

# L I V E S M A R T

## Health and Safety Activities for Youth Clubs

Ohio State University  
Extension  
Food, Agricultural, and  
Biological Engineering  
590 Woody Hayes Dr.  
Columbus, OH 43210

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## Mowing Mania

YOU WILL TEACH CLUB MEMBERS...

to follow safety practices when operating lawn and garden equipment.

WHAT DO YOU NEED?

posterboard, markers, stop watch

WHAT DO YOU THINK?

**Ask club members:** How many of you are responsible for mowing the lawn? What type of equipment do you use? Have you ever injured yourself when you were mowing?

WHAT SHOULD YOU KNOW?

**Tell club members:** When operating lawn and garden equipment, follow these safety tips. (You may want to list these on a piece of posterboard.)

- Read the operator's manual and learn to operate the equipment properly.
- Lawn mowers can throw yard debris and other objects. To prevent objects from being thrown, clear the lawn of all debris prior to mowing.
- The discharge chute and guards protect the operator from moving parts. The guards and chute should be in place at all times.
- Do not mow if bystanders are present in the mowing area. Especially watch for small children who may be attracted to mowers.
- Dress for the job. Wear close-fitting clothing, long-sleeved shirts and long pants. Also, wear sturdy shoes with hard soles and traction.
- Since most lawn care is completed on hot summer days, it is important to take precautions to protect yourself from the sun. Always wear a hat and sunblock.
- Certain items if worn, may become caught in equipment. For this reason, always tuck in shirt tails and avoid wearing jewelry and scarves.
- Ear plugs should be worn to protect the ears from noise and safety goggles worn to protect the eyes from flying debris. Heavy gloves can be worn when operating a walk-

behind mower. Gloves increase the operator's grip and absorb a portion of the engine vibration.

- Never add fuel to a hot engine. Always allow the engine to cool before refueling. Never refuel indoors.
- Keep hands and feet away from moving engine parts at all times.
- If the mower becomes clogged, shut down the engine and wait for all moving parts to stop before attempting to unclog the equipment.
- To prevent mower clogging, mow only when the grass is dry.
- When using a walk-behind mower, mow only in a forward direction. Never pull the mower backward or toward you.
- When using a walk-behind on a gentle hill or incline, mow across the slope of the hill. Mowing up and down can cause slips and falls.

When operating a riding mower, follow the previous rules in addition to the following.

- Practice driving the mower before beginning to mow in order to familiarize yourself with all of the controls.
- Keep all safety devices, switches, and shields in place.
- Never carry passengers. Lawn mowers are equipped with one seat, and one seat means one rider.
- When mowing on a hill or incline, mow up and down the slope. Note: this is the opposite of what you do when you are using a walk-behind mower.
- When mowing on a hill, also avoid sudden stops and starts.
- To avoid overturns, slow down for all sharp turns and avoid steep hills and drop-offs.
- Before getting out of the seat, shut down the engine and wait for all moving parts to stop.
- Young children like to play on lawn mowers. For their safety, remove the key from the ignition when the lawn mower is not being used.

## WHAT CAN YOU DO?

### How Fast Are You?

Ask for a volunteer, but be sure to emphasize that you need the help of someone who has very fast reflexes. Instruct your volunteer to turn the stopwatch on and off as quickly as he/she can. How much time does it take; read the time aloud. Tell club members that a cutting blade on a lawn mower spins at a speed of 52 times each second. In other words, a mower could cut you 52 times in one second. Compare the volunteer's reflex time with lawn mower speed using the chart below. Be sure to emphasize that the member was prepared to move quickly in this situation, but that you would not be prepared when injured by a lawn mower. Allow all members to test their speed.

0.1 seconds = 6 cuts	0.6 seconds = 32 cuts
0.2 seconds = 10 cuts	0.7 seconds = 36 cuts
0.3 seconds = 15 cuts	0.8 seconds = 42 cuts
0.4 seconds = 21 cuts	0.9 seconds = 47 cuts
0.5 seconds = 26 cuts	1 second = 52 cuts

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## Rocking the Boat

YOU WILL TEACH CLUB MEMBERS...

to follow safety procedures when boating.

