

Costume Design:

1. Only fire-retardant materials should be used for costumes.
2. Costumes should be loose so warm clothes can be worn underneath.
3. Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional injuries on Halloween.)
4. If children are allowed out after dark, outfits should be made with light coloured materials. Strips of reflective tape should be used to make children visible.

Face Design :

1. Masks can obstruct a child's vision. Use facial make-up instead.
2. When buying special Halloween makeup, check for packages containing ingredients that are labeled "Made with U.S or Canadian Approved Colour Additives," "Laboratory Tested," Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow manufacturer's instruction for application.
3. If masks are worn, they should have nose and mouth openings and large eye holes.

Accessories:

1. Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
2. Bags or sacks carried by youngsters should be light-coloured or trimmed with retro-reflective tape if children are allowed out after dark.
3. Carrying flashlights will help children see better and be seen more clearly.

Treats:

1. To ensure a safe trick-or-treat outing, parents are urged to:
2. Give children an early meal before going out.
3. Insist that treats be brought home for inspection before anything is eaten.
4. Wash fruit and slice into small pieces.

Pedestrian Safety:

1. Young children should always be accompanied by an adult or an older, responsible child.
2. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street.
3. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

Choosing Safe Houses:

1. Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.
2. Children should not enter homes or apartments unless they are accompanied by an adult.
3. People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

Remind your children to look for **Block Parent** homes in the neighborhood and go to the nearest one if they need help.

Look for **Block Parent** homes along your route. If you are in trouble, they are there to help.



Fire Safety Tips

IN AN EMERGENCY CALL

- In case of fire go to your neighbor's home to call.
- Teach your children how to get emergency help.
- Yellowknife Fire/Ambulance 873-2222

PROTECT YOUR HOME FROM WILDFIRE

- Create a safety zone around your home by clearing flammable vegetation.
- Keep your roof clear of leaves and needles. Discuss community fire safety with your neighbors.

STORE ONLY A SMALL AMOUNT OF GASOLINE IN AN APPROVED SAFETY CONTAINER OUTSIDE THE HOME

- Use it as a motor fuel only, not for cleaning.

FIREWORKS ARE DANGEROUS

- Even sparklers, which burn as hot as 1200 degrees F (649°C), cause thousands of injuries to children each year.
- Attend professional displays and leave fireworks to the technicians who are trained to use them.

USE ELECTRICITY SAFELY

- Don't overload extension cords or run them under rugs.
- Replace any cord that is cracked or frayed. If an appliance smokes or has an unusual smell, unplug it and have it repaired by a professional.
- Use the proper size fuses in your fuse box.

FIRE PREVENTION

Fire Safety Tips Continued

ENJOY A SAFE HOLIDAY

- Water your christmas tree daily and be sure it is placed away from exits and heat sources.
- Make sure holiday lights are labeled by an approved testing laboratory and in good condition.

CRAWL LOW UNDER SMOKE

- If you encounter smoke on your way out of a fire, use your second way out instead.
- If you must escape through smoke, crawl low under the smoke to your exit.

FIRE WON'T WAIT, PLAN YOUR ESCAPE

- Have an escape plan that includes two ways out of each room and a meeting place outside the home.
- Practice it with the whole family at least twice a year.

COOL A BURN

- If someone gets burned, place the wound in cool water for 10 - 15 minutes.
- If the burn blisters or chars, see a doctor immediately. Set the temperature of your hot water heater to 120 degrees F (49°C) or below.

WORKING SMOKE DETECTORS SAVE LIVES

- Install them on every level of your home and outside each sleeping area.
- Test them monthly and install new batteries.

SECURITY BARS ON WINDOWS CAN TRAP YOU IN A FIRE

- Use bars which have a quick release mechanism that everyone in the family can operate.

STOP, DROP, AND ROLL

- If your clothes catch on fire, stop where you are, drop to the ground, cover your face with your hands and roll over and over to smother the flames.

