

## HEALTH EDUCATION: ACCIDENT PREVENTION

- Knowledge** After working through this lesson, participants will be able to
- Attitude**
- Practice**
1. Describe ways to prevent accidents.
  2. Plan ways to prevent accidents in their own homes.
  3. Teach others with the teaching booklet, *Preventing accidents*.

**Overview** This series of lessons is based on the *Health Education Program for Developing Communities*, 2014, which is available from <http://hepfdc.info/>. The illustrated manual and lessons are also available for download or for purchase at <http://www.chenetwork.org/healtheducation.php>.

These lessons are accompanied by a series of health teaching booklets on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - Handouts:
    - *Preventing Accidents HO*

### LESSON

60 minutes

#### Game:

*Instructions:* Divide into teams. Alternate giving questions to the teams. Each question may have one or more answer, with one point for each correct answer. Some hints are given in the *Preventing Accidents* illustration.

#### Preventing Accidents Game (25 minutes)

*Instructions:* Play the Preventing accidents game (see the questions below.). Discuss any answers that are not clear.

- A. What is sudden infant death syndrome?
  1. It is also called SIDS.
  2. Young babies die suddenly without warning
- B. What are some ways to prevent sudden infant death syndrome?
  1. What are some ways to prevent sudden infant death syndrome?
  2. Do not let babies sleep on their stomach.
  3. They should sleep on a firm mattress.
  4. Do not put pillows or soft objects in the crib.
  5. Stop smoking
- C. Why are children at risk for poisoning?
  1. Children are curious
  2. They put everything in their mouths.
  3. Many medicines and household supplies are poisonous.

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- D.** What can you do to prevent poisoning of children?
1. Keep all medicines locked and out of sight.
  2. Keep all cleaning supplies, chemicals, and detergents locked up and out of sight
  3. Try not to let children watch you take medicine. They may try to imitate you.
- E.** How can you prevent children from choking?
1. Young children put everything in their mouths.
  2. Do not give them popcorn, nuts, or hard candies.
  3. Cut up their food (especially their meat) into small pieces
  4. Do not let children play with balloons, marbles, jacks, or small toys that they may choke on.
  5. Crush pills or “chewable vitamins” between two spoons before giving them to young children
  6. Learn how to do the Heimlich maneuver. (See the lesson on *Choking*.)
- F.** How can you prevent deaths from drowning?
1. Do not let a child play around water unless an adult is watching
  2. Do not let children play in canals or in fast-moving water
  3. Teach your child to swim.
  4. Make sure that children jump into water feet first, instead of diving into shallow water.
- G.** How should young children cross the street?
1. Young children should always cross the street with an adult
  2. Look both ways before crossing
  3. Cross at the crosswalk
- H.** How can you keep from getting hurt in a car accident?
1. Always wear seat belts.
  2. Young children should ride in the back seat or in a car seat.
  3. Drive carefully
  4. Never drink and drive
- I.** What should you do when you meet a ferocious dog?
1. Do not run or act scared.
  2. Avoid dogs that you don't know
  3. Never turn your back on the dog.
- J.** If the dog bites you, what? should you do?
1. Flush the wound and wash it with soap and water for 15 minutes.
  2. Go to a health care provider.
  3. There may be a risk of rabies. You may need a rabies vaccine.
  4. The dog should be observed for 10 days to see if it stays healthy.
- K.** Why is it dangerous to have a cooking fire inside your home?
1. The smoke is irritating.
  2. The smoke can cause lung damage.
  3. The fire gives off carbon monoxide, which is poisonous and can kill you.
- L.** What can you do instead?
1. Make sure your stove has a chimney that is working well.
  2. Keep doors and windows open.
  3. Move the cooking fire outside the house.

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Ask SHOWD Questions:

*What did you **S**ee?*

*What was **H**appening?*

*Does this happen in **O**ur place?*

***W**hy does this happen?*

*What will we **D**o about it?*

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### **Application** (15 minutes)

**A.** Return to your team. What changes do you need to make in your home to prevent accidents?

Discuss as a group.

1. What changes do you need to make in your home?
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### **Teaching Booklets** (20 minutes)

**A.** Divide into pairs.

**B.** Practice teaching each other the *Preventing Accidents* teaching booklet.

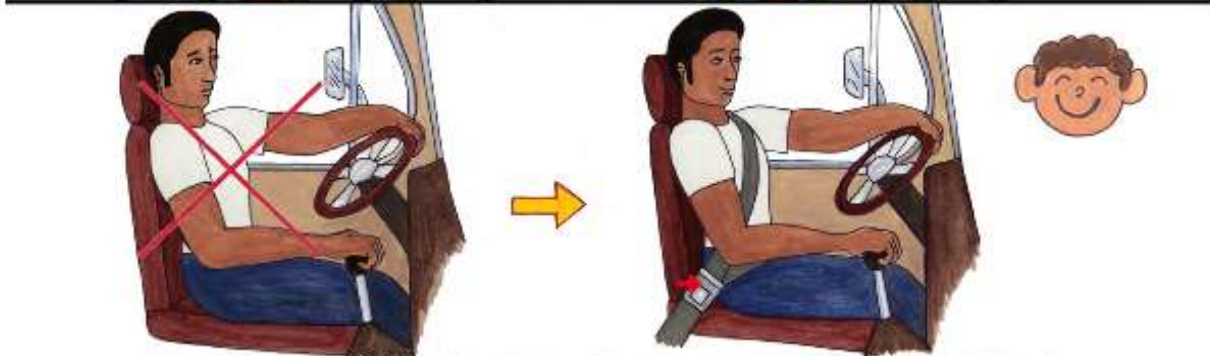
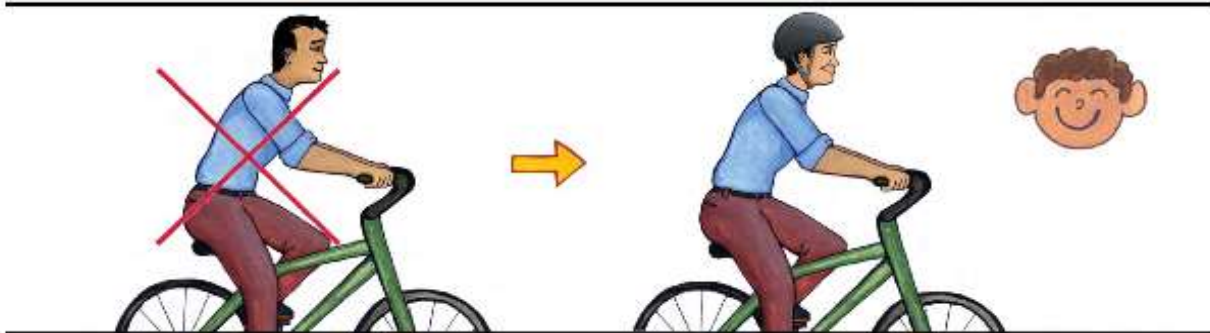
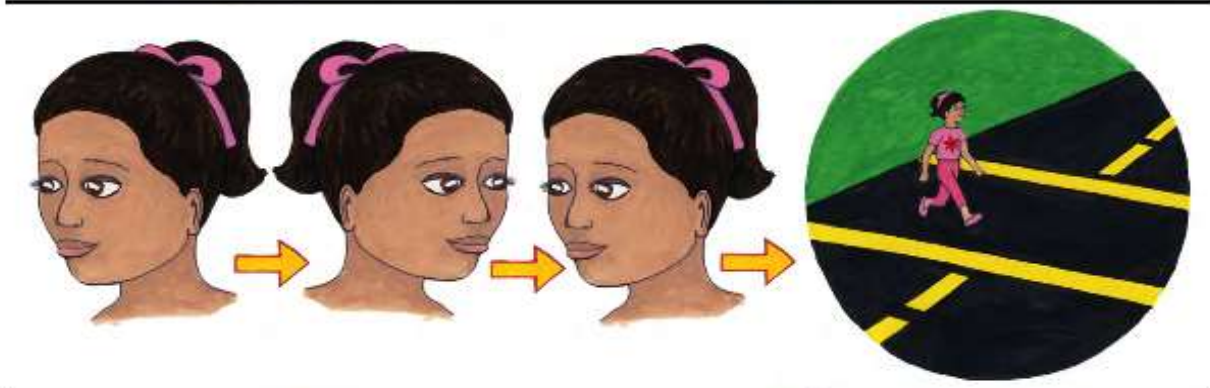
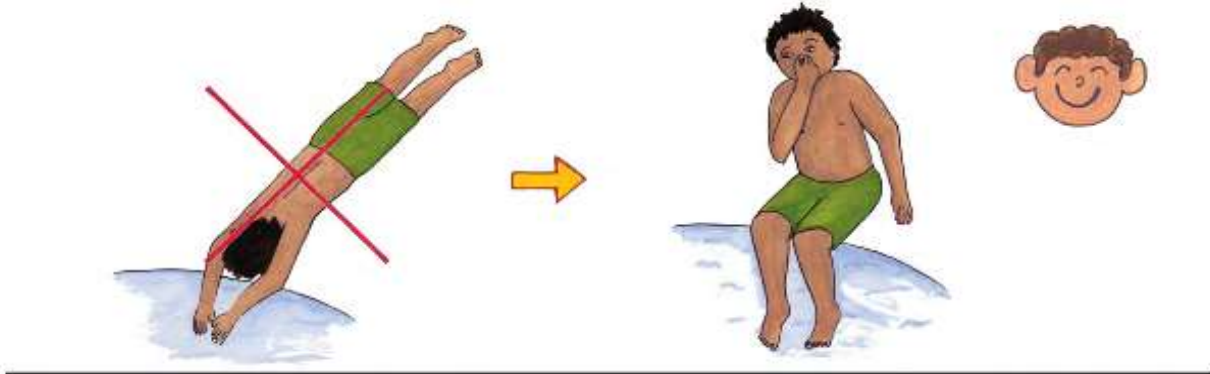
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### **References:**

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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PREVENTING ACCIDENTS



45. DROWNING/ FALLS/ TRAFFIC ACCIDENTS

Source: HEPFDC