

"Safety Suggestions - Handout"

Three General Ways for Safety

1. Keep yourself safe
2. Assist others to be safe
3. Get assistance when necessary

Develop Safety Toolkit for Yourself

- Contact information
- Health related information

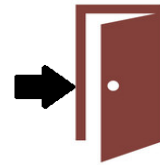


<u>Health Information</u>
CPR _____
Allergies _____

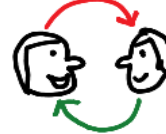
<u>Emergency Contact</u>
Name _____
Phone _____

Remind Yourself of Safety Tips

- Meet strangers in public setting
- Know your exits
- Be aware of your surroundings
- Have a way to contact someone
- Follow a Buddy System
- Avoid walking in unlit areas
- Have emergency phone numbers
- Be alert and attentive
- Never take risks when it comes to safety
- Eliminate distractions



Buddy System



Reminders



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Summarize
Key Information

Plan reminders

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Follow Checklists as a Reminder for Safety

examples:

Daily Checklist

- Review safety suggestions
 - Any safety concerns?
- If so, what can I do about it?

Track Last Time Safety

Related Activity

Car inspection Jun 12

Doctor appointment Jan 2017

Contact family member Feb 12

Furnace inspection 2016

Backed computer hard drive Aug 9

Weekly Checklist

- Set goals for safety
- Upcoming activities this week that require safety plan
- Learn about safety topic

Meet Client Checklist

- Exits
- Phones
- Buddy System



Areas to Consider

For Safety Related Goals

- House Safety
- Internet Safety
- Pet Safety
- Family Members
- Friends/co-workers/acquaintances
- Work Safety
- Travel Safety
- Fire Safety
- Food Safety
- First Aid
- Season Related Safety
- Health Safety

Notes: