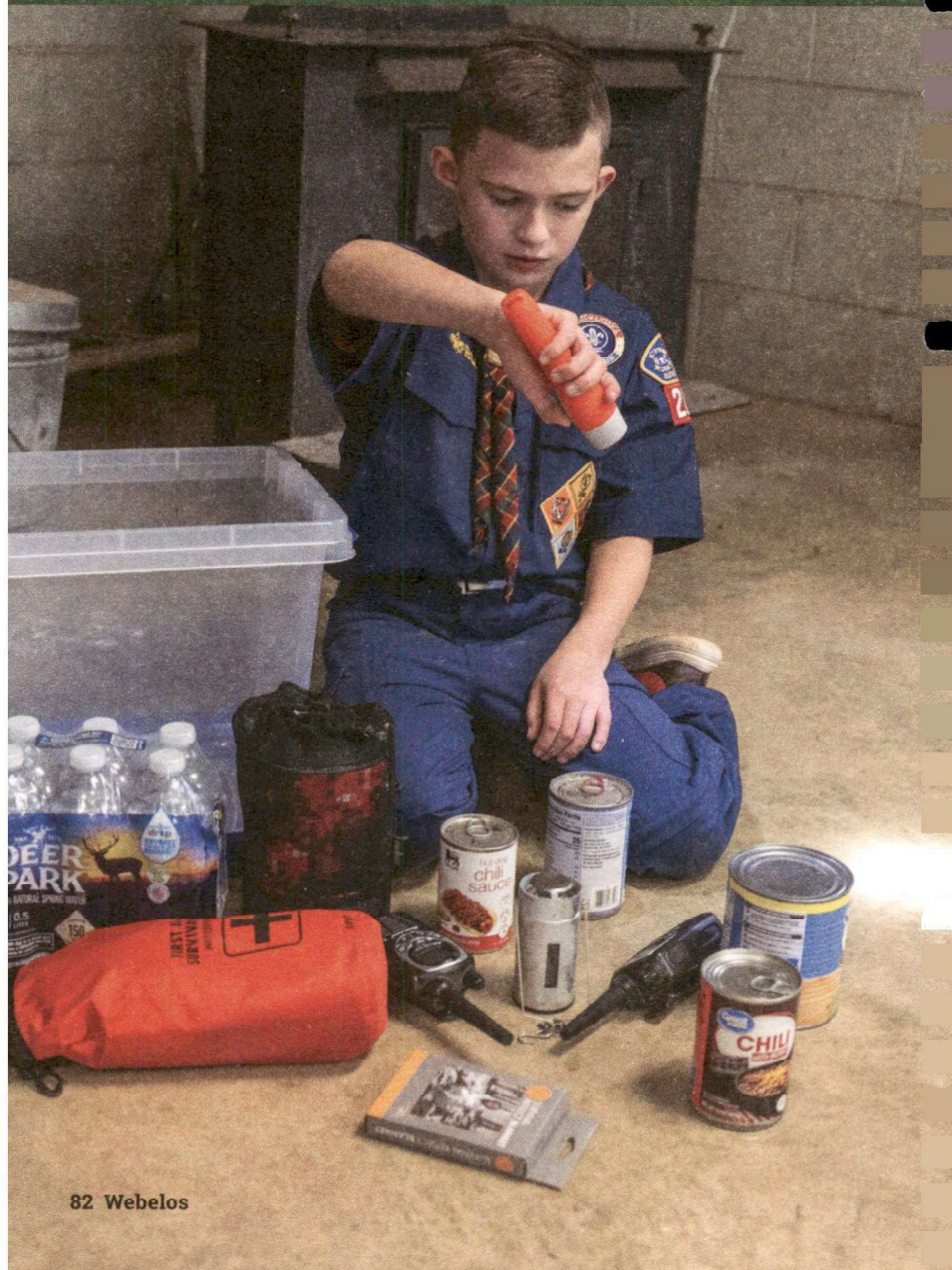


MY SAFETY

PERSONAL SAFETY



SNAPSHOT OF ADVENTURE



In this Adventure, you will strengthen your ability to keep yourself safe with the *Protect Yourself Rules* and learn ways to keep your home and meeting space safe.

REQUIREMENTS

Approved by _____

1. With permission from your parent or legal guardian, watch the *Protect Yourself Rules* video for the Webelos rank. _____
2. Identify items in your house that are hazardous and make sure they are stored properly. Identify where on the package it describes what to do if someone is accidentally exposed to the product. _____
3. Identify ways you and your family keep your home or your meeting space safe. _____
4. Complete a "Be Prepared for Natural Events" worksheet for at least two natural events most likely to happen near where you live. _____



- Required Adventure
- Scan for this Adventure page

REQUIREMENT 1

With permission from your parent or legal guardian, watch the *Protect Yourself Rules* video for the Webelos rank.

In the *Protect Yourself Rules* video for Webelos, you'll meet Darius and Mia, who will share with you their experiences and the six "Protect Yourself Rules."



You can watch the video by going to scouting.org or by following the QR code below.



REQUIREMENT 2

Identify items in your house that are hazardous and make sure they are stored properly. Identify where on the package it describes what to do if someone is accidentally exposed to the product.

There are many different types of soap. There is soap for our hands, our faces, our dishes, and our clothes. Soap keeps us and the things we touch clean, but even soap can be harmful when not used properly. Soap is made for the outside of our body, but if soap gets inside our body, it is harmful.

Take a look around where you live with your parent or legal guardian. Find items that are hazardous. Here are labels to look for and what they mean:



This symbol means the contents are flammable. They can easily catch fire or cause a fire.

This symbol means the contents are poisonous. If you think someone has been poisoned, call the Poison Health Line at 1-800-222-1222. You will be connected to your local poison control center. Make sure you have the container of the product that caused the poisoning.





This symbol means the contents are corrosive, meaning the contents can cause metals and other materials to break down. If exposed to a corrosive material, it will cause your skin to burn.

All hazardous products are required to have a warning label and directions on what to do if exposed.

Hazardous products must be stored in the right place.

Flammable materials should be stored outside in a metal cabinet. This reduces the chances of a fire spreading if the product catches or causes a fire.

Corrosive items should be kept in their original containers. They are best stored in a plastic bin to contain the product in case it leaks or spills.

All hazardous items should be stored in a place that is out of reach of small children and in a place where animals cannot get to them. High places or places with a latch or lock are best.

REQUIREMENT 3

Identify ways you and your family keep your home or your meeting space safe.

With your den or family, take a walk around your meeting space or home, and complete the following checklist:

THE MEETING ROOM

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Large enough? |
| <input type="checkbox"/> | <input type="checkbox"/> | Well heated or cooled? (between 62°F and 70°F) |
| <input type="checkbox"/> | <input type="checkbox"/> | Well ventilated? |
| <input type="checkbox"/> | <input type="checkbox"/> | Dry? |
| <input type="checkbox"/> | <input type="checkbox"/> | Clean? |
| <input type="checkbox"/> | <input type="checkbox"/> | Windows in good condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Floor in good condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Adequate lighting? |
| <input type="checkbox"/> | <input type="checkbox"/> | Hand-washing facility? |
| <input type="checkbox"/> | <input type="checkbox"/> | Clean toilet facility? |
| <input type="checkbox"/> | <input type="checkbox"/> | Sanitary drinking facility? |
| <input type="checkbox"/> | <input type="checkbox"/> | Emergency flashlights on hand? |
| <input type="checkbox"/> | <input type="checkbox"/> | First-aid kits on hand? |

EXITS**YES NO**

- | | | |
|-----|-----|--|
| ___ | ___ | Two or more emergency exits available? |
| ___ | ___ | Unlocked and easily accessible? |
| ___ | ___ | Sufficiently far apart? |
| ___ | ___ | Crash bar on doors? |
| ___ | ___ | Exit signs installed? |
| ___ | ___ | Exit signs lighted? |
| ___ | ___ | All doors swing out? |

IF THE ROOM IS ABOVE FIRST FLOOR**YES NO**

- | | | |
|-----|-----|---|
| ___ | ___ | Close to stairs (less than 100 feet)? |
| ___ | ___ | Doors and stairs unobstructed, litter free? |
| ___ | ___ | Stairs in good repair? |
| ___ | ___ | Stair handrail provided? |
| ___ | ___ | Stairway lighted? |
| ___ | ___ | Stairs wide enough for two persons? |
| ___ | ___ | Carpets or treads secure? |
| ___ | ___ | Stairway enclosed? |
| ___ | ___ | Enclosures fitted with fire doors? |
| ___ | ___ | Outside fire escape installed? |
| ___ | ___ | Fire escape in good repair? |
| ___ | ___ | Fire escape used for fire drills? |

