Roller-blading Right

YOU WILL TEACH CLUB MEMBERS...

to follow safety practices when in-line skating.

WHAT DO YOU NEED?

in-line skates, helmet, kneepads, elbow pads, wrist guards, gloves

WHAT DO YOU THINK?

Ask club members: Can anyone name the fastest growing sport in the U.S.?

Answer: In-line skating is the fastest growing sport in the U.S. More skating, however, leads to more skating injuries. Each year, approximately 100,000 people are treated in emergency rooms for injuries received while in-line skating.

Ask club members: How many of you have ever skated on in-line skates? Did you wear safety gear while you were skating? If yes, what gear did you wear?

Ask club members: Why is safety gear important?

Answer: Skaters can reach speeds of 30 miles per hour or more. That is faster than a car can travel in a school zone! Crashes at this speed can cause severe injuries.

WHAT SHOULD YOU KNOW?

Tell club members: Many in-line skating accidents can be prevented by following a few safety tips.

Ask club members: What is the most important piece of safety gear to wear while skating?

Answer: Helmets are the most important piece of protective equipment for skaters. When selecting a helmet, make sure it fits snugly. Always tighten both straps of the helmet securely under the ears and chin.

Ask club members: What other safety equipment should be worn while skating?
Answer: Knee pads, elbow pads, and gloves should be worn to reduce abrasions received during falls. Since most people use their hands to try to catch themselves during a fall, wrist guards should also be worn to protect the wrists from sprains and fractures.

Tell club members: Follow these safety tips when skating.

1) Check your skates before you begin skating. Remove all grass and debris from the wheels. Wheels should not wiggle from side to side. If they do, tighten them. Spin each wheel to make sure they rotate evenly. If you hear grinding, a bearing needs to be cleaned or replaced.

2) Before skating in heavily populated areas, practice, practice, practice. Learn the basic stopping, turning, and braking skills.

3) Falls are going to happen, so be prepared. Practice falling correctly in grass or on mats. To fall correctly, relax, tuck your head, and roll forward on your shoulder.

4) Skate in open areas with few obstacles and avoid skating over water, oil, gravel, debris, etc.

5) Skate with your knees slightly bent to help maintain your balance.

6) Like motorists and bicyclists, skaters must obey all traffic laws.

7) Cross cracks in the pavement at an angle to decrease your chances of tripping.

8) Control your speed. Higher speeds increase your chance of serious injury.

9) Be alert. Watch for traffic, potholes, dogs, pedestrians, etc.

10) If you find yourself losing your balance or picking up too much speed, gain control by touching your fingertips to your kneepads.

WHAT CAN YOU DO?

Choose any of the following activities.

1) Get a volunteer from the group to suit-up in the protective gear. Explain to the group the importance of making sure skates, helmets, pads, guards, and gloves fit correctly.

2) If you have access to mats or a grassy area, have everyone in the group practice the “safe” way of falling.

3) Ask an "in-line skating expert" to speak to club members. This person can tell members how to select the in-line skates and safety equipment that are best for them or how to care for the equipment. "Skating experts" can be found at various sporting goods stores.

4) Organize a group in-line skating trip to a park or other safe skating area. Teach members proper skating, stopping, and falling techniques.
The Nutrients You Need

YOU WILL TEACH CLUB MEMBERS...
the six nutrients essential for good health.
where to find these nutrients.

WHAT DO YOU NEED?
two sheets of poster board or construction paper (label
one: Foods We Ate Today, label the second: Nutrients),
tape, markers, an apple, a glass of milk, a stick or tub of
butter.

WHAT DO YOU THINK?
Ask club members: What are some things that you ate
today? Write these answers on poster board or
construction paper.

Ask club members: Of the foods we just listed, which do
you think are the most nutritious? Draw a star next to the
foods thought to be “nutritious”.

Ask club members: How did you decide which foods were
nutritious and which were not? Does knowing what the
food is made of help you to decide whether or not it is
nutritious?

