



For the Hope and the How



Safety Training for People with Developmental Disabilities



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Prevention 1st is a 501(c)(3) nonprofit, charitable organization with a mission to prevent unintentional injury for populations at particularly high risk: children, older adults, and people with disabilities.

Why preventable injuries?

Unlike other leading causes of death, reduced quality of life, and health care costs—such as smoking, obesity and diabetes—preventable injuries have not received much attention. Yet it's much easier to buckle a seat belt, check a smoke alarm, or put away clutter that can cause a fall than it is to make major lifestyle changes.

Also unlike other leading causes of death such as tobacco use and poor diet, deaths due to injuries affect the young and old alike. Because of this, life-years lost due to injuries are likely to exceed those from other preventable causes.

Injuries are a serious but hidden contributor to health care costs. They account for more than a third of all emergency department visits, and cost the nation \$80 billion every year in medical costs alone. The estimated lifetime cost of injuries occurring in a single year in the U.S. is more than \$406 billion.

Our Current Programs

- After the Fire: The Teachable Moment
- Safe at Home: Home Safety Workshops
- Safety Training for People with Developmental Disabilities
- Prevention 1st Home Fire Drill Campaign
- Safe Routes to School
- Help Mikey Make It Out
- Mikey Makes a Mess
- Peer to Peer Home Safety Training

[Read about our programs here.](#)

You Can Help

Your tax-deductible gift to Prevention1st can:

- Help a child cope with the aftermath of a fire at home.
- Bring life-saving safety education to her classroom.
- Inspire a family to plan and practice a home fire drill, so they will respond quickly if a crisis strikes.
- Protect a loved one with a developmental disability by bringing him safety education designed especially for his learning needs.

[Donate now](#)

You can also support Prevention 1st through the United Way of Greater Rochester. Our Donor Choice ID # is 2472.

Sign Up For Our
Monthly Newsletter
"Prevention 1st on the 1st"

Email:

First Name:

Last Name:

VerticalResponse

Latest Posts

- Home Fire Drill Poster Contest Winners
- Yes, You Do Still Have to Check Your Alarms
- Free Fire Safety Resources for Vulnerable Populations
- For a Safer New Year, keep that bottle of Champagne Chilled!
- Top Safety Concerns for People With Developmental Disabilities: Fire and Cooking

Popular Articles

- 7 Simple Steps for Fire Safety
- After the Wells Fire: Beyond Codes and Regulation
- How to Prevent Scalds at Home
- Ignorance Is Risky: Why We Still Need to Promote Fire Safety
- Safer Cooking: Frying
- The Top 3 Causes of Scary Halloween ER Visits – And How to Prevent Them
- White Paper: Beyond Compliance
- Why Are Children Fascinated With Fire?
- Why Giving Is Good For You
- Workplace Fire Drills—That Work





An Outline

- Why a focus on safety? Why a focus on fire?
- A brief overview of home fires
- Our preschool/elementary school program
- Our middle school/high school programs
- Additional resources & materials

People with disabilities are at even greater risk

People with developmental disabilities are

4 times more likely to die in a fire

6 times more likely to die from a fall

6 times more likely to die from drowning

Why worry about injuries that happen at home?

For the overall population, 1/3rd of these injuries happen at home...

...for young people with disabilities 75% of unintentional injuries occur at home

We are particularly concerned about fire because...

357,000 home structure fires reported

79,333 fire and burn injuries treated in ED

2,749 home fire fatalities

The leading causes of home fires:

- Cooking (especially frying)
- Smoking (#1 cause of home fire deaths)
- Heating (especially space heaters)
- Young children experimenting




But what actually causes home fires and home fire injuries?

Most often, our behavior....

Taking risks....just this time, just for a minute
And in failing to be prepared

Safe at Home: Core Goals

- Raise awareness
- Motivate action
- Address critical environmental risks
- Reinforce key safety behaviors

The background is a solid blue gradient. At the top, there are several wavy, horizontal lines in shades of light blue and cyan, creating a sense of movement or a horizon line. The rest of the background is a uniform, slightly darker blue.

Our Preschool/Elementary School Program

“play safe! be safe!”

- Sponsored by the BIC Corporation
- Focused on four basic messages
- Found at playsafebesafe.com

Message #1:

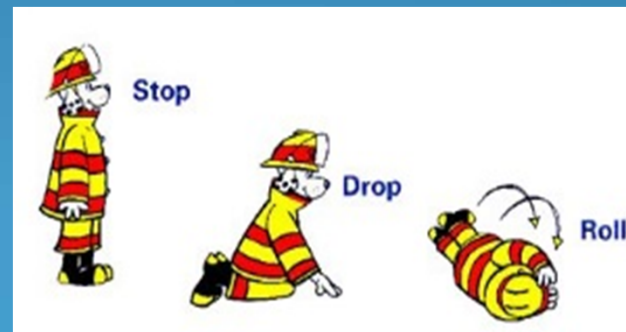
My Friend the Firefighter

- Firefighter is a person
- A community helper
- A person with strange clothing

Message #2:

Stop, Drop and Roll!

- When fire gets on your clothes





Message #3:
Stay Low and Go!

- Windows as alternate exits/
Communication means

Message #4: Tell a Grown-Up

- Matches and lighters are adult tools
- It is the grown-ups job to use them
- Your job is to tell them if they have not put them away



The background of the slide is a solid blue gradient. At the top, there are several wavy, horizontal lines in shades of light blue and cyan, creating a sense of movement or a horizon line. The main body of the slide is a darker, uniform blue.

Our Middle School/High School Programs

Safe at Home: Six Modules

- Orientation
- Smoke and CO Alarms
- Exit Drills and Meeting Places
- Calling 911
- Kitchen Safety
- Visual or Dramatic Arts Presentation

Safe at Home: The Structure of Each Module

- Questions, Prior Material & Homework Review
- New Introductory Questions
- Discussion of Current Topic
- An Activity
- New Homework Assignment
- Parent/Caregiver Handouts

“Where do most fires happen?”



School



Home



Factory

Where do most fires happen?

At Home!



What is the most important fire safety equipment to have in your house?



Fire
Extinguisher



Ladder



Smoke Alarm

**Working smoke
alarms!**



How quickly should you leave your **house** when the smoke alarm sounds?



Right away!



After you see
what's wrong



After you wake up

How quickly should you leave your **house**
when the smoke alarm sounds?

Right away!



If there is a fire in your house, what should you do first?



Follow your exit plan and go to your meeting place



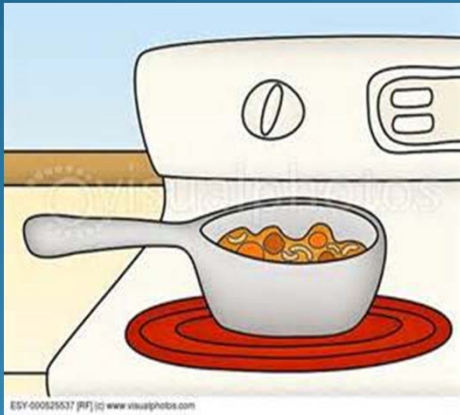
Call 911

If there is a fire in your house, what should you do first?



Follow your exit plan and go to your meeting place

If you are cooking on the stovetop and the door bell rings, should you leave the kitchen to answer the door?



Yes



No

If you are cooking on the stovetop and the door bell rings, should you leave the kitchen to answer the door?



No!

Our Camp Program

- Single one hour activity
- Divide class into small groups
- Each group completes one module + a presentation
- Performs for the other groups

When an alarm goes off what do you do?

- ✓ Get low and go! Check door for heat
- ✓ Get out and stay out!
- ✓ Go to your meeting place - a place away from the house where everyone in your family can meet like a tree or mailbox



Instructions:

Use the smoke alarm, door, tree and meeting place sign to show the audience what to do when an alarm goes off in your house.