WHAT DO YOU NEED?

Life jacket, rope

WHAT DO YOU THINK?

**Ask club members:** How many of you have ever been boating? Who has ever went canoeing or kiyaking? Who has ever ridden on a jet ski or went waterskiing?

**Ask club members:** Have you ever tipped a boat? Have you ever been in a sinking boat? Have you ever capsized or flipped a boat?

**Tell club members:** Boating is fun. We even laugh when boats are tipped and canoes are flipped. However, in reality, this kind of "fun" is no laughing matter.

**Ask club members:** Why should we take boating seriously?  
**Answer:** Boating is a hazardous sport. Each year about 800 people are killed in the U.S. while boating.

WHAT SHOULD I KNOW?

**Ask club members:** Why do boats tip and flip?

**Answer:** People tip and flip boats by not boarding them carefully or by overloading them.

**Ask club members:** What can you do to prevent tips?

**Answer** When getting in a boat, be sure the dock lines are tied. In small boats, step to the center of the boat and stay low. Never overload a boat or load everything on one side. Watch the distance between the water and the top of the boat. If the boat sinks too low, it has been overloaded and may sink. You can also calculate the capacity of your boat by following this formula.

Number of people =  $\frac{\text{Length of boat in feet} \times \text{width of boat}}{15}$

**Tell club members:** Besides flipping a boat, there are many other safety issues you should be aware of when boating.

- Pay close attention to the weather. Sudden changes in wind direction, flashes of lightning, and rough water are all warning signs that a storm is approaching. In case of a storm, head for land. Lightning and water do not mix.
- Do not drink alcohol when boating. Drunk people are more likely to fall overboard. Alcohol also reduces your reaction time and makes operating the boat dangerous. If a drunk person's head goes under water, he/she may become confused. There have been instances where people have become so confused that they swim down into the water, instead of swimming up to the surface.
- Always wear a life jacket and make sure you have enough life jackets for all of your passengers. These personal flotation devices cannot be shared.
- Never go boating without telling someone where you are going, who is going with you, and how long you will be gone.
- Before leaving the dock, check your boat, equipment, and engine if there is one. Also, make sure you have plenty of fuel.
- Be prepared for the unexpected by carrying extra supplies with you. Keep a flashlight, batteries, flares and matches, sunscreen lotion, first aid kit, and sunglasses.
- Know and obey the traffic rules of the body of water in which you are boating.
- Reduce your speed at night and during periods of poor visibility.

## WHAT CAN YOU DO?

Choose from the following list of activities.

1. Conduct a knot-tying demonstration. Teach members to tie knots like an overhand knot, a figure "8" knot, a square knot, or a granny knot. (Reference the 4-H Rope project book.) Bring enough rope, string, or yarn so that everyone can practice. You can also hold a knot tying contest and give prizes to the quickest members.
2. Organize a boating trip for the club.
3. If you have access to a pool, ask members to bring swimming gear. To emphasize the importance of wearing a life jacket, throw a life jacket in the pool. Ask members to take turns trying to put the life jacket on while they are in the water. This task is extremely difficult. After your demonstration, remind members that life jackets will not work properly if they are not worn. Therefore life jackets must be worn before you get into the water or ride in a boat.
4. Place construction cones at various distances. Allow members to practice throwing a flotation device around the cones. Emphasize all water rescues should be done from the shore, never enter the water to save someone.



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## Cycling Safely

YOU WILL TEACH CLUB MEMBERS...

to follow safety practices when bicycling.

WHAT DO YOU NEED?

Two bicycle horns, posterboard, markers, and game prizes  
(prizes are optional)

WHAT DO YOU THINK?

**Ask club members:** Who owns a bicycle? How often do you ride? Where do you ride? Do you wear a helmet?

**Ask club members:** Is riding a bicycle dangerous?  
**Answer:** You bet! Each year nearly one-half million people are injured while riding a bicycle. Of those injured, about 900 die.

WHAT SHOULD YOU KNOW?

**Tell club members:** Many cycling injuries can be prevented by following a few safety tips. (You may want to list the following tips on a piece of posterboard.)

- 1) Always wear an approved bicycle helmet.
- 2) Obey all traffic laws.
- 3) Avoid riding at night or in bad weather. If you must ride after dark, make sure your bike has a white headlight and a rear light or reflector. Also be sure to wear light colored clothing or reflective material.
- 4) Stay alert at all times.
- 5) Watch for road hazards including litter, loose gravel, mud, etc. These can cause you to lose control.
- 6) Walk your bicycle across busy intersections.
- 7) Use hand signals when you stop or turn.
- 8) Never carry extra riders.

WHAT CAN YOU DO?

Play "Bicycle Brainbusters" with the members. Read these statements to the group and ask for volunteers to answer whether the "Brainbuster" statements are true or false. Bring two members at a time to the front. Give them both a bicycle horn. Tell them that when either of

them wishes to answer, he/she must honk the horn. The member who honks first, wins the chance to answer first. If that member does not answer the question correctly, the second member gets a chance to answer. If neither person answers correctly, allow anyone in the group to answer. After each correct response, tell the members why the statement is true or false and read them the facts written with the answers. Keep track of who answers the most questions. You may want to give the winner a prize like reflectors, a bicycle horn, etc.

- 1) **Statement:** Any way I wear my helmet is okay.  
**Answer:** False! Helmets must sit at a proper angle. They cannot be tilted over the forehead or rest solely on the back of the head.
- 2) **Statement:** Helmets are too heavy and expensive.  
**Answer:** False! Today's helmets only weigh about one-half a pound and cost as little as \$20.
- 3) **Statement:** Bicyclists must drive on the right-hand side of the road with traffic flow.  
**Answer:** True! Bicyclists travel with traffic. Never ride on the left-hand side facing oncoming cars. This confuses motorists and increases your risk of injury.
- 4) **Statement:** It is okay to wear headphones while riding as long as I am wearing a helmet.  
**Answer:** False! Headphones should never be worn while riding. Cyclists need to be aware of their surroundings, especially sounds of traffic.
- 5) **Statement:** It is okay to ride in the middle of a lane when traffic is slow.  
**Answer:** True! When you are at busy intersections or are moving at the same speed as the surrounding traffic, drive in the middle of the lane. This makes you more visible to motorists.
- 6) **Statement:** Good cyclists never scan the road behind them when riding.  
**Answer:** False! Alert cyclists are always aware of their surroundings. They use rear-view mirrors and learn to keep their balance while looking over their shoulders.
- 7) **Statement:** The law requires that bikes be equipped with a white headlight and a rear reflector when ridden at night.  
**Answer:** True! Bicycles must have a white headlight visible from at least 500 feet ahead and a rear reflector visible up to 300 feet from behind.
- 8) **Statement:** Bicycles can be ridden on all streets, highways, and interstates.  
**Answer:** False! Bicycles are prohibited on interstates and expressways.
- 9) **Statement:** If you are tired, it is okay to hitch onto a moving vehicle so that you do not need to pedal.  
**Answer:** False! Bike drivers must use their own energy to power their bikes at all times.
- 10) **Statement:** All bicycles are required by law to be equipped with a bell or other signaling device.  
**Answer:** True! All bicycles must have a bell or other signaling device which can be heard at least 100 feet away. Sirens and whistles cannot be used.

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## Supplementing Your Diet

YOU WILL TEACH CLUB MEMBERS . . .

what a supplement is.  
how to get vitamins and minerals from their diets.

WHAT YOU NEED:

If possible, obtain Food Guide Pyramid handouts from your local extension office. Otherwise, a simple drawing of the Food Guide Pyramid on construction paper is needed.

WHAT DO YOU THINK?

**Ask club members:** What do you think of when you hear the word "supplement"?

**Tell club members:** Supplements are more than just daily vitamins. The US Food and Drug Administration defines a supplement as "... any product taken by mouth that contains a so called "dietary ingredient" and its label clearly states that it is a dietary supplement." So, in short, dietary supplements may be vitamins, minerals, herbs, protein, and many other substances.

**Ask club members:** How many of you take a daily vitamin or another kind of supplement?

**Tell club members:** Those of you who take vitamins and other supplements are not alone. The use of dietary supplements is a growing practice. According to a 1993 Newsweek poll, 7 out of 10 Americans occasionally take supplements. With over 3,400 different products in various stores, this is a very large industry.

**Ask club members:** Why do you take daily vitamins? Why do you think other people take supplements?

Most members will probably say that vitamins are taken to stay healthy. Possibly they are taken to improve a health condition or keep from developing one.

## WHAT SHOULD YOU KNOW?

**Ask club members:** Medical sources tend to agree that if you are eating the right foods, you probably don't need to take dietary supplements. But, how do you know if you are getting the right foods?

**Answer:** The RDA, or Recommended Daily Allowance, is the best indicator of whether or not you are getting the right foods. The RDA is broken down into age groups according to gender. For example, there is a group for Males age 14 - 18 and another group for girls age 14 - 18. Each group lists the specific amount of each vitamin and mineral you need to take in on a daily basis. Fortunately, rather than having to refer to this rather long, complicated list, the RDA has been incorporated into a very useful tool called the Food Guide Pyramid.

Hand out copies of the Food Guide Pyramid to club members, or simply hang a piece of construction paper with a simplified Food Guide Pyramid drawing.

**Tell club members:** Note how the Pyramid is broken down into five main groups. Each of these groups adds very important nutrients to your diet. You can compare what you eat every day to the five groups represented. Aim to get the number of servings recommended for each group! If you are able to do this, you will take in most of the vitamins, minerals, protein, and energy that you need. More importantly, it will be in a form that your body can easily use!

**Ask club members:** If most people can meet their dietary needs by eating foods from the groups on the Food Guide Pyramid, then who needs supplements?

**Answer:** Some people have lifestyles and diet patterns that prevent them from meeting all of the recommendations. People with hectic lifestyles usually don't eat much or tend to eat irregularly. Vegetarians, as well as other individuals who can't or won't eat dairy products might want to consider a dietary supplement. Before choosing a supplement, talk it over with your doctor or dietitian.

**Ask club members:** For daily use, do you think it is better to take a supplement that contains one specific nutrient, or is it better to take a supplement with many different nutrients, sometimes called a multi-vitamin?

**Answer:** While in some cases a specific nutrient, such as calcium, might be taken, in general, it is better to take a multi-vitamin. Keep in mind that too much of a good thing can have bad consequences. Even small amounts of some vitamins can be toxic. This means that they can make you sick and maybe even cause death. While it is not likely that this will happen when you are getting your nutrients from food sources only, it could happen if you are trying to get a day's worth of nutrients from a single pill! Also, when you take in a lot of one nutrient, chances are you won't be able to take in as much of another.

## WHAT CAN YOU DO?

Members may want to keep track of what they are eating and compare it to the suggestions made by the Food Guide Pyramid. Especially aim to get at least the minimum number of suggested servings for fruits and vegetables!



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## Calcium Concerns

### YOU WILL TEACH CLUB MEMBERS . . .

what calcium is and why the body needs it.  
how to determine which foods contain calcium.

### WHAT DO YOU NEED?

At least four different food labels with the product name  
blacked out, a tennis ball, and a deck of cards.

### WHAT DO YOU THINK?

**Ask club members:** What is calcium?

**Answer:** Calcium is a mineral.

**Ask club members:** Why do you need calcium?

**Answer:** It is used by the body to build strong bones, make  
the heart beat, regulate nerve function, and make muscles  
contract. Calcium is also needed to stop bleeding when you  
get cut and scraped. That is a lot of work for one mineral!

**Ask club members:** Where do you get calcium?

**Answer:** Many people think they can only get calcium from  
milk. While this is an excellent source, it is not the only one.  
Yogurt, cheese, dark leafy vegetables, sardines with the  
bone, and calcium fortified foods are also wonderful calcium  
sources.

