What is electricity?

Electricity is energy that travels into our homes through wires. Every time you turn on the TV, use a computer or switch on a light you are using electricity. You can’t see or smell it but you use it every day!

Activity 1a

Put a tick next to the items that are powered by mains electricity.

- TV
- Lamp
- Computer
- Fireplace
- Washer
- Flashlight
- Dog
- Toaster
- Remote

We all need electricity for our everyday life but it can be dangerous if it’s not used safely. Things to remember when using electricity:

- Don’t have too many appliances running off one plug socket. Each socket is made for one plug and having lots of extension leads with plugs attached can overload the socket and could cause a power cut or even a fire.

- Don’t put anything in a plug socket that is not a plug. This could cause an electric shock which is very serious.

- Don’t get water near electrical appliances or touch anything electrical with wet hands or feet. Water and electricity don’t mix and can cause a serious accident.

- Don’t use appliances with damaged electrical cables where the plastic is cracked and you can see the wires; or if the plug is cracked or burnt.
Activity 1b  What’s the danger?

Look at these pictures and write next to each one what the electrical danger is.

----------------------------------------

----------------------------------------

----------------------------------------

----------------------------------------

Activity 1c  Hazard health check

Carry out an electricity health check at home to make sure there are no electrical hazards like the ones in Activity 1b.

Here’s a checklist to help you, put a tick in the box when you’ve checked these things at home.

Sockets have only one plug or appliance running off them

There are no damaged cables or plugs

There are no electrical items near water

People know to turn off lights and appliances when they have finished using them

Remember!

Turn off lights and appliances when they’re not being used (but check with an adult first to find out what has to be left on). It saves electricity, energy and money and is good for the planet too!
What is gas?
Gas is a fuel that comes into our homes through pipes. It helps to heat our water and is used in gas cookers, gas hobs and gas fires. Gas can also come in cans or bottles, which is often used for lamps and stoves when you go camping.

Natural gas has no smell, so a chemical is added to make it smell like rotten eggs! This helps people to know if there is a gas leak because they can smell the gas.

Carbon monoxide
If gas doesn’t burn properly it makes carbon monoxide (CO). This is a poisonous gas and is called a silent killer as you can’t smell or see it, but you can breathe it in and become poisoned.

TIP
When you go camping, never pull a fire or barbeque into your tent to keep warm - they can cause a fire and they also produce CO!
Activity 1d  Healthy and unhealthy flames

Look at your gas flames at home. On a gas boiler you can see the gas flame through a small window on the front of the boiler, this is called the pilot light.

- A healthy gas flame will burn bright blue with a hint of yellow at the very top.
- An unhealthy gas flame will burn yellow or orange.

If your gas flame at home is burning yellow or orange ask an adult to turn the appliance off, open the windows and call a Gas Safe engineer to come and check the appliance.

**SAFETY TIP**

To keep your home safe, adults at home can buy a carbon monoxide alarm that will make a sound if it can detect carbon monoxide.

Activity 1e

Colour in the gas flames to show a healthy flame and an unhealthy flame.
Leaks and Loss

Water
If you have a water leak at home, ask an adult to turn off the stop cock. This is like a tap which shuts off the water supply. It will usually be under the sink in the kitchen, but it could also be in the bathroom or under the stairs.

- For a water leak inside your home, tell an adult so they can call a plumber to come and fix it.
- For a water leak outside your home, for example in the street, an adult will need to call the company who supply your water and report the leak. The company name and contact number will be on your water bill.

A water leak can be dangerous if it is near electrical sockets or electrical appliances. An adult will need to switch off the power if there’s a leak.

Gas
If you smell gas at home, follow the Gas Safety Code:

- Don’t switch lights on or off or use any electrical equipment, it could make a spark and start a fire.
- Don’t light any matches or lighters or use a naked flame. Don’t let adults smoke!
- Get an adult to turn off the gas supply at the meter and make sure any gas appliances are turned off. If the smell of gas and the meter are in the cellar, don’t turn off the supply – just leave the building as quickly as you can.
- Open windows and doors, this gets rid of any gas.
- Call the National Gas Emergency Service on 0800 111 999 and let them know that you can smell gas.

Find out where your gas meter is at home, it’s usually under the stairs, in a kitchen cupboard or in a box outside your property. Sometimes it will be in a locked box, ask an adult where the key for the gas meter box is kept so that everyone knows in case there’s an emergency!
Activity 2a

Look around your home and find out which things are fuelled by gas. Tick the circles when you find them. Try and find out if they are powered by gas – they might not be.

