AND BATH

	YES	NO
1. Do you always turn on the lights when moving around the bedroom at night?	_____	_____
2. Are the members of your family careful to keep their rooms in good order?	_____	_____
3. Are stairs safe with hand rails and adequate lights?	_____	_____
4. Are you sure that no electric cords or wires are strung around the bedroom?	_____	_____
5. Are members of the family forbidden to smoke in bed?	_____	_____
6. Does the bath tub have a rubber mat on the bottom and a sturdy hand rail to prevent falling?	_____	_____
7. Is the medicine cabinet out of the reach of small children?	_____	_____
8. Are poisonous materials or dangerous medicines protected so you can not make a mistake and take the wrong one?	_____	_____
9. Do you make certain that no major electrical appliance is taken into the bathroom?	_____	_____
10. Do you provide a safe container for used razor blades?	_____	_____

## FIFTH MEETING

### How Can You Reduce Accidents in the Basement or Laundry Room?



Many hazards lurk in basements and laundry rooms. Only constant checking can keep your family safe from some of them. Furnaces and flues need at least a yearly check for gas leaks or faulty operation. The electrical system is usually centered in this area and requires frequent checking to make certain that circuits are not overloaded and that they are properly fused.

The basement easily becomes overcrowded with stored materials that may cause fires. Good housekeeping and careful selection of what to save and discard are important factors in eliminating hazards in the basement.

#### THINGS TO DO

1. Sing a safety song or two.
2. For roll call have each member describe an accident he has heard about since starting the safety project.
3. Read and discuss the hazard check list for the basement and laundry room.
4. Review the progress in safety you have made at home since starting the project.

#### PLANS FOR THE NEXT MEETING:

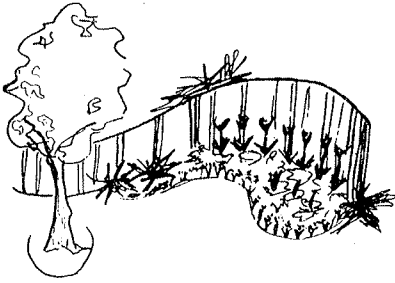
1. Make a hazard survey of the basement and laundry room, using the check list.
2. Assign demonstrations for the next meeting. Earlier demonstrations might be repeated.

## HAZARD CHECK LIST FOR THE BASEMENT AND LAUNDRY ROOM

	YES	NO
1. Are your basement stairs well lighted?	_____	_____
2. Do you discard all useless articles instead of storing them?	_____	_____
3. Are you sure that gasoline and kerosene are never stored in the basement?	_____	_____
4. Do you follow the recommendation that 15-ampere fuses are maximum for household circuits?	_____	_____
5. Does your electrical laundry equipment have a 3-wire cord with proper grounding?	_____	_____
6. Are combustibile materials stored well away from the furnace and heat pipes?	_____	_____
7. Is your heating system checked once a year to insure against escaping gas or fumes?	_____	_____
8. Is general good housekeeping practiced in the basement?	_____	_____

## SIXTH MEETING

## How Can You Reduce Hazards in the Yard?



Many injuries occur in yards and gardens. Most of these accidents are due to unsafe conditions of buildings and grounds, or to improper use of equipment such as ladders and hand tools. Many of the hazards which are found in yards and gardens are due to poor housekeeping. Prompt disposal of rubbish would avoid accidents and eliminate fire hazards.

## THINGS TO DO:

1. Answer roll call by relating an accident that might happen in your yard.
2. Play the "Find It-Fix It" game from EC 13-06-2.
3. Read the discuss the hazard check list for the yard survey.
4. Have some member or members give a yard safety demonstration.
5. Complete your Safety Record book and write the safety story.

## PLANS FOR FUTURE MEETINGS:

1. Plan any additional meetings you desire related to Home Safety.

HAZARD CHECK LIST FOR THE YARD

- |  | YES   | NO    |
|--|-------|-------|
| 1. Are all toys and other articles which might cause falls on the sidewalk kept cleared away?                    | _____ | _____ |
| 2. Are ladders in good repair and stored where children can not climb on them?                                   | _____ | _____ |
| 3. Do you remove all ice and snow from outside steps and walks regularly?  | _____ | _____ |
| 4. Do you keep trash, junk and refuse cleaned up around the yard?  | _____ | _____ |
| 5. Is there a place to safely store garden tools?  | _____ | _____ |
| 6. Is the yard properly lighted to prevent accidents during the dark hours?                                      | _____ | _____ |
| 7. Do the members of the family realize the importance of never operating a gasoline motor in a closed building? | _____ | _____ |
| 8. Do you take steps to remove hazards that may cause fire in the yard and around the house?                     | _____ | _____ |