**Ask club members:** If you are unsure whether or not a food  
contains calcium, what is the easiest way to check?

**Answer:** Just read the food label! By law, most foods must  
have food labels. Just under the section listing "Calories",  
"Carbohydrates" and "Fats", you will see a section listing  
calcium and other nutrients.

### WHAT SHOULD YOU KNOW?

**Tell club members:** The amount of calcium a person needs  
depends on his or her age. Young people (those under 25)  
need a lot of calcium since their bones are still developing.



**Ask club members:** How much calcium do you need?

**Answer:** The recommended daily allowance for calcium is 1200 mg. This is the amount you get from four servings of calcium rich foods.

**Ask club members:** How much is a serving?

**Answer:** One serving of calcium rich food is equal to:

- 1 cup of milk, low-fat or nonfat yogurt, fortified orange juice, or broccoli
- 1/2 cup of ice cream or frozen yogurt (about the size of a tennis ball)
- 3 ounces of sardines with bones (a little smaller than a deck of cards)
- 1 1/2 ounce of cheese (about the size of your thumb)
- 1 ounce of fortified cereal

**Ask club members:** What happens if you do not get enough calcium every day?

**Answer:** Since calcium is used in the body in many ways, it is important to try to get ample calcium. If you do not, the calcium will be taken away from your bones so your heart can keep pumping and your muscles can keep working. This leads to brittle bones, or a condition known as osteoporosis. (Say "ah-stee-o-por-o-sis")

**Ask club members:** How can you tell if you have osteoporosis?

**Answer:** Osteoporosis is a "silent disease". This means that you can have it for a long time without knowing. Your bones will get weaker and weaker, until one day a bone finally breaks. It is usually not until a bone breaks without reason that a person realizes they have osteoporosis.

**Tell club members:** The people who make food labels have made it pretty easy to tell whether or not you have eaten enough calcium containing foods. Notice that unlike other food label listings, calcium is given as a percent. Throughout the day, you can add up the percent in each of the foods you eat and see how much calcium you have consumed. Make it your goal to get 100% of your calcium every day!

**WHAT CAN YOU DO?**

1. Code your food labels so you know what they are. For example, write a "1" on the back of the first food label, a "2" on the back of the second, and so on. Make sure you know what food goes with which label, but don't tell your fellow club members.
2. Pass out the labels. See if people can guess what the food is.
3. Have them write down the percent of calcium each food contains. Once every member has seen every food, have them add up the percent of calcium they would have consumed if they had eaten all of the foods.

Bring milk and calcium fortified orange juice for a refreshing, nutritious snack!

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## Exercising Insights

**YOU WILL TEACH CLUB MEMBERS . . .**  
factors that help to reduce sports injuries.

**WHAT YOU NEED:**  
Sports equipment may be needed for the game you select.

**WHAT DO YOU THINK?**  
**Ask club members:** How many of you exercise every week?

**Ask club members:** What are your favorite ways to exercise?

**Tell club members:** Sports and play are excellent examples of exercise, but remember that exercise does not have to be a planned activity. Any type of activity can be exercise - playing with friends, walking to class, raking leaves, and even cleaning your room. The important thing is that you are being active and exercise a little every day!

**Ask club members:** How many of you have heard the old saying "No pain, no gain"?

**Tell club members:** While it is good to push yourself to achieve goals you have set, it is not good to push yourself to the point that activity is painful. If you experience pain while you are playing, do not ignore it and expect that it will just go away. Take the time to listen to what your body is telling you.

**Ask club members:** Have you ever been injured while exercising? How or why were you hurt?

**WHAT SHOULD YOU KNOW?**

**Tell club members:** A sports injury can be very painful! Some, like bumps and bruises, go away after a few days. Others, like a sprained ankle, require rest and a little time off. Still others, like broken bones, may never completely return to their previous state. Although some sports injuries can not be prevented - like an opposing team's player falling into you and causing a bruise or break - some injuries can be prevented by thinking ahead and taking proper precautions.

**Ask club members:** What are some of these precautions?

**Tell club members:** There are some practical ways to decrease your risk of injury. Let's look at these one by one.

### **Warm Up, Stretch, and Cool Down**

It is important to warm up, stretch, and cool down because these activities help to keep your muscles healthy. When you start exercising, your muscles are "cold" and can be easily torn or damaged. The best method for preventing injury is to warm up first by walking or jogging lightly. Then stop and take a few minutes to stretch before really getting into your game. Taking time to cool down is important, too, because it helps your body return to its normal state.

### **Some Stretching Thoughts**

- We stretch to increase and maintain flexibility.
- It is best to use a slow, continuous motion rather than a bouncing motion.
- Try to stretch all of your major muscle groups - legs, arms, neck, sides, etc.
- Hold a stretch for a count of 20 - 30, but do not stretch your muscles further than they would be naturally stretched during the activity

### **Using Proper Equipment**

This means not only to use equipment that is designed for the specific activity, but also to make sure this equipment is in good condition. For example, what are some questions you should ask yourself before biking?

- Is your bike the right size?
- Do you have a helmet that fits properly and is in good condition?
- Are your bike's chains, tires, and brakes in good working order?

Another piece of equipment people often overlook are their shoes. Over time the shock absorbing power of shoes decreases. This can lead to many problems, such as sprained ankles and even stress fractures. So keep your shoes in good repair and replace them as necessary! Remember, before the "big game" make sure you wear your new shoes a few times so you can get used to how they feel. You do not want sore feet to interfere with your fun!

### **Know Your Limits**

Our favorite sports stars did not become stars in one day, one week, or even one year. You won't either. Set goals and work towards them. Do not become discouraged if you have a bad day every now and then. Think about all of the wonderful things you can do and not about the things you have not done. Remember, most injuries are caused by over-training. Taking it slow is much better than not being able to do it at all.

### **WHAT CAN YOU DO?**

Now that you have some exercise basics, why not put them to use? Plan a game after your meeting. Some suggestions are baseball, kickball, dodge ball, frisbee, or capture the flag. Make sure everyone takes the time to warm up and stretch. Have club members suggest their favorite stretches. Do these stretches together - make sure you are counting to 20! Have a great time!

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## Sleeping Matters

YOU WILL TEACH CLUB MEMBERS . . .

the importance of getting a good night's sleep.  
ways to make sure your sleep is the best it can be.

WHAT DO YOU NEED?

No additional materials are required.

WHAT DO YOU THINK?

**Ask club members:** How many hours of sleep do you get every night?

**Ask club members:** Is this enough? Do you feel alert and well rested in the morning?

**Tell club members:** The amount of sleep one needs varies from person to person. If you want to know whether or not you are getting enough sleep, answer this simple question: Can you stay awake and alert even when you are doing something that is boring and routine? You might be able to get by just fine with only 6 hours of sleep, while your friend is unusually tired even if he or she gets 8 hours of sleep! Keep this in mind and respect others' right to a good night's sleep.

WHAT SHOULD YOU KNOW?

**Tell club members:** According to the National Sleep Foundation, about one-half of the American public reports having occasional sleep difficulties. While staying up every now and then for slumber parties and late night movies may be fun, being unable to sleep every night is a problem, and it has many researchers trying to figure out why people can't sleep.

**Ask club members:** Why do you think people are concerned about this lack of sleep?

**Answer:** Not sleeping can have far reaching effects. Think about how you feel after a long night of being awake. A lack of sleep leads to decreased ability to concentrate, decreased productivity, and, in many cases, bad moods!

**Ask club members:** What are some signs that you have a sleep disorder?

**Answer:** Some common symptoms include:

1. Snoring or noisy breathing during sleep
2. Breathing through your mouth while sleeping
  - most young people tend to breathe through their nose while sleeping; breathing through the mouth indicates a respiratory obstruction
3. Daytime sleepiness
4. Waking in the early morning and being unable to return to sleep
5. Complaints of pain, typically in the legs

#### WHAT CAN YOU DO?

See what club members know about sleep. Read each statement. Then ask members to classify it as "Fact" or "Myth" and tell why.

1. Some people dream every night, but others don't. If you have a dream, you will surely remember it.

**Myth:** Everybody dreams during a period of sleep called REM sleep. REM stands for "Rapid Eye Movement." While you may not remember every dream you have, in all likelihood, you have several dreams every night.