WHAT SHOULD I KNOW?
Tell club members: All foods are made up of tiny
components called “nutrients”. These nutrients are put into
six groups. All of the components in a group have many
things in common. For example, everything in one group
might provide energy and everything in another group might
help to build body tissues.

On a second sheet of poster board, write “Nutrients” and
below it, write the numbers 1 through 6.

Ask club members: Can anyone tell me what one of these
groups might be?

Answer: Protein, Carbohydrate, Fats, Minerals, Vitamins,
Water. Write the correct answers next to a number. They
can be in any order. Discuss each group with the
information provided.
Tell club members: Water is possibly the most important nutrient - about 65% of your body is water. You might have heard that you should drink 8 glasses of water every day. Many people think that water can only be consumed in the pure form, but water is actually a big part of most foods.

Ask club members: Which of these foods contain a lot of water? (Point to the apple, milk, and butter)
Answer: Milk or apple would be the best answer.

Tell club members: Protein helps to build cells and keep tissues healthy. Your blood contains proteins that carry oxygen from your head to your toes and also helps your body fight infection. Although most foods contain a small amount of protein, the most complete proteins come from animal sources.

Ask club members: Can you tell me which of these foods would be the best source of protein? (Point to the apple, milk, and butter)
Answer: Milk

Tell club members: Carbohydrates make up the bulk of our diets. They provide us with energy so we can think, talk, and play. Like proteins, carbohydrates can be found almost anywhere, however, plant foods tend to be the best source.

Ask club members: Which food do you think contains the most carbohydrate?
Answer: Apple

Tell club members: Fats tend to get a bad rap, but really they are an important part of the diet. Fats are a very concentrated source of energy. In fact, fats provide twice as much energy as carbohydrate or protein; this is why we don’t need a large amount of fat in our daily diets. Fats are needed to cushion our organs and they help us to feel full.

Ask club members: Of the foods here, which would have the most fat? (Point to the apple, milk, and butter)
Answer: Butter or margarine

Tell club members: The last two nutrients, vitamins and minerals, are needed in small amounts. Most foods contain many different vitamins and minerals. Both help your body to carry out it’s everyday processes. For example, this milk contains the mineral calcium which is necessary to build strong bones. Milk also contains vitamin A, which keeps the skin looking healthy.

WHAT CAN YOU DO?

When planning meals or snacks, think about these six nutrients and how they are represented. Do your meals include all of these nutrients? If not, how might you add the missing nutrient(s) to your diet?
Sitting Safety

YOU WILL TEACH CLUB MEMBERS...

to follow safety practices when baby-sitting.

WHAT DO YOU NEED?

posterboard, marker, game prizes (prizes are optional)

WHAT DO YOU THINK?

Ask club members: Have you ever watched or cared for young children? Have you ever been responsible for caring for your younger brothers and sisters? Has anyone here ever been paid to baby-sit?

Ask club members: How old were the children you watched? Does the age of the children affect how you baby-sit? Why?

Answer: Yes, the age of the children affects what you do as a babysitter. A big part of a babysitter’s job is to protect the children from harm. The age and abilities of the child will give you an idea of what hazards the child should be protected from.

Ask club members: What are some of the things you should be cautious of when watching children?

Answer: poisonous items such as medicines, bleaches, household cleaners, stairs, electrical outlets, stoves, ovens, heaters, hair curling items, small toys

WHAT SHOULD YOU KNOW?

Tell club members: Here are some tips to help you become a safe sitter.

Before the parents leave, make sure you have the following names and phone numbers: where the parents will be, nearby friend or relative, children’s doctor, fire department, police department, poison control center, and hospital. Keep your emergency telephone list handy at all times.

Know where the emergency exits are located.
In there is a fire, do not try to put it out yourself. First, get the children out of the house and take them to a neighbor. Then call the fire department and the parents.

Know where potential hazards are located. These include electrical outlets, appliances, and heaters. Also make sure that all medicine, bleaches, and household cleaners are locked up.

Stairs are dangerous places for youngsters. Do not allow children to play on them. If there is a gate across the stairway, make sure to keep it latched.