FIRE PROTECTION

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Portable extinguisher available and properly located? |
| | | Extinguisher is suitable for the following types of fires? |
| <input type="checkbox"/> | <input type="checkbox"/> | A. Ordinary combustibles? |
| <input type="checkbox"/> | <input type="checkbox"/> | B. Flammable liquids? |
| <input type="checkbox"/> | <input type="checkbox"/> | C. Electrical equipment? |
| <input type="checkbox"/> | <input type="checkbox"/> | Extinguisher ready to use? (should be tagged to show inspection within one year) |
| <input type="checkbox"/> | <input type="checkbox"/> | Any hazard from rubbish or flammable materials? |
| <input type="checkbox"/> | <input type="checkbox"/> | Any hazard from oily rags or mops? (spontaneous combustion) |
| <input type="checkbox"/> | <input type="checkbox"/> | Smoke alarm system installed and tested? |
| <input type="checkbox"/> | <input type="checkbox"/> | Heating system inspected within a year? |
| <input type="checkbox"/> | <input type="checkbox"/> | Walls, ceilings, floors protected from stoves or pipes overheating? |
| <input type="checkbox"/> | <input type="checkbox"/> | Open fireplaces protected by screens? |
| <input type="checkbox"/> | <input type="checkbox"/> | Electric wiring, switches, extension cords in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | Accessible telephone in building? |
| <input type="checkbox"/> | <input type="checkbox"/> | Fire department number posted? |
| <input type="checkbox"/> | <input type="checkbox"/> | Location of nearest fire alarm known to all members? |
| <input type="checkbox"/> | <input type="checkbox"/> | Alarm procedures taught to members? |

FIRE DRILL**YES NO**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Has the unit an organization plan for conducting fire drills? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is a fire plan posted on the unit bulletin board? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are fire evacuation drills practiced frequently? |
| <input type="checkbox"/> | <input type="checkbox"/> | Was a drill demonstrated or taught to members at inspection time? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are members able to evacuate building if filled with smoke or if lights go out? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do training drills include use of alternate exits? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are members trained in home fire safety plan and exit drill? |

Write your recommendations on a separate sheet of paper.
Note any other conditions that are hazardous to health, personal safety, or fire safety.

REQUIREMENT 4

Complete a "Be Prepared For Natural Events" worksheet for at least two natural events most likely to happen near where you live.

A natural disaster is when nature causes great damage. Some natural disasters like hurricanes take a long time to develop, and there is plenty of time to prepare. Other natural disasters like tornadoes or earthquakes happen so fast that we must be prepared ahead of time.

Preparing for Natural Disasters

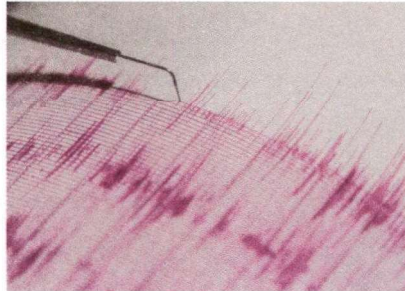
It's always best to be prepared for a natural disaster before it happens. At times, a natural disaster can cause a loss of power and water. Loss of power can impact your ability to keep and cook food. The water may run in your house but may become unsafe to drink.

According to the American Red Cross, you should have at a minimum the following items:

- ▶ Water — One gallon per person, per day (three-day supply for evacuation, two-week supply for home)
- ▶ Food — Non-perishable, easy-to-prepare items (three-day supply for evacuation, two-week supply for home)
- ▶ Flashlight
- ▶ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ▶ Extra batteries
- ▶ First-aid kit
- ▶ Medications (seven-day supply) and medical items

- ▶ Multipurpose tool
- ▶ Sanitation and personal hygiene items
- ▶ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ▶ Cell phone with chargers
- ▶ Family and emergency contact information
- ▶ Extra cash
- ▶ Emergency blanket
- ▶ Map(s) of the area

Earthquakes — Earthquakes occur at fault lines. The San Andreas, which runs through California, is the largest fault line in America. This causes earthquakes in California and surrounding states such as Nevada, Wyoming, and Utah.



