

A MOBILE CLASSROOM EXPERIENCE

Safety Quest

Fundación
MAPFRE



Children's Medical Center
UMass Memorial Health
UMASS MEMORIAL MEDICAL CENTER



Did you know that most injuries are preventable?

Join the Safety Squad by completing this activity book and learning how to keep yourself and those around you safe from injuries.

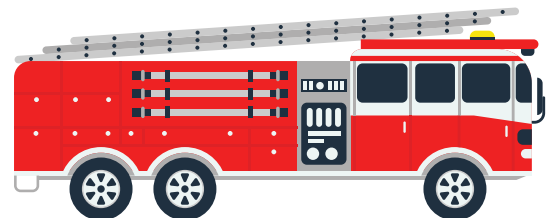
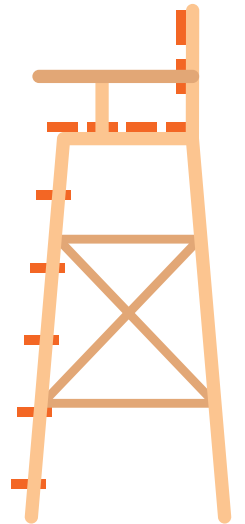
Circle the words you find below.



P	H	X	X	L	H	E	R	K	U	W	L	F	N	P
R	H	F	E	E	R	I	B	I	W	B	W	B	J	E
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V	Y	L	I	F	E	G	U	A	R	D	O	A	R	E
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T	K	K	E	J	F	I	R	E	D	R	I	L	L	R
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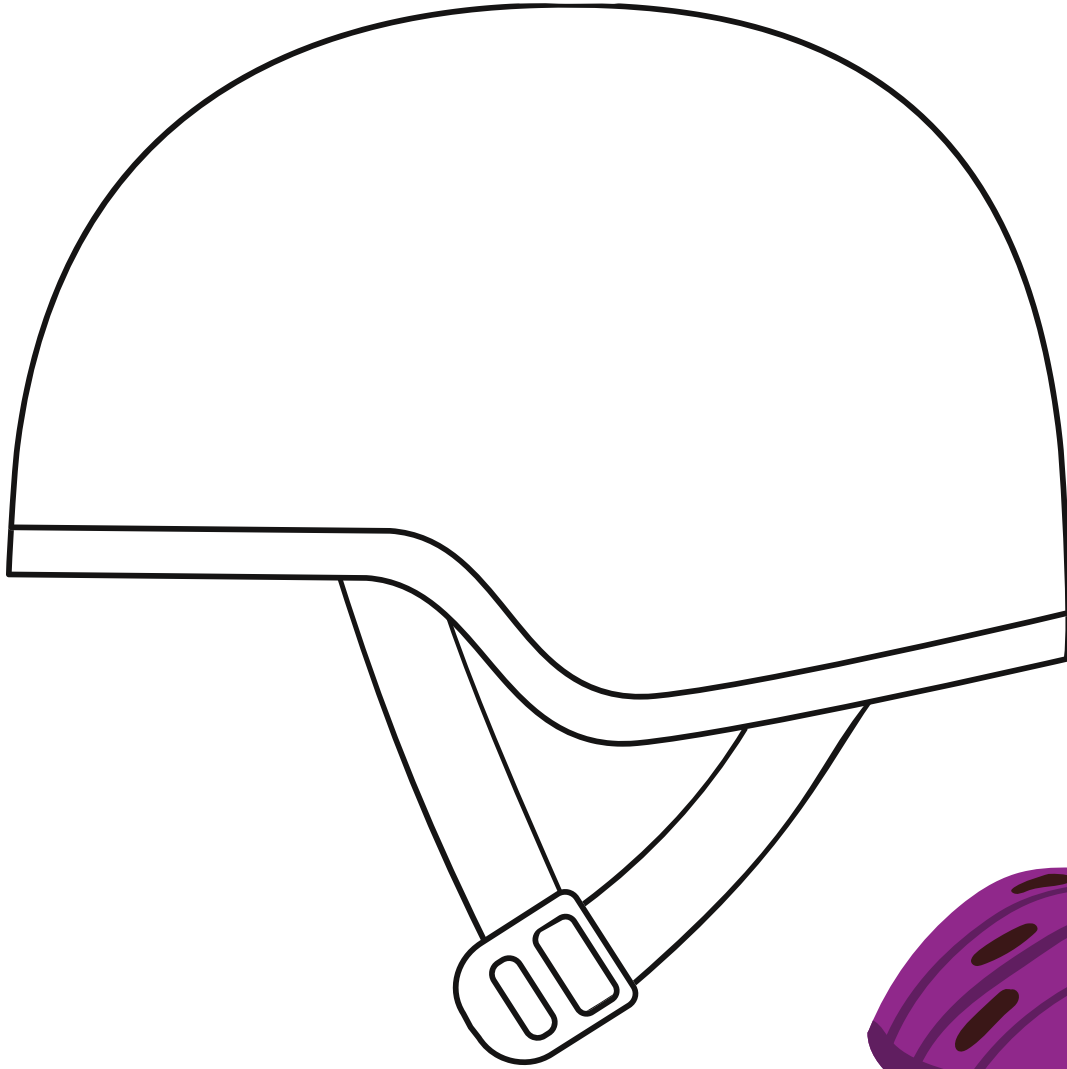
- Bike
- Crosswalk
- Fire drill
- Helmet
- Life jacket

