



## Celebrate Safety and Wellness!

**Enter the Safety and Wellness Coloring Contest sponsored by the National Safety Council, Greater Omaha Chapter**

### COLORING CONTEST ENTRY FORM

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

School's Phone # : \_\_\_\_\_ Parent's Phone #: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

### COLORING CONTEST GUIDELINES "Stay Fire Smart! Don't Get Burned"

1. All children 5 to to 9 years old may enter.
2. Attached are pictures of the 4 themes for Fire Prevention Week, 2010. Select one picture to be colored and download an 8 ½ x 11 full size coloring sheet from <http://www.safenebraska.org/safe-living/safetywellnessfestival.php>
3. Creativity is encouraged. Any medium (crayon, marker, paint, or ink) may be used.
4. The official entry form must be completed in full.
5. **Entries must be returned to the National Safety Council, Greater Omaha Chapter, 11620 M Circle, Omaha, NE 68137 by September 20, 2010 for judging.**
6. A panel of safety experts will select the winning entries based on originality, creativity and neatness.
7. A winner will be selected in each age category and one top winning entry from each theme. All age category winners will receive a pizza party for their homeroom class. The winner in each theme will be published in the Kids + Safety Chronicle.
8. Winners will be on display at the Community Safety and Wellness Festival in the registration area. Community Safety and Wellness Festival takes place 11 a.m. to 4 p.m., Sunday, October 3 at Embassy Suites, LaVista Conference Center (I-80, Exit 442, by Cabela's). For more information: <http://www.safenebraska.org/safe-living/safetywellnessfestival.php>
9. Winners agree to have their photo / video taken, and parents must give the Council permission to use their image or likeness in future Council promotions.

## Stay Fire Smart! Don't Get Burned

### Lesson Plan

**Objective:** Have young people recognize the danger of fire, and how to avoid getting burned (hot water, house fires, stoves, other heat sources, catching fire themselves).

Overall Note: Fire kills more than 4,500 people and injures tens of thousands each year in the US. Young children are especially vulnerable, as they do not perceive danger, have less control of their environment, and generally don't have the ability to react quickly and properly to a burn situation.

**Hot Water:** Kid's skin is thinner, and therefore more susceptible to burning. For example, hot tap water that would be uncomfortable to an adult can cause a 3<sup>rd</sup> degree burn to a child in just three seconds! (assuming 140 degree F). This can require skin grafts to heal. Some families turn their water heater to 110 degrees so it is comfortable and safe for all.

Have kids practice turning on the hot and cold water in the sink. Remind them that sometimes it can take the "hot" water a few minutes to come out of the tap; it has to travel all the way from the water heater! Therefore, it's always best to let it run for a little bit, turn on the cold, and then turn the cold water down until the water reaches a comfortable temperature.

Mom and Dad can predict a comfortable temperature for kids by running the water over their wrist. If it's too hot for Mom and Dad's wrist, it's too hot for the kids!

**House Fires.** Kids should talk with Mom and Dad about having a plan to get out if the smoke detectors go off. If you are in a room with a closed door, be sure to feel the door before you open it. If it is cool, open it slowly, and quickly exit the house. If it is hot use a second way out. Meet Mom and Dad outside, at a meeting place you set up when you practice!

**If You Catch Fire:** Stop, Drop, Roll & Cool. If your clothes are on fire, stop what you are doing, drop to the floor, roll until the fire goes out, and then cool with cool water. Go to the doctor or hospital for further treatment.

**Stoves and Heat Sources:** Kids should always stay at least three feet away ("Kid-Free Zone") from stoves and other heat sources, like space heaters. These have hot parts, and even a quick touch can cause a painful burn!