2. Snoring can indicate a serious problem and should not be ignored.

**Fact:** Snoring can indicate that there is an obstruction or collapsing of your airway. This is typical of a condition called sleep apnea. With sleep apnea, the airway collapses, making it difficult for an individual to breathe. Snoring results as the person struggles for air. Although he or she may not be completely aware of the snoring, it is interfering with sleep and breathing and should be checked out. Another symptom of sleep apnea is daytime sleepiness.

3. If you go to bed on a full stomach, you are sure to sleep all night.

**Myth:** While a small bedtime snack might help to hold you over until morning, being too full or drinking too much before going to bed can make you uncomfortable. In addition, you will probably need to use the restroom sometime during the night. If you are having trouble sleeping, consider lightening up your bedtime snack.

4. Exercising makes you more alert and therefore keeps you from getting sleep.

**Myth:** Exercising will help you to sleep better, especially if it is done in the afternoon. It is suggested that you exercise at least 2 -3 hours before going to bed because exercising raises your internal body temperature, which can make it more difficult to sleep.



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## Detecting Heat Hazards

YOU WILL TEACH CLUB MEMBERS...

to recognize and treat heat exhaustion and heat stroke.

WHAT DO YOU NEED:

A piece of light cloth and dark cloth that are about the same weight, two thermometers, a glass of water, salt, a spoon, a damp cloth.

WHAT DO YOU THINK?

**Tell club members:** Imagine this: It is summertime and you are outside playing with some neighbor friends. After about 2 hours of racing on your bicycles, your neighbor starts to complain that he is tired and dizzy. You notice that he is really pale. Do you think he is just making excuses, or could there really be something wrong with your friend?

**Answer:** Your friend could be experiencing heat exhaustion, heat stroke, or other physical difficulties.

**Ask club members:** What might be some signs that you or a friend is experiencing heat exhaustion?

**Answer:** People with heat exhaustion typically have normal body temperature, but their skin may be pale and sweaty. They might feel weak, dizzy, and have an upset stomach. They will be very thirsty, short of breath, and might have muscle cramps.

**Ask club members:** How is heat stroke different than heat exhaustion?

**Answer:** Heat stroke is worse than heat exhaustion. The signs of heat exhaustion will be seen first. Then, the skin becomes dry, hot, and red. Body temperature increases and the person will stop sweating. Extreme dizziness and confusion results.

WHAT SHOULD YOU KNOW?

**Tell club members:** Heat exhaustion and heat stroke are very serious conditions. The good news is that they can be easily prevented. The best ways are to wear light clothing, get plenty of water, and take time to rest.

**Ask club members:** Do you think this means to wear clothing that is not heavy, light in color, or both?

**Answer:** Both. Clothes that are made out of cotton and other light materials will allow body heat to escape. This will make you feel cooler. Light colors will also make you feel cooler because they reflect heat. Dark colors will absorb heat. Have you ever noticed how your feet get hot when you stand on blacktop? If you move to light colored cement, they feel much cooler.

**Try this experiment:** Place one of the thermometers under each of the pieces of cloth. Lie them beside each other on a table in the sunlight. Wait about 10 minutes. Check the temperatures to see which one is higher.

**Ask club members:** Should you wait until you are really thirsty before getting a drink of water?

**Answer:** No. When you are outside playing, your body is losing water in the form of sweat. If you wait until you are thirsty, your body has already lost a lot of water. Make sure to stop and drink water often - don't wait until you are thirsty!

**Tell club members:** Immediate treatment of heat exhaustion and heat stroke are very important.

To treat heat stroke:

1. Have the person lie down in a cool spot.
2. Once the person has rested a little bit, give him or her water to sip. Add a teaspoon of salt to the glass of water to replace salt lost as sweat.
3. The person should recover with rest. If not, call a doctor.

To treat heat stroke:

1. Contact a doctor immediately!
2. Have the person lie down in a cool, shady spot - indoors if possible.
3. Remove outer clothing such as jackets and sweaters.
4. Wipe the face, arms, and legs with a damp cloth.
5. Give the person water to drink if he or she is alert.

