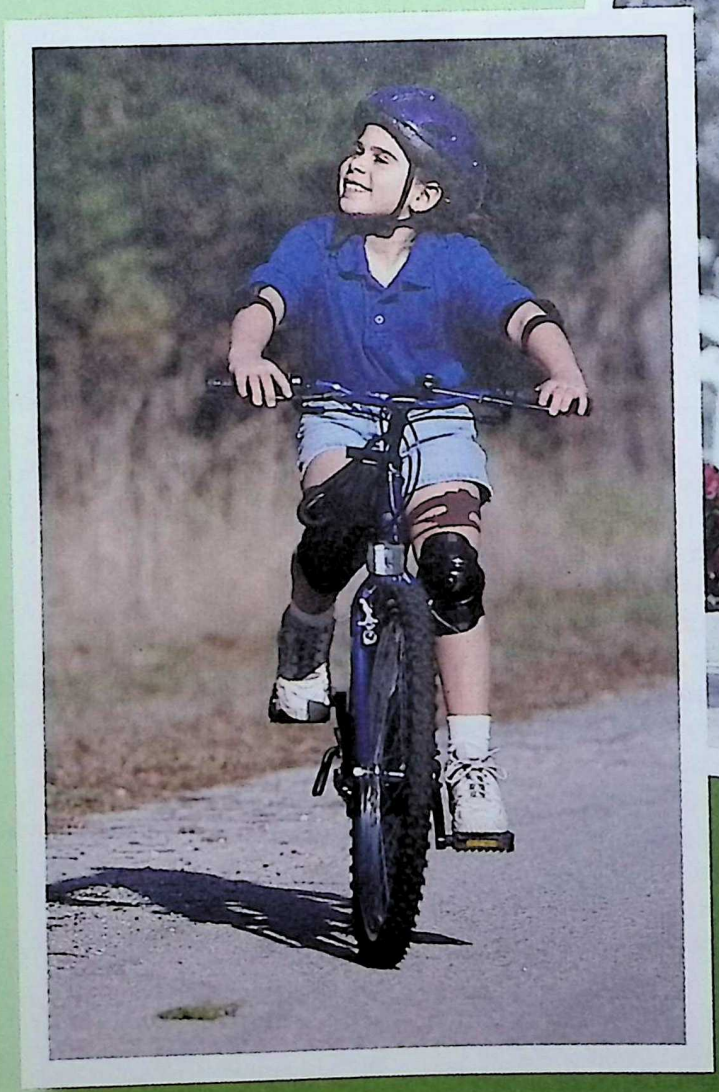
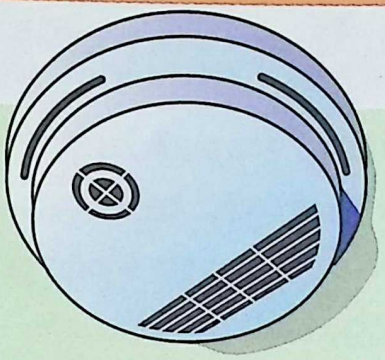
Safety First!

Many injuries at home or away from home can be prevented if you use common sense and practice good safety behaviors. So put Safety First!









1. Safe at Home

Conduct a safety check of your home with your family. Do you have the proper number of smoke detectors? Are they all working? Are all electrical wires safe and out of the way? Correct any hazards that might be dangerous for an infant, a toddler, someone who has a disability, or an elderly person. Then list the following information and post it in a handy spot: phone numbers for the fire department, police, poison control center, doctor, and an ambulance.

2. Safe at Any Age

Do an informal survey to find out the most common types of injuries for people your age. Are they from bicycle falls, sports, or just plain carelessness? Write a 30-second or 60-second public safety announcement about how to help prevent these injuries and see if it can be aired at your school.

3. Sports Safety

Create a large cardboard cutout of a person wearing a variety of protective gear and equipment for a particular sport or activity. If you created an in-line skater, for example, include kneepads, elbow pads, wrist pads, and a helmet. Use this figure to teach sports safety to your troop, group, or family.

4. Campaign for Safety

Create a car-safety poster, videotape, or some other form of media. Include information about the importance of using a seat belt every time people ride in a car, the proper way for infants and toddlers to be buckled into car-safety seats, and why children should not ride in the front seat of a car equipped with airbags.

5. Fall Safe

Help prevent one of the most common causes of injuries and death in the United States: falls. Point out where falls can happen easily, such as in bathrooms or on stairs, and show how they can be prevented.

6. Look Out!

Take a "hazard identification hike" along a bike path, foot trail, horse trail, compass course, or similar place. As you go along:

- Identify places where you could get hurt or that could cause you trouble.
- Set up some way to warn others of the hazards, or work to remove them.

7. Out and About in Public

The Fourth of July—and holiday celebrations like it—can be loads of fun. But don't forget about safety. Choose an upcoming holiday or event, such as a parade, a trip to the state fair, or a local carnival. Talk to the adult you are going with and make a safety plan. What should you do if you get separated? What are the hazards you might prepare for ahead of time, such as: doing activities on water, being in unfamiliar places, being around strangers, having no clean drinking water or shade, being in a sudden storm, traveling in cars or other vehicles, being in crowded places, or being out in the dark.

8. It's Not Just a Ride

Learn the basics of bike safety and develop a bike safety checklist. Include topics such as protective gear, how to see if your bike is in proper working order, and rules for riding on the road. Talk to a local bike shop employee, police officer, or other resource person for help.

9. Show the Way

With your troop, friends, or family, plan a way to help younger children learn about safety. Include topics like crossing the street, safety in the kitchen, and getting help in an emergency. You can use the "Safety Sense" Brownie Girl Scout Try-It to help you plan.

10. Fire Safety

Knowing what to do in case of a fire saves lives. Plan, talk about, and practice fire escape routes for your home, troop meeting place, or school. Learn what to do by checking out the information in your *Junior Girl Scout Handbook,* going online to find resources about fire safety, or talking with a firefighter.