- Pedestrian
- Safety
- Seatbelt
- Prevent
- Lifeguard



Helmet Safety

Design your own helmet below and review how to fit your helmet correctly.



Fitting a helmet correctly:

1. Your helmet should fit level on your head with one or two finger-widths above your eyebrow.
2. Adjust the side straps to form a “V” shape under and slightly in front of your ears.
3. Adjust and buckle your chin strap so that it is snug and no more than two fingers fit under the strap.
4. You know the straps are tight enough if you yawn and feel the helmet pull down on your head.
5. Be sure your helmet is fitting correctly and buckled every time you ride.





Fire Safety: Escape Plan

Preventing fires is the number 1 way to stay safe, but if there were ever a fire in your home, be prepared with an escape plan!

Create your home escape plan on the next page.

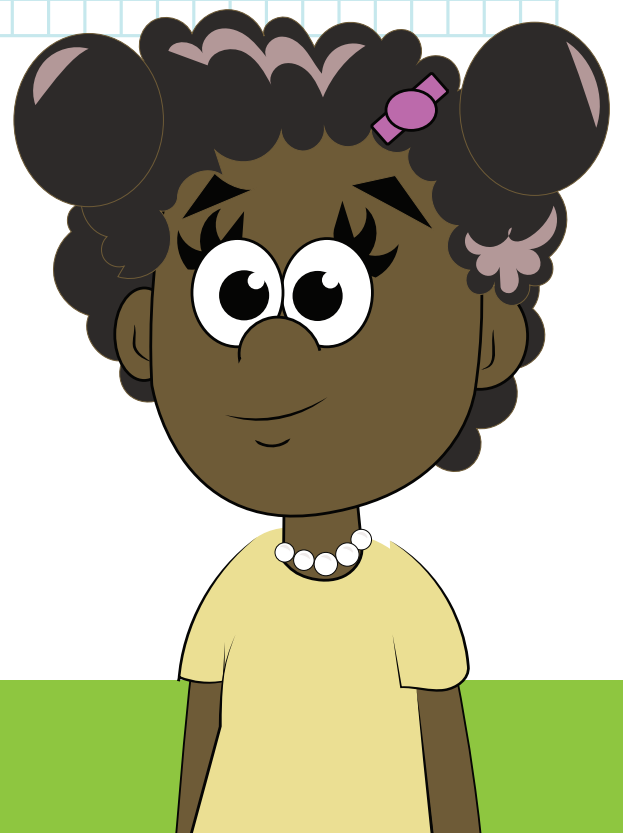
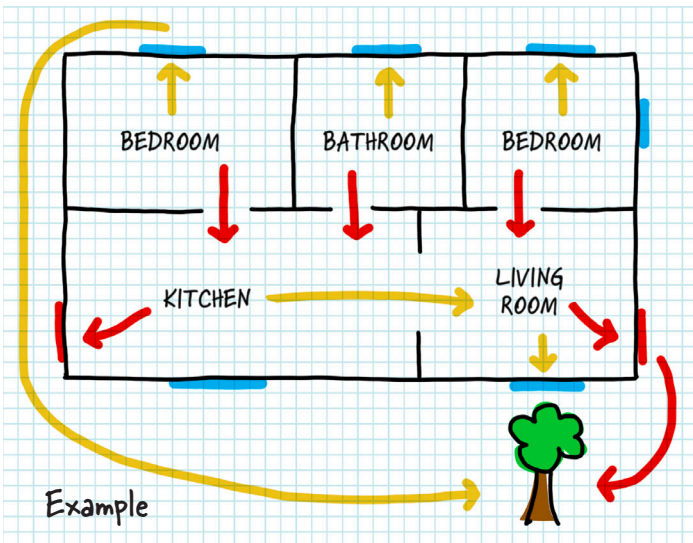
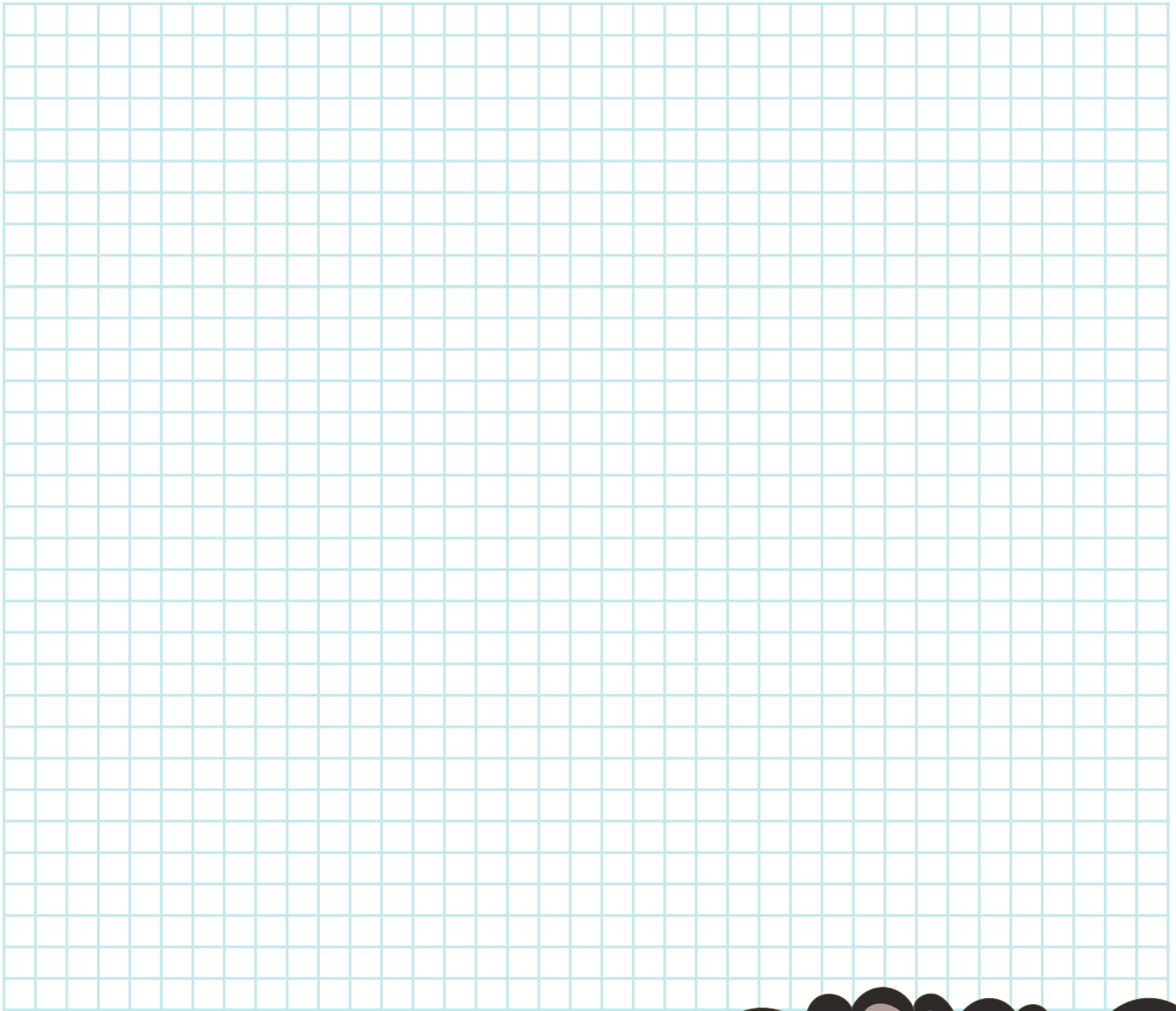
As best you can, draw the layout of your home and include the following:

- Label each room
- Highlight the windows in **BLUE**
- Use a **RED** arrow to show your primary escape for each room 
- Use a **YELLOW** arrow to show your secondary escape for each room 
- Write **EXIT** on each way out of the home
- Draw **RED** and **YELLOW** arrows that lead to a safe meeting place outdoors

**Practice escaping
from every room
in your home.**

Remember that firefighters are safe community helpers and if you are ever in a fire go to the firefighters right away.





Water Safety

Did you know water covers 80% of the Earth?

Water can be so much fun, but it can also be dangerous.



Add the following to make this a safe swimming scene:

- Lifeguard on duty
- Water to drink and snacks to eat (staying hydrated and nourished is important when doing any physical activity like swimming)
- Yourself and a swim buddy
- A sign that says “No Diving”



If you see someone in trouble: reach, throw, don't go and call 911!



Home Safety Checklist

With an adult at home use this list to check for common safety hazards:

Entryway and Windows

- Doors and windows are locked
- Good lighting at all entrances
- Use a peephole or window to identify visitors
- Install window guards and stops to maintain small openings of 4 inches or less

Stairwells

- Handrails are sturdy and secure
- Stairs are kept clear of all items including toys
- Rugs are secure
- Adequate lighting for stairwells
- Safety gates to prevent toddler falls

Bathroom

- Hot water heater temperature is set to 120 degrees or less (check with your management office or landlord if you don't have control)
- Always supervise children in or near a bathtub
- Avoid electrocution risks by keeping electronics away from the sink tub and toilet
- Use non-slip mats and clean up spills immediately

Kitchen

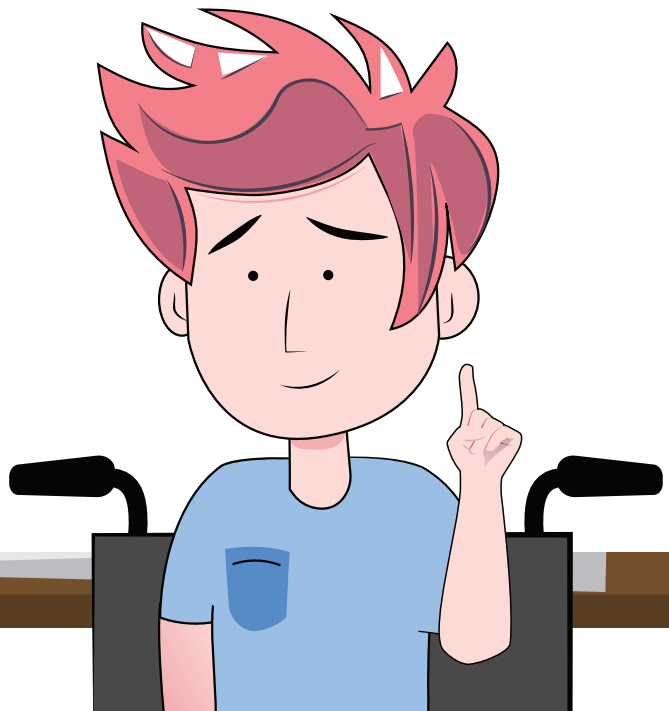
- Childproof latches
- Turn handles and cookware inwards
- Keep poisonous materials labeled, secured, and out of reach of children

General

- Large furniture and TVs are secured so they cannot tip over
- Keep small items out of reach of children so they do not choke
- Keep batteries, especially button batteries out of reach of children
- Secure any weapons in the home: locked and unloaded
- Emergency numbers are posted
- Outlet covers are on all electrical plugs

Fire Safety

- There is a fire extinguisher in all areas with open flames
- Smoke detectors and carbon monoxide detectors are installed and the batteries are checked 2 times each year
- Matches and lighters are stored out of reach of small children
- Develop a fire exit plan for your family and practice it



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