Can you find any more items that use gas? Write them here:

Electricity

If the power in your home goes off, get an adult to follow the checklist below:

- Check the trip switch and fuse box. You may have tripped a fuse which can happen if a bulb has blown, if you overload a socket or there is a faulty appliance.
- Check to see if anyone else in your road has lost power too, it could mean there's a problem with the electricity supply to your area. If so, an adult will need to call the company who supply your electricity and report the problem. The company name and contact number will be on your electricity bill.
- Switch off or unplug electrical appliances and keep the fridge and freezer closed. Once your power is back on, check that your food has not thawed.

**SAFETY TIP**

Keep a fully charged torch in an easy-to-reach place and keep a spare set of batteries with it.
Activity 2b  Where are they?

Find out where these items are at home and write down where you found them. Can you find where they are in your Scout HQ too? If you can’t find any of them then put a big X in the circle.

**Stop cock**
- Home: .................................................................
- Scout HQ: .............................................................

**Gas meter**
- Home: .................................................................
- Scout HQ: .............................................................

**Gas meter box key**
- Home: .................................................................
- Scout HQ: .............................................................

**Trip switch and fuse box**
- Home: .................................................................
- Scout HQ: .............................................................

**Fully charged torch**
- Home: .................................................................
- Scout HQ: .............................................................
Fire Safety

Fire and flames can cause damage and accidents and should be treated with respect. The smoke from a fire can be dangerous too.

Preventing a fire

- Never play with matches or lighters.
- Don’t leave candles unattended and blow them out if you leave a room.
- If you’re not using electrical items, switch them off at the socket.
- Don’t put things on top of heaters or lights.
- Never play near a fire, a heater or the cooker.
- Check that you have a smoke alarm on each floor of your house and test the battery every week by pushing the ‘Test’ button in the middle. The battery should be changed once a year (you won’t have to do this if the alarm is linked to the mains electricity). Smoke alarms should be replaced every 10 years.

When you go camping - don’t use a lighted candle or naked flame inside or near your tent and never pull a fire or barbeque into your tent to keep warm!

What to do if there is a fire

- If you see smoke or flames, raise the alarm and tell an adult.
- Don’t go near the fire. Get out of the building as quickly as possible.
- Check the back of doors with the back of your hand before opening. If it’s warm do not open it, go another way.
- If there is a lot of smoke, crawl on the floor where the air is clearer.
- Once you are outside call the Fire Service on 999 and give them the address of the fire.
- Make sure you and your family have an escape plan so that you can get out of your house safely if a fire starts. Remember your best escape route may not always be through a door but could be through a window.
- If you’re at home follow your escape plan. If you’re at school or another building, listen for instructions from an adult on how to get out safely.
Activity 3a

It’s a good idea to think about what you’d do if a fire ever broke out in your home and to know the best ways to get out safely. Plan an escape route for you and your family and write or draw it here.

You can also use the tips on page 1 and write them next to your escape route.

- Keep your escape route clear of obstacles.
- Make sure you know where keys to windows and doors are kept.
Activity 3b

Find these ten fire hazards in this word search

- Candles
- Fireworks
- Hair straighteners
- Chip pan
- Cigarettes
- Faulty wires
- Unattended iron
- Overloaded socket
- Open fire
- Gas heater

Check to make sure you don’t have any of these fire hazards at home.
Accidents at Home
Did you know that most accidents happen at home? There are lots of things you can do to help prevent accidents at home and help you and your family be safer.

Trips, slips and falls
Leaving things lying around can create a hazard so it is always best to put things away.

What to look out for:
- Toys, books and clothes on the floor; cables stretched across the room and uneven carpets or kinks in a rug can all cause trips.
- Spilling liquid can cause slips.
- If something is out of reach ask an adult to help - if you try climbing on something you could fall.

If you do fall over and you’re not seriously hurt, try and deal with the hazard that caused you to fall so it doesn’t become a problem for someone else. Ask an adult if you need some help.

Burns and scalds
What to watch out for:
- Toasters, kettles, irons or hair straighteners get very hot so make sure they’ve cooled down before you touch them.
- Saucepans, kettles and chip pans full of hot liquid could scald your skin (a type of burn caused by hot liquid). Make sure pan handles are not sticking out over the edge of the cooker which you could knock.
- Campfires and bonfires can give off sparks that can burn your skin and clothes, so stand well back out of the way and use a fireguard for fires at home.

If you burn or scald your skin tell an adult straight away, they will be able to give you first aid and tell you if you need to go to see a doctor.
Poisons
There are lots of things at home that can make you sick or ill if you eat, touch or drink them.

What to be aware of:
- Liquids from the bathroom, kitchen and garden like bleach, cleaning spray and plant food. Most of these will have warning signs on them that tell you of the dangers.
- Medicines should always be kept somewhere safe and out of reach of children.
- Wild berries and mushrooms are sometimes edible, but lots can be poisonous too. Don’t put them in your mouth unless an adult tells you they’re safe to eat.

**SAFETY TIP** If you or someone else has eaten or drunk something that you think is poisonous, tell an adult straight away.

**Activity 4a**
Warning signs on bottles and containers let you know if a liquid is poisonous and harmful. Look at the different signs and read the different meanings. Draw a line to connect the signs with the right meaning.

- **Flammable** will easily set on fire
- **Harmful**
- **Poisonous**
- **Corrosive** may burn the skin
Sharp objects
Always keep sharp things covered or put away safely in a cupboard or drawer.
What to watch out for:
- Knives and scissors
- Broken glass, plates, bowls or bottles
- Staplers, compasses, pencil sharpeners and pens.

Safety Tip
If you do cut yourself then keep calm and tell an adult. They will be able to clean the cut and may put a plaster or bandage on it to help it heal.

Drowning and suffocation
Water doesn’t have to be deep to be dangerous, it’s always important to be careful around water. Also putting anything over your head which covers your mouth and nose can be very dangerous as it can stop you breathing.
What to watch out for:
- Garden ponds or swimming pools
- Slipping over in the bath
- Lakes and rivers, they can be deep, fast flowing and very cold
- Plastic bags – NEVER put these over your head or face or someone else’s as they can stop you breathing.

Safety Tip
If you see someone in trouble in the water then get help from an adult straight away. You can throw a life ring or float to them but do not get into the water to try and help them as this could mean you could get into difficulty too.
Activity 4b

There are 10 hazards in this picture that could cause an accident, can you find them? Draw a circle around each one.

Now that you’re a great hazard spotter, see if you can spot any accident hazards at home or in your Scout HQ. If you see any, talk to an adult about how you can prevent an accident happening.
First Aid Box

Every home should have a First Aid box to help you deal with accidents and to treat common injuries like cuts, grazes, burns, bleeding and sprains. You can buy a First Aid kit or make one up yourself.

Here’s a list of useful items and what you can use them for:

- **Waterproof plasters** – to help stop bleeding and protect cuts and grazes
- **Crepe bandage** – a long stretchy bandage to keep a dressing in place or support an injured arm or leg
- **Triangular bandage** – to make a sling to support your arm if it’s injured
- **Wound dressing** – use on burns, scalds or cuts and grazes that are too big for a plaster
- **Safety pins** – to help secure a bandage
- **Cleansing wipes** – to clean cuts and grazes
- **Hypoallergenic tape** – to hold a dressing onto a wound
- **Eye wash** – to remove dust or dirt from your eye
- **Tweezers** – to remove splinters
- **Scissors** – to cut plaster, tape and bandages
- **Thermometer** – to check if you have a temperature
- **Medical gloves** – you can wear these if you don’t want to touch a wound or if you have dirty hands

**Safety Tip**

Ask an adult to help you check that all the items are in your First Aid box and that they have not gone past their use by date.
Activity 5a

Look at the pictures of useful items to have in a First Aid box and write down what they are. Then draw a line to show which items you would use for each of the injuries below.

- Got some dust in your eye
- Got a splinter in your hand
- Twisted your ankle
- Grazed your knee
- Cut your finger
- EYE WASH
Crime Prevention at Home

Your home is a place where you and your family should feel safe. Keep it that way! Protect it from crime by making sure your home is secure when you are there and when you go out.

When you’re at home

- Never let a stranger into your home. Always get an adult to answer the door and if it’s someone they don’t know, they should always ask for identification.
- If you see anyone hanging around outside your home then tell an adult.
- If you are ever alone in the house:
  - Lock the front door.
  - If you answer the phone, never say “My parents aren’t home.” Instead say, “My parents can’t come to the phone right now” and ask the person to call back later.
  - Don’t answer the door.

When you leave your house

- Make sure windows and gates are closed.
- Lock front and back doors.
- Keep valuable items like computers and jewellery somewhere safe and out of sight.
- Don’t leave a spare key outside, try and leave it with a trusted neighbour, family member or friend.
- Don’t leave ladders lying around – they can be used to get into upstairs windows.
- Put garden tools such as forks and spades away in a locked shed or garage, or they could be used to break in.
- If you go away, get an adult to cancel deliveries of milk and newspapers and ask a trusted neighbour, family member or friend to pop round to make sure that post doesn’t build up in your letter box.

Personal safety – out and about

- If you go out to play or to a friend’s house always tell an adult where you are going and how long you will be.
- Don’t play in dangerous areas like building sites, railway lines or near electricity lines, poles or pylons, there is a high risk of accidents in these places.
- Keep your mobile phone, mp3 player and any money you have out of sight when you are walking around.
- Never get in a car or go anywhere with someone you don’t know, unless a parent has said it’s ok.
Activity 6a

Imagine you are going away on holiday. Fill in the blanks to show all the things you should do to keep the house safe before you leave.

milk
close
windows
valuable
newspaper
back
shed
garden
trusted
neighbour

Checklist! Remember to:

Close the .............................................

Lock the front and ............................... door

............................................ the gate

Put ............................................ items somewhere safe

Tell a ......................................................... you are going away and when you will be back

Put ................................................. tools and ladders away in the .................................. or garage

Cancel the ..................................... and .............................................................. deliveries

Can you think of two more things to add to the list?

........................................................................................................................................

........................................................................................................................................
Help in an Emergency

The emergency services are here to help us in an emergency, they include:

- **Police** – who deal with crimes like robberies
- **Fire and Rescue service** – who deal with fires and emergencies like road accidents
- **Ambulance service** – which deals with accidents, injuries and people who are very unwell
- **Coastguard** – who deal with emergencies at sea and should be called if you see someone in trouble at the beach or in water
- **Mountain Rescue** – who deal with emergencies when people get into trouble on mountains or in caves.

**If you need help in an emergency then find a phone and dial 999.**

You can contact all the emergency services on this number and you can call for free from any phone – a home phone, a mobile phone or a payphone in a phone box.

**Remember!**

Only call the emergency services for real emergencies like a fire, a car crash or when someone is badly hurt!
Activity 7a

Write in the box where your nearest emergency phone is if you don’t have a mobile phone and you are unable to use the phone in your house. This could be a trusted neighbour’s phone or a phone box.

My nearest emergency phone is: The phone number of the emergency phone is:

When you call you will be asked: “Which emergency service do you require?”

Ask for the service you need:
- Police
- Fire and Rescue service
- Ambulance service
- Coastguard
- Mountain Rescue

You will be connected to the control room for the service you have asked for. The emergency services operator will then ask you a few simple questions:
- “What has happened?”
- “What is your name?”
- “What is the number of the telephone you are calling from?”
- “Where are you?”
- “Is anyone hurt?”

You might be asked other questions to help the operator deal with your call more quickly. While they are speaking to you, they will also be giving your information to the emergency service who will be on their way to help.

Remember!
Keep calm on the call and try to speak slowly and clearly.

Activity 7b

Use the script above to role play an emergency phone call with a partner. Decide what emergency you will be calling about and which phone you will use to make the call. Take it in turns to play the emergency caller and the 999 operator.
**Activity 7c  Emergency numbers**

There are many types of incidents where you may need some help in dealing with them. It’s a good idea to keep a list of emergency numbers by the telephone. Create your own list and include telephone numbers for each of these people and services.

### Emergency details

<table>
<thead>
<tr>
<th>Emergency details</th>
<th>Telephone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td></td>
</tr>
<tr>
<td>Fire and rescue service</td>
<td></td>
</tr>
<tr>
<td>Ambulance service</td>
<td></td>
</tr>
<tr>
<td>Coastguard</td>
<td></td>
</tr>
<tr>
<td>Mountain Rescue</td>
<td></td>
</tr>
<tr>
<td>National Gas Emergency Service</td>
<td></td>
</tr>
<tr>
<td>(to report a gas leak)</td>
<td></td>
</tr>
</tbody>
</table>

### Other useful contacts

<table>
<thead>
<tr>
<th>Other useful contacts</th>
<th>Telephone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local police station</td>
<td></td>
</tr>
<tr>
<td>Gas Safe engineer (to check your gas appliances)</td>
<td></td>
</tr>
<tr>
<td>Electricity supplier (to report a power cut)</td>
<td></td>
</tr>
<tr>
<td>Water services supplier (to report a water leak)</td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td></td>
</tr>
<tr>
<td>Dentist</td>
<td></td>
</tr>
<tr>
<td>Vet</td>
<td></td>
</tr>
<tr>
<td>Family member</td>
<td></td>
</tr>
<tr>
<td>Trusted neighbour</td>
<td></td>
</tr>
<tr>
<td>Plumber</td>
<td></td>
</tr>
<tr>
<td>Electrician</td>
<td></td>
</tr>
</tbody>
</table>