When caring for an infant, do not bathe the baby unless the parents instruct you to do so. Bathing a baby can lead to hot water scalds or drowning. Instead, use a clean facecloth in lukewarm water to bathe the baby.

Infants tend to put things in their mouths. They may choke on such small items. Watch babies carefully to make sure small objects are out of reach. If the infant is choking, use first aid to clear the child’s airway and call the rescue squad.

Keep doors and windows locked at all times. Never open the door to strangers.

Children easily get colds and infections, and therefore, you should not baby-sit when you are ill.

Take first aid classes, but remember you are not a doctor. In case of accident or illness treat only minor cuts and bruises.

WHAT CAN YOU DO?

Prior to your presentation, write the hazards listed below on index cards.
You may be able to think of a few more on your own.
Stairs, bleach, curling iron, electric outlet, small toys, hot water, swimming pools, hair dryer, knives, scissors, heaters, automobiles,

Start the activity by splitting the group into two teams. Ask a volunteer from one team to come to the front, select one of the index cards, and draw a picture of the hazard written on the chosen card. Tell the volunteer that he/she is only allowed to draw. Talking, making sounds, writing words or letters, and gesturing is not allowed.
Other members of the same team are given 30 seconds to guess the hazard being displayed. If the team guesses correctly, they earn one point. If the team fails, the other team is given one chance to guess. If the second team guesses correctly, they receive two points. If the second team fails, no point award is given to either team.
Continue to play the game, alternating between teams. The team with the most points is declared the winner. You may want to bring prizes for the winning team or give awards for the best “artists.”

Sitting Safety 2
Living with Livestock

YOU WILL TEACH CLUB MEMBERS...

to follow safety practices when working with animals.

WHAT DO YOU NEED?

posterboard, markers

WHAT DO YOU THINK?

Ask club members: Does anyone own a dog? Does anyone own a cat? Is anyone taking a livestock project? What types of livestock are you working with?

Ask club members: What is the difference between pets and livestock?
Answer: Livestock produce wool, milk, eggs, meat, and other animal products. Pets do not produce products for human use. The bottom line is, never trust any animal.

Ask club members: Is working with animals dangerous?
Answer: You bet! Each year thousands of children are injured by pets and livestock.

Ask club members: Has anyone ever been injured by their pet or livestock project? What happened?

WHAT SHOULD YOU KNOW?

Tell club members: Many injuries can be prevented by knowing the dangers of working with animals. The chart on the next page lists many of these hazards. (You may want to list these on posterboard.)

WHAT CAN YOU DO?

Choose from the following activities.
1. Arrange for livestock to be a part of your lesson. Use the livestock in demonstrations to teach club members about the hazards in the table on the next page.

2. Invite a veterinarian, livestock producer, or the county extension agricultural agent to your meeting to talk about livestock handling.
HAZARDS

Kicking -- Although most livestock do not kick, horses and cattle can. Cattle can kick to the side and front with their hind legs. Horses can punch with their front legs and kick to the back with their hind legs. Kicks can leave bruises, cuts, and scratches.

Stepped-on -- Livestock can step on your feet. Most full-grown cattle can weigh anywhere between 800 and 2,000 pounds. Horses weigh as much, and some breeds weigh even more! Although sheep and hogs weigh much less, they can still cause injury.

Crushed or Pinned -- Livestock can crush you against barns, fences, etc.

Jerked -- Livestock are easily frightened. When leading an animal, your hand may become entangled in the animal’s halter. If the animal is startled, you may be violently jerked and drug along behind.

Thrown-off -- When riding a horse, you can be easily thrown off. Being thrown from a horse can result in injuries to the head and neck, broken bones, and bruises.

Bitten -- Most livestock do not bite. In fact, cattle and sheep lack upper teeth. Horses, however, have a full set of teeth. When irritated, some horses may nip at you. Pigs have sharp teeth too, and have been known to cause serious damage.

Trampled -- Livestock are herding animals and like to stay in groups, especially sheep. When frightened, livestock will run to escape danger. If you are in their path, they are capable of trampling you.

Hit -- When angered, some livestock may charge at you. If hit, you can be knocked down or slammed into walls. Being hit can result in bruises and broken bones.

PREVENTION

Kicking -- Farm animals cannot see directly behind them, their eyes on the sides of their head. To avoid startling them, you should approach these animals from the front and side, never from the rear. When moving around a horse, place your hand on the horse’s hindquarter so that the horse knows where you are at all times.

Stepped-on -- Always wear hard-toed shoes or boots. When using a halter, lead animals from the side. Avoid stepping in their path.

Crushed or Pinned -- Always be aware of the amount of space between you and the animal. Never work in extremely tight quarters.

Jerked -- Never wrap the halter lead around your hand, wrist, or waist.

Thrown-off -- Stay alert at all times when riding. Never ride a horse without a riding helmet. Bicycle helmets should not be used! Be sure the helmet fits properly, sets level on your head, and the chin strap is fastened.

Bitten -- Use caution when hand feeding any animal. When working around hogs, keep a barrier between you and the animal.

Trampled -- Stay alert. Never put yourself in the animals flight zone.

Hit -- Watch animals closely, especially male animals. Restrain aggressive animals.

Living with Livestock 2
Helmeting Up!
Finding the Helmet for You!

YOU WILL TEACH CLUB MEMBERS...
to pick the right helmet for the sport.

WHAT DO YOU NEED?

variety of helmets (bicycle, horseback riding, football, motorcycle, etc.)

WHAT DO YOU THINK?

Ask club members: Do you own a helmet? Do you own more than one? When do you wear your helmet(s)?

Ask club members: Why should you wear a helmet?
Answer: Every year, about 3 million people suffer head injuries from sports-related activities. Helmets can prevent many of the head injuries received during these sports.

Ask club members: When should you wear a helmet?
Answer: Helmets should be worn when snow skiing, skating, canoeing, kayaking, playing football, hockey, or baseball, and when riding bicycles, motorcycles, and all terrain vehicles like 4-wheelers and dirt bikes.

Ask club members: All helmets are the same, right?
Answer: Absolutely not! Helmet manufacturers design helmets for specific sports and purposes.

WHAT SHOULD YOU KNOW?

Tell club members: Many people believe a helmet is a helmet, but this is not true. Helmets are designed to meet specific needs. The protection a biker needs in a crash is different from the protection a horse rider needs in a fall. Manufacturers design and test their helmets so that they will provide the best protection for each activity.

Some people believe that a bicycle helmet can be used for everything, but that is not the case. Here's why.
• Bicycle helmets are not motorcycle helmets. Motorcycle helmets are designed for very hard impacts. Motorcyclists need this because in a crash, their heads can hit the road surface at 55 MPH or faster.
• Bicycle helmets are not equestrian helmets. Horse riders are higher than bicyclists when they fall. On the ground, horse handlers must also be protected from being kicked by the horse. Helmets used for horseback riding are made to absorb these impacts. They also are shaped differently to protect the back of the riders’ head.
• Bicycle helmets are not canoe and kayak helmets. Injuries from whitewater rafting are usually caused by rocks, logs, and other debris. Helmets must be able to stand many small impacts and sharp rocks. Bicycle helmets are made to protect against one single impact, not many.
• Bicycle helmets are not football, hockey, or baseball helmets. Bicycle helmets are designed to protect the head from one hard hit against the road surface. Unlike football and hockey helmets, they cannot stand lots of hard hits. Bicycle helmets also do not protect the ears like sport helmets do.
• Bicycle helmets are for in-line or quad skating. Skating helmets have only recently been introduced. They have been designed like the bicycle helmet to protect during a single hard hit. Both bicycle and skating helmets are required to meet the same standards. For this reason, they can be inter-changed. There is one exception — bicycle helmets must not be used for trick skating! There are helmets designed specifically for this. Only bicycle and skating helmets can be inter-changed! All other helmets must be worn for their specific purpose.