**WHAT CAN YOU DO?**

Identify various sports or outdoor activities (like gardening) that may place a person at risk of heat exhaustion or heat stroke. Discuss how a person can prevent heat risks for each activity.

# L I V E S M A R T

## Health and Safety Activities for Youth Clubs

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## Sunning Sensibly

**YOU WILL TEACH CLUB MEMBERS . . .**  
what skin cancer is and who it affects.  
practical ways to decrease skin cancer risks.

**WHAT DO YOU NEED?**  
a variety of hats with varying degrees of sun protection  
(i.e. ball cap, cowboy hat, wide brimmed straw hat, bike  
helmet, etc.)

**WHAT DO YOU THINK?**

**Ask club members:** How many of you know of someone who  
has been treated for skin cancer?

**Ask club members:** About how many people do you think  
are treated every year?

**Tell club members:** Over one million people are treated  
every year for skin cancer. This makes skin cancer the most  
common cancer in the United States.

**Ask club members:** Who gets skin cancer?

**Tell club members:** Anyone with skin can get skin cancer!!  
However, people who spend a lot of time in the sun without  
some form of protection are at the greatest risk. Skin  
cancer is also more common in people who have fair skin and  
blond or red hair.

**WHAT SHOULD YOU KNOW?**

**Tell club members:** Your skin has a very important job - it  
helps to keep your body temperature constant and protects  
your body against light, injury, and infection. The skin has  
three layers. The inner-most layer is called the  
subcutaneous, the middle layer is the dermis, and the outer  
layer is the epidermis. Each layer is made up of tiny units  
called cells.

**Ask club members:** Which layer, the subcutaneous, dermis,  
or epidermis, do you think is affected by skin cancer?

**Answer:** All types of skin cancer affect the outer layer or  
epidermis.

**Ask club members:** Can anyone tell me what causes skin cancer?

**Answer:** Ultra-violet light, sometimes called UV radiation, is the main cancer-causing agent. This can be in the form of direct light from the sun, or even artificial light from tanning beds and heat lamps. Other causes include X-rays and exposure to strong chemical compounds. A family history of skin cancer increases the chances that you might get it, too.

**Ask club members:** So, if you can get skin cancer from exposure to sunlight, what can be done to decrease your risks?

**Answers may vary.** Some possible suggestions might be wearing long-sleeve shirts and pants while out of doors, wearing hats, sunscreen, sunglasses, and staying inside. These are all good answers.

**Tell club members:** The best way to protect against skin cancer is to wear protective clothing, such as hats, pants and long sleeved shirts while you are outside. Even on cloudy days you can be exposed to UV radiation. Also, try to avoid being outside between the hours of 11 a.m. and 3p.m. because this is when UV rays from the sun are the strongest. Always wear sunscreen.

**Ask club members:** Do all sunscreens offer the same protection?

**Answer:** No, sunscreens vary in the amount of protection they provide. Every bottle of sunscreen should have an "SPF" clearly marked. The higher the "SPF" the more protection the sunscreen supplies. Look for sunscreen labeled "broad spectrum."

**Ask club members:** If I put on sun screen with an SPF of 15, will it last longer than one with an SPF of 4?

**Answer:** No, all sunscreen will last about two hours. It is washed off when swimming and sweating, so it is important to apply sunscreen more often when doing either of these activities.

**Tell club members:** Your skin is the largest organ in your body - make sure you keep it healthy!

#### WHAT CAN YOU DO?

Ask for volunteers to model the hats. Ask club members which ones they think offer the best protection from the sun.

Cowboy or wide brimmed straw hat - offer the most protection since they cover the face, neck, and ears

ball caps - protection over face, but the tops of your ears and neck are exposed

bike helmet - no brim over face, and no coverage over the ears and neck

**Tell club members:** If you wear hats that do not offer full protection, apply sunscreen to exposed areas. Many ball players, gardeners, and farmers who wear ball caps have moles on the top of their ears and back of their neck indicating excess sun exposure.