Skit idea:

1. Pretend you are home at night and the smoke alarm goes off.
2. Have someone press test button on the smoke alarm to make it sound.
3. Show how you would get out of bed and get low under smoke.
4. Check the door with the back of your hand to make sure it's not hot.
5. Open the door slowly and peek out to see if there is any smoke.
6. There is no smoke so everyone can go to the meeting place – the tree!
7. Remind your audience that everyone should stay at the meeting place until help arrives. Never go back inside.



You need to call 911. What do you do?

- ✓ Know your info:
 - Your name
 - The address where you are
 - Your phone number
- ✓ Describe your emergency
- ✓ Don't hang up



Skit idea:

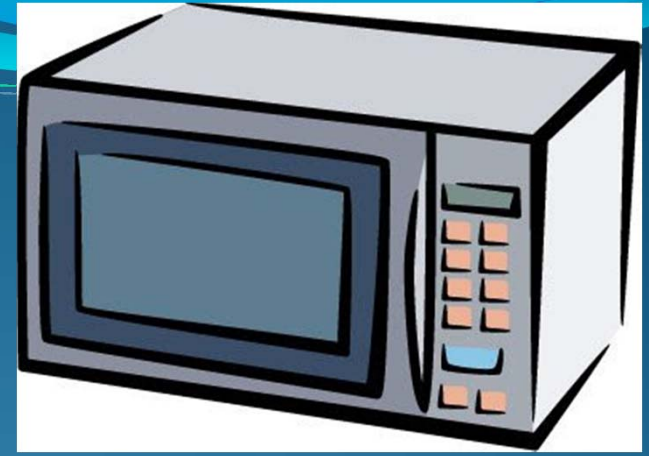
Instructions:
Use the cell phone and 911 message cards to show your audience the right way to call 911 if you have an emergency.

1. Choose one person in your group to play a 911 operator. Choose another person to pretend to call 911 with an emergency.
2. The rest of the group will hold up the 911 message cards one at a time so the 911 operator knows what questions to ask the person calling 911.
3. Remind your audience that it is important to stay on the phone with the operator and not hang up even after you have given all your information.



Kitchen Safety

- ✓ Stand by your pan!
Don't leave cooking unattended
- ✓ Don't wear loose clothing and tie back hair when cooking
- ✓ No metal in the microwave
- ✓ Let hot food cool off



Skit idea:

Instructions:
Use the picture of the microwave and kitchen tools to show the audience what is safe and what is not safe to put in microwave.

1. Hold up the picture card of the microwave oven.
2. Use the bag of kitchen tools. Take out one tool at a time and ask the audience if it is safe to use in the microwave.
3. Explain to the audience why some things should not be used in the microwave.
4. Remind the audience that it is important to follow the cooking instructions on food packages and to be careful when taking food out of the microwave because it may be hot.



Home Hazards

- ✓ Matches and lighters are for adults only
- ✓ Pick up clutter! Keep stairways and doorways free of stuff



Skit idea:

Instructions:

Use the door, picture card of lighter, backpack, shoes, toys to show the audience that it is important for kids AND parents to put their things away.

1. Choose 2 people to play parents. The rest of the group will play kids.
2. The kids pretend to come home from school and leave their stuff (backpack, shoes, toys) in front of the door.
3. The parents explain to the kids that they shouldn't leave things in front of the door because someone could trip when trying to get out.
4. The kids then notice the picture of the lighter that the parents left on the table and they remind the parents that matches and lighters should always be "out of sight and out of reach".
5. The parents put the lighter away and the kids move their stuff away from the door.



Resources:

Prevention 1st

www.prevention1st.org

Help Mikey Make it Out

www.homefiredrill.org/Mikey/mikeygame.html

Danger Challenge Flash Game

www.firesafetyforkids.org/danger-challenge.html

play safe! be safe!

www.playsafebesafe.com

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THANK YOU!