During an earthquake, you should Drop, Cover, and Hold On to protect yourself from falling debris. Practice with your entire household so everyone knows what to do. Here's how to practice:

DROP where you are onto your hands and knees. This position protects you from being knocked down and allows you to crawl to a protected space.

COVER your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for protection. If you cannot find a protected space, crawl to an interior wall (away from windows). Stay on your knees and bend over to protect yourself from injury.

HOLD ON until the shaking stops. If you're under a table or desk, hold onto it as things will be moving. Use an arm to protect your head and neck. If you are not under a protected space, protect your head and neck with both arms.

Mudslides — Mudslides and landslides occur when an excess of water, usually from rain, weakens and moves the ground. Areas that have tall hills and mountains can have mudslides. They can happen when you are walking, hiking, or camping. Mudslides can damage houses and whole neighborhoods.

If you suspect imminent danger, evacuate immediately. Inform affected neighbors if you can, and contact your public works, fire, or police department.

Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together. If you're near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream, so be prepared to move quickly.

If you are ordered or decide to evacuate, take your animals with you.



Flooding — While flooding can impact any state, coastal communities and those near rivers are at an increased risk of water damage.

Flash floods can be sudden and violent. You may have little to no warning. Designate a place on higher ground that you can get to quickly. Plan to move to higher ground before flooding begins.

River floods — Know if you're in an area that is prone to river floods. Review your evacuation plan so you can leave quickly if officials advise you to evacuate.



Storm surge — Be prepared to evacuate immediately if local officials advise. A storm surge can cause water levels to rise quickly and flood large areas in just minutes.

Coastal flooding — Be prepared to evacuate immediately if local officials advise. Move inland before flooding begins.

Hurricanes — Hurricanes hit the East Coast of America. Florida, Texas, North Carolina, and Louisiana have seen the most over the years due to their proximity to the Atlantic Ocean and the Gulf of Mexico. These states experience hurricanes anywhere from June 1 to November 30, which is called hurricane season.



If local authorities advise you to evacuate, go right away:

- ▶ Bring your emergency supplies.
- ▶ Follow evacuation routes and do not try to take shortcuts because they may be blocked.
- ▶ Check with local officials for shelter locations.

If you are not ordered to evacuate and decide to stay:

- ▶ Determine your best protection for high winds and flooding.
- ▶ Take shelter in a designated storm shelter or an interior room for high winds.
- ▶ Stay away from glass windows and doors.
- ▶ Move to higher ground before flooding begins.

Tornadoes — Tornadoes come from severe thunderstorms in warm, moist, unstable air along and ahead of cold fronts. Such thunderstorms also may generate large hail and damaging winds. Tornadoes can happen in any place, but some parts of the country have more tornadoes than others. Ask your parent or legal guardian if you live in one of those areas.



A **tornado WATCH** means tornadoes are possible in and near your area. Be ready to act fast!

A **tornado WARNING** means **Take Action!** A tornado is nearby. There is danger. Move to a safe location right away.

At your house — If you are under a tornado warning, go to your basement, safe room, or an interior room away from windows. Don't forget pets if time allows.

Outside — Seek shelter inside a sturdy building immediately if a tornado is approaching. Sheds and storage facilities are not safe. Neither is a mobile home or tent. If you have time, get to a safe building.

In a vehicle — Being in a vehicle during a tornado is not safe. The best course of action is to drive to the closest shelter. If you're unable to make it to a safe shelter, either get down in your car and cover your head or abandon your car and seek shelter in a low-lying area such as a ditch or ravine.



Tsunamis — Tsunamis are giant waves caused by earthquakes or volcanic eruptions under the sea. Out in the depths of the ocean, tsunami waves do not dramatically increase in height. But as the waves travel inland, they build up to higher and

higher heights. The West Coast of the United States, Hawaii, and Alaska can be affected by tsunamis.

Get to higher ground as far inland as possible. Watching a tsunami from the beach or cliffs could put you in grave danger. If you can see the wave, you are too close to escape it.

Avoid downed power lines and stay away from buildings and bridges from which heavy objects might fall during an aftershock.

Stay away until local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.

BE PREPARED FOR NATURAL EVENTS

Type of natural event:

Things you can do to prepare prior to the event:

What to do immediately to keep yourself safe:

What to do during the event:

What to do after the event short term:

What to do after the event long term: