

Safety at home

We have many objects in our homes that are useful, but can also be dangerous if not used properly by an adult or not safely stored. Learn how to look out for any dangers in the home and how to keep you and your family safe.

For Child Safety day on 1 June we have created a resource focusing on safety in the home. Using a module from our new First aid champions website, the activities below teach children and young people to think about their surroundings and avoid dangers in the house, as well as encouraging them to learn and use first aid when accidents do happen.

Learning objectives

Learners will:

- Think about how to stay safe at home
- Learn how to keep yourself and others safe
- Learn first aid
- Think about how to help others in the house

Primary ages (5-11)

360 photo activity: Spot the dangers

Go to the [safety page](#) on the First aid champions website. Look at the [photo](#) and identify the dangers. Read the comments on each object and learn why it is dangerous. Go through the slides to answer the questions.

Remember that many of these objects should be used by an adult, or with the help of an adult. Keeping yourself safe is an important part of first aid. Avoiding accidents is step number one.

Now look around your own home.

- > What dangers can you identify?
- > How can you and your family work together to make things safer?

Learn activity: Learn how to help

Look at the photo again. What kind of injuries could happen from these situations?

Underneath the photo there is this activity: Now you've learned about the dangers in the kitchen, think about what first aid skills you might use to help someone who has:

- > a burn
- > bumped their head
- > a cut that is bleeding a lot

Look at the [first aid skills](#) to explore what to do, or check what you have learned with the quizzes.

- > Why is learning how to help important?

Creative activity: Create a safety poster for your home

Think about some of the things in your home that might be dangerous. Imagine you are a safety inspector and it is your job to tell your family how they can stay safe. Draw a safety poster highlighting the dangers and the steps to take to avoid the dangers.

For example: toys on the floor: people could trip or stand on them. Put all toys away after you've used them.

Think of a kind act you can do to help others stay safe, for example – put your toys away safely.

Secondary ages (11-19)

360 photo activity: Spot the dangers

Look at the [photo](#) and identify all the dangers in the house. Read the comments to learn why they are dangerous. Now look around your own house. What dangers can you spot? What kind act can you do to relieve some of the dangers?

Remember to ask for help when it is needed. Don't put yourself at risk. Taking care of yourself and avoiding danger is an important step in first aid.

- > Would you know what to do if something did happen at home?

Use the First aid champions website to learn [the skills](#) you need to help yourself and others.

Critical thinking activity: Safety in context

Every situation has different things that can be dangerous. The key thing is learning how to spot them and how to act to keep yourself and other safe.

Think about these scenarios and what the dangers may be and what precautions you can take.

- > Having a BBQ outside in the garden. There is also a knife on the table for cutting burger buns. Your younger siblings are playing in the garden at the same time.
- > A parent is doing some DIY. They are using tools like hammers and drills.
- > A parent using a ladder to go into the loft. It is dusty and dark in there. It is full of boxes and objects.
- > You are making a cup of tea.
- > You are playing games with your sibling(s). You are running around, there are toys on the floor, there is lots of furniture in the room.

Photo activity: Safety whilst doing first aid

Look at the photo below. This person is having a seizure. The person's brother is moving the table, another brother has placed a cushion under their head. Why do you think they have done this? Who do you think the boy is calling on the phone?



Learn what to do if someone is having a [seizure](#) using First aid champions. Then reflect:

- > Why is thinking about safety important when doing first aid?
- > What kind of things should you keep in mind?
- > How can you keep yourself safe whilst giving first aid?
- > If you had to help someone with a seizure outside the home, what other safety issues do you have to consider? Look at the [safety](#) page. Look at the [Covid-19 guidance](#) page if you are unsure how to help safely in the current situation.
- > How can you call for help if you are worried about your own safety?

Draw a comic strip about this situation if it happened inside the home or outside the home, and what you could do to help safely.

There are always kind acts of first aid you can give people whilst also keeping yourself safe. Reflect on what you can do safely. Remember to call 999, 111 or for an adult if you are ever unsure how to help safely.