Ask club members: Is it okay to share helmets with siblings and friends? Answer: Yes, but only when the helmet fits you properly!

WHAT CAN YOU DO?

Make sure your helmet(s) fit properly by trying the following test.
1) Wear the helmet so that it sits flat on your head and does not tilt backwards.
2) Wear the helmet with the chin strap firmly buckled.
3) Make sure the helmet fits snugly, touching all around your head.
4) The helmet should move very little when pulled in any direction and must not be able to be pulled off.
5) A properly fitting helmet should not affect your ability to see.
6) Check your helmet for cracks and damage. If your helmet has been involved in an accident, do not use it. Although the helmet may appear to be fine, small cracks and damage to the foam inside greatly reduce its ability to protect you in a future crash.
7) Replace your helmet when the padding becomes tightly packed after years of use and sweat.

If your helmet does not pass the test, manufacturer’s recommend purchasing a new one.
Fighting Fires

YOU WILL TEACH CLUB MEMBERS:
to understand the three sides of the fire triangle.

WHAT DO YOU NEED?
markers, posterboard, copies of the fire safety
triangle for each member

WHAT DO YOU THINK?
Ask club members: Have you ever wondered how many
fires occur every year? Can anyone guess how many fires
occurred in the United States in 1997?
Answer: According to the National Fire Protection
Association, in 1997, there were 1,795,000 fires. These
fires resulted in 4,050 deaths and 23,750 injuries.

Ask club members: How did all of these fires start?
Answer: Fires can be started in many ways. Possible
examples are cooking, careless smoking, heating problems,
arson, children playing, etc.

Ask club members: How are fires extinguished (put out)?
Answer: Fires can be extinguished in many ways. The
method used to extinguish a fire depends upon the type
of fire. Fires can be put out by spraying water, using a
fire extinguisher, applying chemicals, smothering the
blaze, beating the fire, etc.

WHAT SHOULD YOU KNOW?
Hold up the "Fire Triangle" handout. (You may want to
redraw this on posterboard so that it is easier to see, or
you can make copies for everyone.)

Tell club members: Although fires can start in many ways,
three things must be present in all situations. The three
things are fuel, air (oxygen), and heat. Fill in the blanks of
the triangle (see the master copy).

Ask club members: Can you list examples of heat or
energy sources? (Write these responses on the chart. You
may have to give some hints.)
Answer: There are many answers. A few examples are
electrical cords, matches, candles, oven, stove, fireplace,
lightning bolts, etc.
Ask club members: Can you list examples of places air can be found?
Answer: This is a trick question, because air is found EVERYWHERE in our living atmosphere.

Ask club members: Can you list possible sources of fuels.
Answer: This is a very lengthy list since almost anything can burn. A few examples include clothes, wood, carpet, books, gasoline, etc.

Tell club members: If any of the three sides of the triangle are removed (heat, air, or fuel) the fire will go out. This is called breaking the triangle.

WHAT CAN YOU DO?
Play “Fire Feud” with the club members. Divide the club into two teams. Bring two participants, one from each team, to the front with you. Ask them a question about the fire safety triangle. Example questions are given below. The member who makes a “smoke alarm beeping” sound first, wins a chance to answer the question. Play several rounds and keep track of the team points. Prizes can be given to the winning team.

Fire Feud Questions
1) Where does a lightning bolt fit in the fire triangle? (Answer: heat source)
2) Wood is an example of which component of the fire triangle? (Answer: fuel source)
3) When you spray water on a fire, the fire triangle is broken. What does the water take away? (Answer: oxygen source)
4) A lighter will not create a flame when it is empty because it is missing ______? (Answer: fuel)
5) Out of the components of a fire triangle, kerosene is an example of a ______? (Answer: fuel)
6) You can break the fire triangle by using a carbon dioxide or dry chemical fire extinguisher on the flames. When you do this, what are you taking away? (Answer: oxygen)
7) Chemicals and chemical reactions are examples of which two parts of the fire triangle? (Answer: heat source and fuel source)
8) An engine is an example of what fire component? (Answer: heat source)
9) You are watching fireworks on July 4th. After the fireworks explode in the sky, you watch the sparks fall to the ground. You notice that all of the flames go out before reaching the ground. What component of the fire triangle is missing? (Answer: fuel source)
10) You drop a lit match into a bucket of water. The flame dies. What component of the fire triangle is missing? (Answer: oxygen)
11) You place a glass over a lit candle. The flame dies. What did you take away? (Answer: oxygen)
12) You are burning a candle and notice that the wick is almost completely burned. Moments later, the flame dies. What component of the fire triangle is gone? (Answer: fuel source)

You may also want to make up some questions of your own.

Fighting Fires 2
### The Fire Triangle

**HEAT**

**FUEL**

**AIR**

<table>
<thead>
<tr>
<th>Heat - Energy</th>
<th>Air - Oxygen</th>
<th>Fuel-Vapor-Gas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electric cords</td>
<td><strong>EVERYWHERE</strong> Wind and Fans</td>
<td>Clothes</td>
</tr>
<tr>
<td>Matches</td>
<td>will increase the oxygen level.</td>
<td>Wood</td>
</tr>
<tr>
<td>Candles</td>
<td></td>
<td>Carpet</td>
</tr>
<tr>
<td>Oven</td>
<td></td>
<td>Books</td>
</tr>
<tr>
<td>Stove</td>
<td></td>
<td>Gasoline</td>
</tr>
<tr>
<td>Fireplace</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lightning bolt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Hunting Fire Hazards

YOU WILL TEACH CLUB MEMBERS...

that most deadly fires occur at home.
how to recognize fire hazards in the home.

WHAT DO YOU NEED?

markers, posterboard, copies of the “Where Do Fires Start?” handout and “Home Fire Safety Checklist” for each member

WHAT DO YOU THINK?

Ask club members: Have you ever seen or been involved in a house fire?

Hold up the “Where Do Fires Start?” handout. (You may want to redraw this on posterboard so that it is easier to see, or you can make copies for everyone.)

Ask club members: Can you guess which room is the starting point for most house fires? Give members the choices of bedroom, kitchen, basement, garage, or living room. From these choices, ask them to vote where they believe most fires start.

With a marker, fill in the blanks on the posterboard by writing the actual percentages for each area of the house. Compare them with the group vote.

30% of all house fires start in the kitchen
17% start in the living room or den
13% start in the bedroom
2% start in the bathroom
3% start in the garage
5% start in the basement
4% start outside the home
28.7% have undetermined causes or were not reported

Ask club members: What time of the day do most fires start?
Answer: Since most fires start in the kitchen, supper time (between 5 and 7 p.m.) is the most likely time that a fire will break out.
Ask club members: When do most people die in house fires?
Answer: People die in house fires at night (between midnight and 6 a.m.) while they are sleeping.

Ask club members: How often do house fires start?
Answer: In Ohio, fire strikes a home every 30 minutes. This means that for each hour we spend at this meeting, 2 homes somewhere in Ohio will have caught fire.

WHAT SHOULD YOU KNOW?

Tell club members: Unfortunately, fires occur where families live, work, and play. Yet, 95% of all fires can be prevented. The other 5% are caused by acts of nature, like lightning and earthquakes. Fire prevention and safety is not complicated. It only requires that we change some living habits.

Ask club members: If Mother Nature causes only 5% of all fires, who can be blamed for the other 95%?
Answer: Ninety-five percent of the fires are "people fires." Firemen like to say that there are three major causes of fires: men, women, and children. Fortunately, "people fires" can be prevented.

Tell club members: The two age groups most often killed by fire are the very young and the elderly. Most children do not know what to do and are likely to panic in a fire. They may hide in a closet or behind a bed instead of escaping. Teaching people ways to prevent fires and what to do if a fire starts can save lives!

Ask club members: How can we prevent fires?
Answer: There are three main ways we can prevent house fires.

1. Identify fire hazards -- find things around home that can cause fires.
2. Make a family escape plan - includes an early warning device like a smoke alarm, an escape route out of the burning house, and a designated meeting place outside the home.
3. Have a fire extinguisher - it should be fully charged, easily found, and known how to be used.

WHAT CAN YOU DO?

Pass out "Home Fire Safety Checklists" to members.
Tell club members: Let's find out how safe our homes are from fire hazards. Take the Home Fire Safety Checklist around your home and identify any potential hazards. Bring the completed checklist to the next meeting. At the next meeting, you can see who is living in a fire safe house.
Where Do Fires Start?

Bedroom

Bathroom

Kitchen

Garage

Outside

Living Room, Den, or Family Room

Basement
A residential fire occurs every half hour in Ohio. How safe is your home from fire? To determine the safety of your home from fire hazards, study these questions with your family. Every “yes” answer indicates a positive fire safety situation. However, every “no” answer points to a fire hazard that needs to be corrected.

<table>
<thead>
<tr>
<th>Matches and Careless Smoking Hazards</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you keep matches away from sources of heat?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you make sure matches and smoking materials are out before disposing of them?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you have plenty of large, noncombustible ash trays in every room?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Is “No Smoking in Bed” a rule in your home?</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Electrical Hazards</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have qualified electricians install or extend your wiring?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>When you buy electrical equipment and appliances, do you always look for the UL label of Underwriters’ Laboratories, Inc.?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are there enough electrical outlets in every room to avoid the need for multiple attachment plugs and long extension cords?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are there proper heat controls on your electrical iron and all electrical appliances used for cooking?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you have special circuits for heavy duty appliances?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you use only 15 amp. fuses for your household lighting circuits?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are all extension cords of the right size, in the open and not under rugs or through partitions or openings?</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Housekeeping Hazards</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you keep your basement, closets and attic clear of rags, papers and other combustible materials?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>After using oily polishing rags, do you destroy them or place them in covered metal cans?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>If you store paint, varnish, and other items, do you keep the containers tightly closed?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Has everyone in your family been warned never to use gasoline or other flammable liquids for cleaning clothes, furnishings or floors?</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Heating and Cooking Hazards</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you use oil heat or gas heat, is the equipment listed by the proper laboratories such as UL or the American Gas Association?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Before the heating season begins, do you have your heating system inspected and serviced?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>If you have a wood burning stove, has it been installed properly according to manufacturers instructions?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Do you burn seasoned wood and is it stored in the proper place?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are all vent connectors and flue pipes that pass through attics, floors, ceilings and walls properly installed?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Is your kitchen stove, including the oven and the broiler, kept clean of grease?</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
Twisting Into Safety

YOU WILL TEACH CLUB MEMBERS...

how to prepare for a tornado.

WHAT DO YOU NEED?

ruler, pencil, paper, pen, bingo chips

WHAT DO YOU THINK?

Ask club members: Has anyone seen The Wizard of Oz? Who has watched Twister? What do both movies have in common? Is that really what a tornado is like?

Answer: Yes and no. Here are the facts.

• A tornado is shaped like a funnel.
• Tornadoes can occur at any place at any time, but happen most often in the spring and summer.
• Tornadoes can travel up to 70 miles per hour.
• Tornado winds can reach speeds of 200 miles per hour or more.
• The average tornado is 425 yards wide. Large tornadoes may measure up to a mile or more.
• Tornadoes can pick up and move entire buildings.
• They can destroy homes, buildings, farms, and cities.
• In Ohio, approximately 20 tornadoes occur each year.
• In the United States an average of 42 people are killed each year by tornadoes.

WHAT SHOULD YOU KNOW?

Tell club members: Tornadoes approach very rapidly, and generally do not give much warning. The best defense is to be prepared.

Ask club members: How do you prepare for a fire?
Answer: Make a fire plan.

Tell club members: Like your fire plan, choose a place where family members can gather if a tornado is headed your way. Basements are the safest place. If there is no basement, go to the lowest floor. Then get under a table in the center of a room, or find an inside hallway, bathroom, or closet without windows.
Ask club members: Who has a first aid kit at home?

Ask club members: Why do you have a first aid kit?
Answer: To use to treat minor cuts, scrapes, and other injuries.

Tell club members: Kits can be helpful when tornadoes strike too. You should assemble a Tornado Safety Kit. The kit should contain:
- First aid kit and essential medications
- Battery-powered radio
- Flashlight and extra batteries
- Instructions on how to turn off your homes utilities
Optional: bottled water and nonperishable food

Ask club members: What do you do at school to prepare for fires?
Answer: Have fire drills.

Tell club members: Like fire drills, you can conduct tornado drills so everyone knows what to do when a tornado is approaching. Just as you know that fire alarms warn people about fires, you should know the different tornado signals too. There are two kinds of signals: TORNADO WATCHES and TORNADO WARNINGS. A TORNADO WATCH means that conditions are right for a tornado to form in your area. When a WATCH is issued you should listen to local radio and television stations for further updates. Also watch for tornado warning signs that include a dark, often greenish sky, large hail, and a loud train-like roar. A tornado WARNING means a tornado has been sighted and may be headed your way. Some communities use sirens to warn people that a tornado is coming.

When a tornado WARNING is issued and you...
- Are at home, go to your "safe place" immediately!
- Find yourself outside and cannot get to your "safe place" lie flat in a ditch or low-lying area.
- Are in a car or mobile home, get out immediately and seek shelter in a nearby building.
- Are in a mall or large building, seek shelter in the designated area or inside a hallway on the lowest level.

Lightning is often associated with tornadoes. To protect yourself from lightning, follow these tips.
- Stay indoors.
- Do not use electrical equipment like hair dryers and televisions.
- Avoid taking showers or baths.
- Do not use the telephone.
- If swimming or boating, get out of the water immediately.
Let's play STORM Bingo! Before the meeting make bingo cards for all of the club members. Using a piece of paper, ruler, and a pencil, draw five columns vertically and six columns horizontally. Your grid should look like a regular Bingo card. Put one letter of S-T-O-R-M in each of the top squares. Under “S” write, "Signs of a Storm." Under the “T” write, "Take Cover." In the "O" square write, "Organization." Under "R" write, "Risky Behaviors," and in the "M" square write, "Meteorology Terms." Select words from the following lists and fill in the squares below each heading. You may want to create a few words on your own. Be sure to place words under the correct headings. Make a variety of cards. You do not want everyone to have the same cards.

<table>
<thead>
<tr>
<th>S</th>
<th>T</th>
<th>O</th>
<th>R</th>
<th>M</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Signs</strong></td>
<td><strong>Take Cover</strong></td>
<td><strong>Organization</strong></td>
<td><strong>Risky Behaviors</strong></td>
<td><strong>Meteorology Terms</strong></td>
</tr>
<tr>
<td>dark sky</td>
<td>basement</td>
<td>tornado plan</td>
<td>using the phone</td>
<td>tornado watch</td>
</tr>
<tr>
<td>green sky</td>
<td>hallway</td>
<td>safe place</td>
<td>watching TV</td>
<td>tornado warning</td>
</tr>
<tr>
<td>hail</td>
<td>closet</td>
<td>tornado kit</td>
<td>taking a shower</td>
<td>storm front</td>
</tr>
<tr>
<td>train sounds</td>
<td>cellar</td>
<td>radio</td>
<td>taking a bath</td>
<td>Doppler radar</td>
</tr>
<tr>
<td>lightning</td>
<td>bathroom</td>
<td>tornado drills</td>
<td>boating</td>
<td>humidity</td>
</tr>
<tr>
<td>thunder</td>
<td>ditch</td>
<td>first aid kit</td>
<td>swimming</td>
<td>forecast</td>
</tr>
<tr>
<td>wind</td>
<td>under table</td>
<td>shelter</td>
<td>water skiing</td>
<td>severe weather</td>
</tr>
</tbody>
</table>

3 Twisting Into Safety