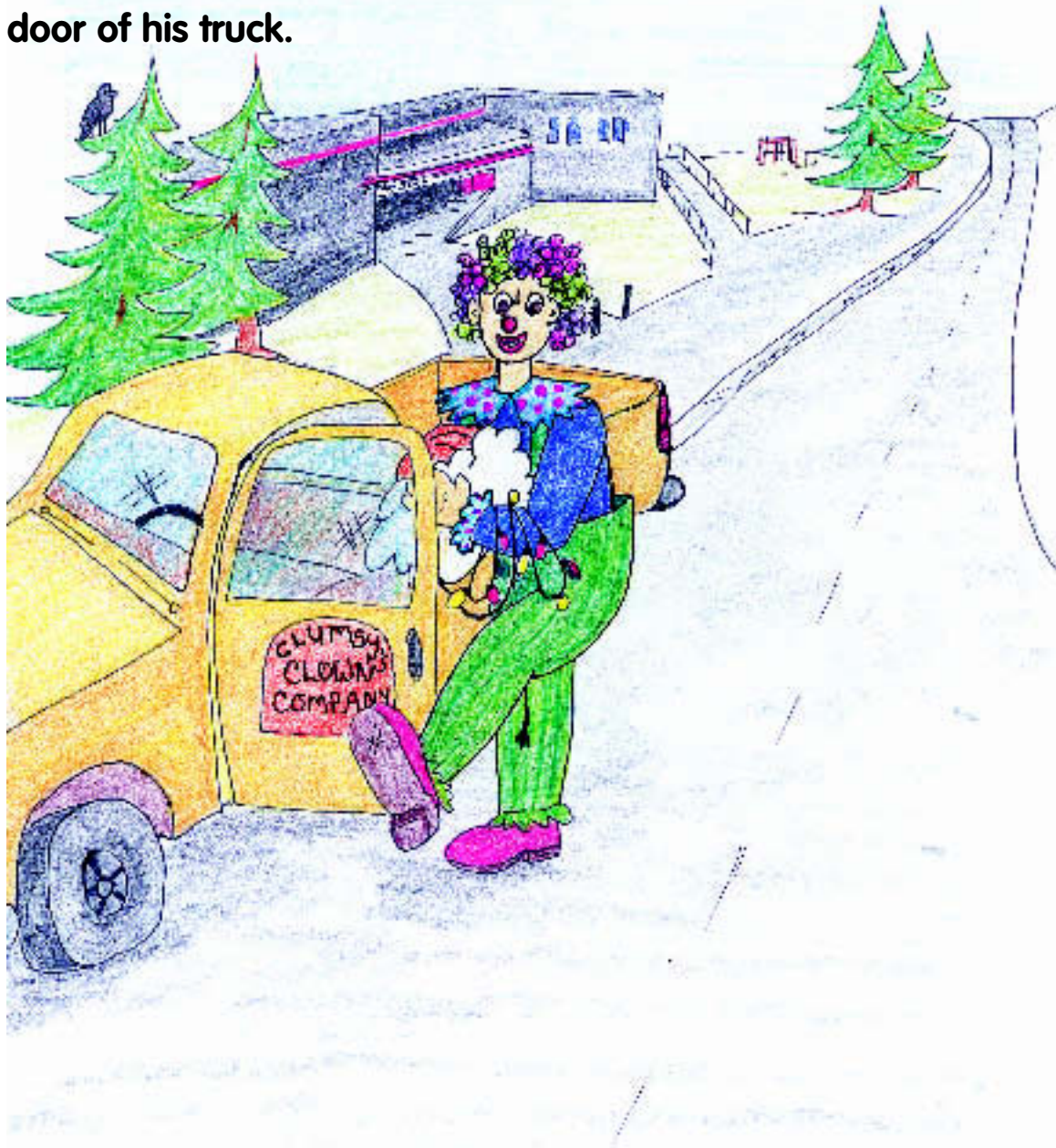
SPACE HEATERS NEED SPACE

- Keep portable and space heaters at least 3 feet (1m) from anything that can burn.
- Never leave heaters on when you leave home or go to bed and keep children and pets well away from them.

MATCHES OR LIGHTERS CAN BE DEADLY IN THE HANDS OF A CHILD

- Store all matches and lighters up high, preferably in a locked cabinet.
- Use child resistant lighters.

Clumsy gathered all the material together for his safety talk with the kids at École St Joseph School. "I can do it all in one load", he mumbled to himself as he used his foot to close the door of his truck.





His arms were busy holding everything from a string of Christmas lights to Halloween costumes. His talk today would cover all types of safety tips to be followed during special holidays and important events such as Halloween.

He took his first step and staggered. He could not see clearly as he walked down the sidewalk to the street corner. He was thinking that it might not have been such a good idea to carry so much stuff all at once.

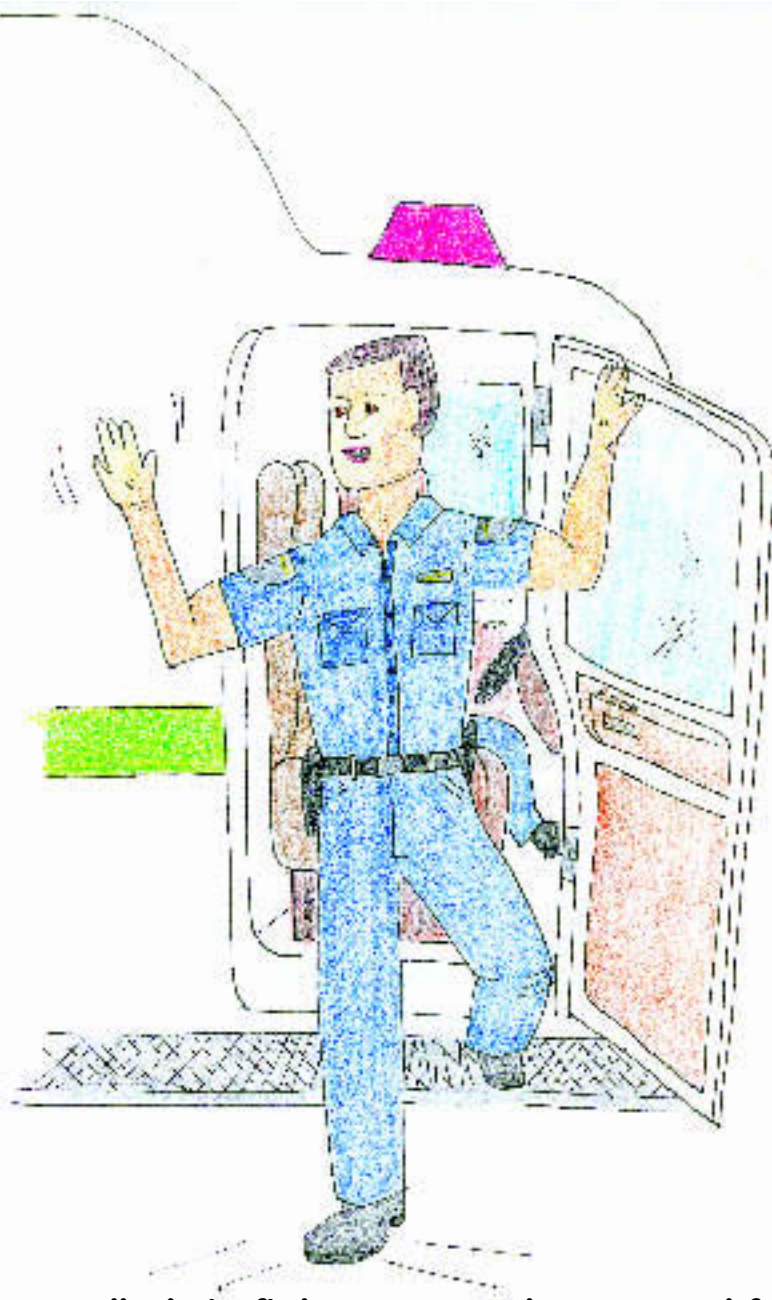




He could hear the cars rushing by on Range Lake Road as he fumbled his way up the sidewalk. "I should be almost at the edge of the crosswalk", he thought. He wasn't ready for it and kerplunk!!!! went the Christmas tree, as he lost his footing and fell to his knees on the hard pavement.

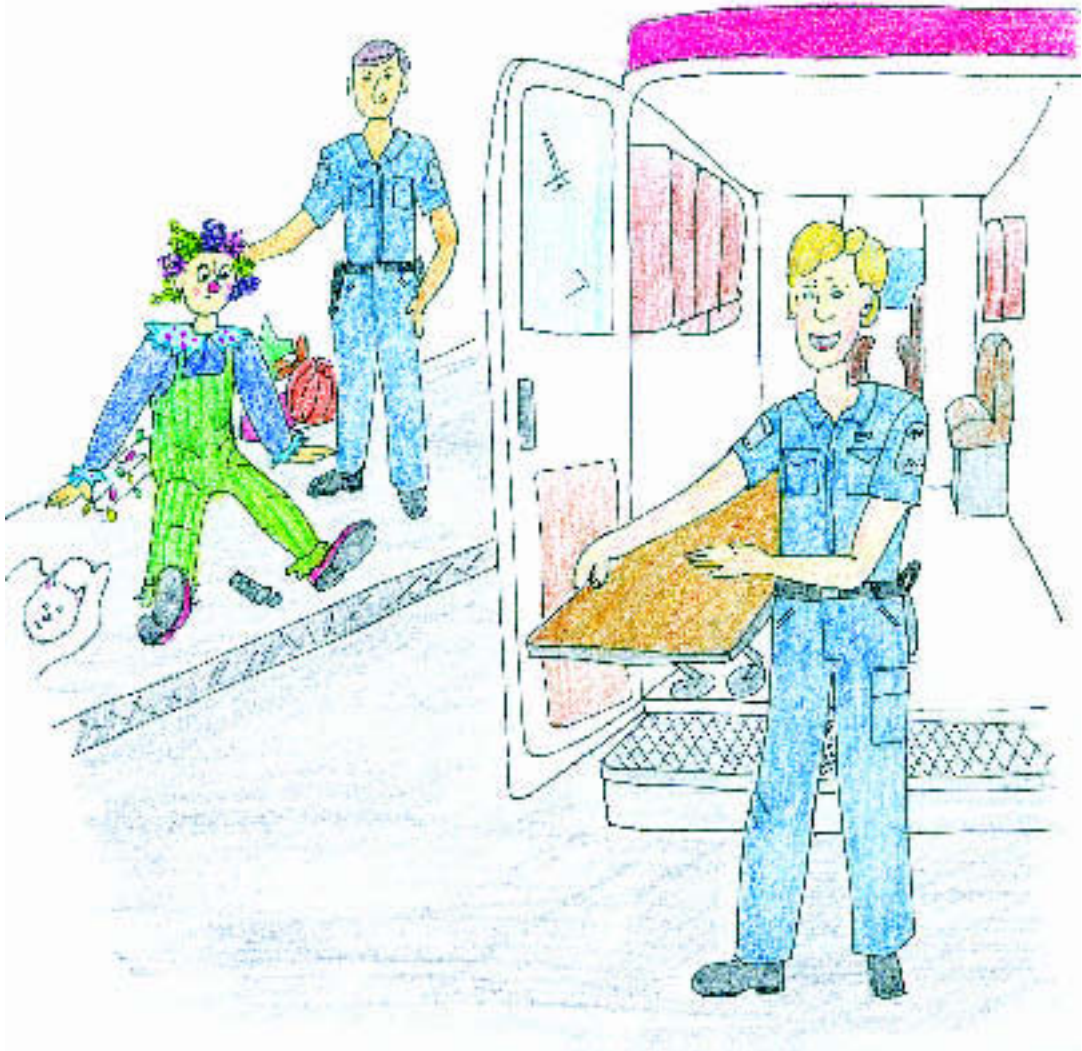
"Are you ok?", yelled a motorist who had just seen him fall. "I think so", said Clumsy as he tried to stand. Pain was shooting up his leg as he stood up. So much so, that Clumsy sat back down on the sidewalk and buried his face in his hands. The motorist who had stopped was already on his cell phone and calling the ambulance for Clumsy.

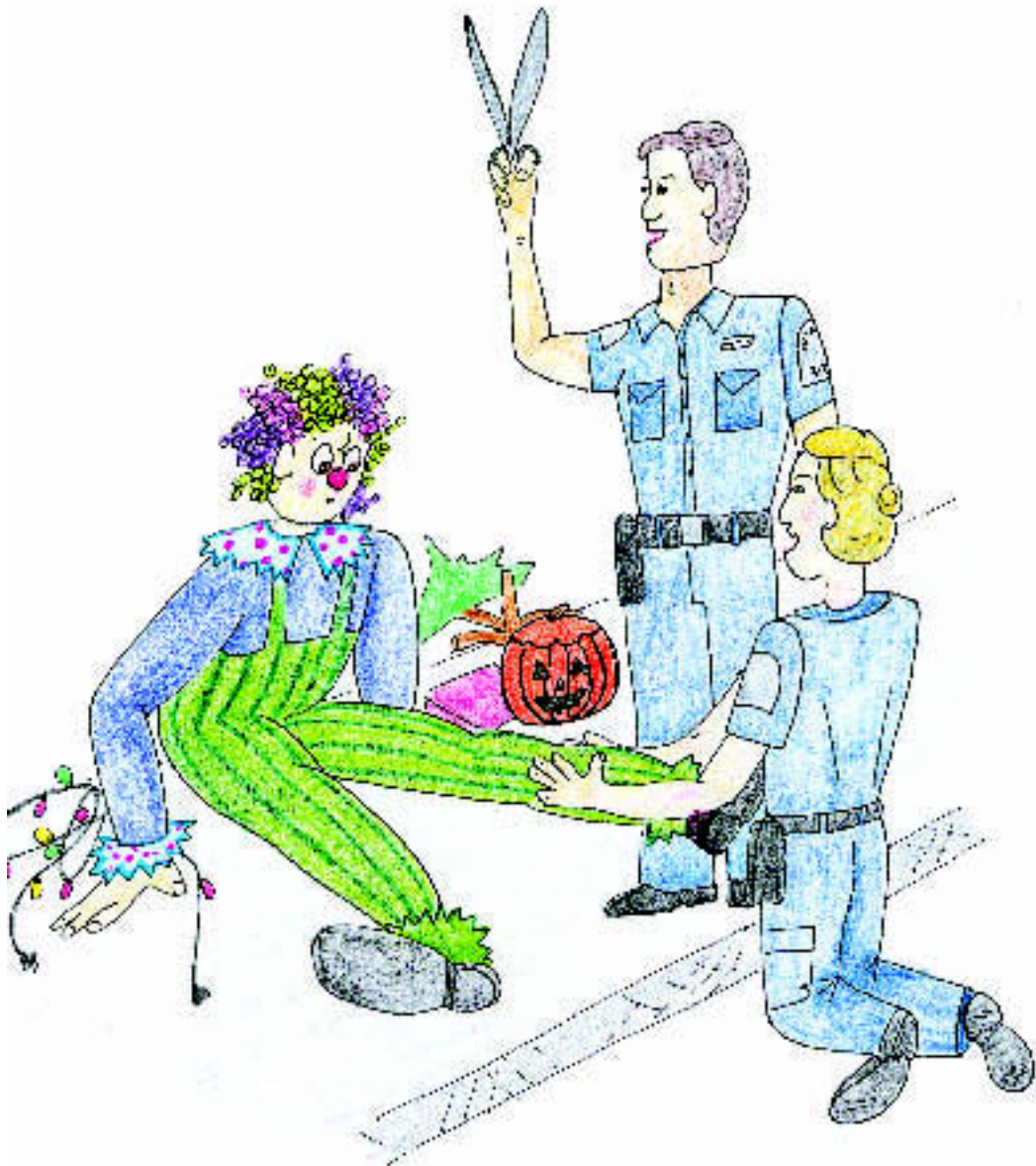




"Hey Clumsy", yelled Firefighter Ron as he stepped from the ambulance. "Are you ok, what happened?" "I tripped when I stepped off the sidewalk and I twisted my left ankle. Now I can't stand up. My entire leg is in pain."

Firefighter Ron yelled to Firefighter Gerda who was getting the stretcher from the back of the ambulance. "Please bring me the splints and a couple of cold packs, and I will need your help to get Clumsy's boot off."





Firefighter Ron used his scissors to cut the laces to Clumsy's boot. "This is going to hurt, Clumsy." Firefighter Ron gently pulled on Clumsy's boot as Firefighter Gerda steadied Clumsy's leg with both her hands. "Ouch!!!!", yelled Clumsy, as the boot slipped off his foot.

Firefighter Ron cut Clumsy's sock as well. "Hey!!!!!!!!!!," yelled Clumsy, "those are brand new socks." "I will get you some new ones Clumsy, but we need to check your foot and leg and cutting the sock is the easiest way to get it off without causing you more pain."

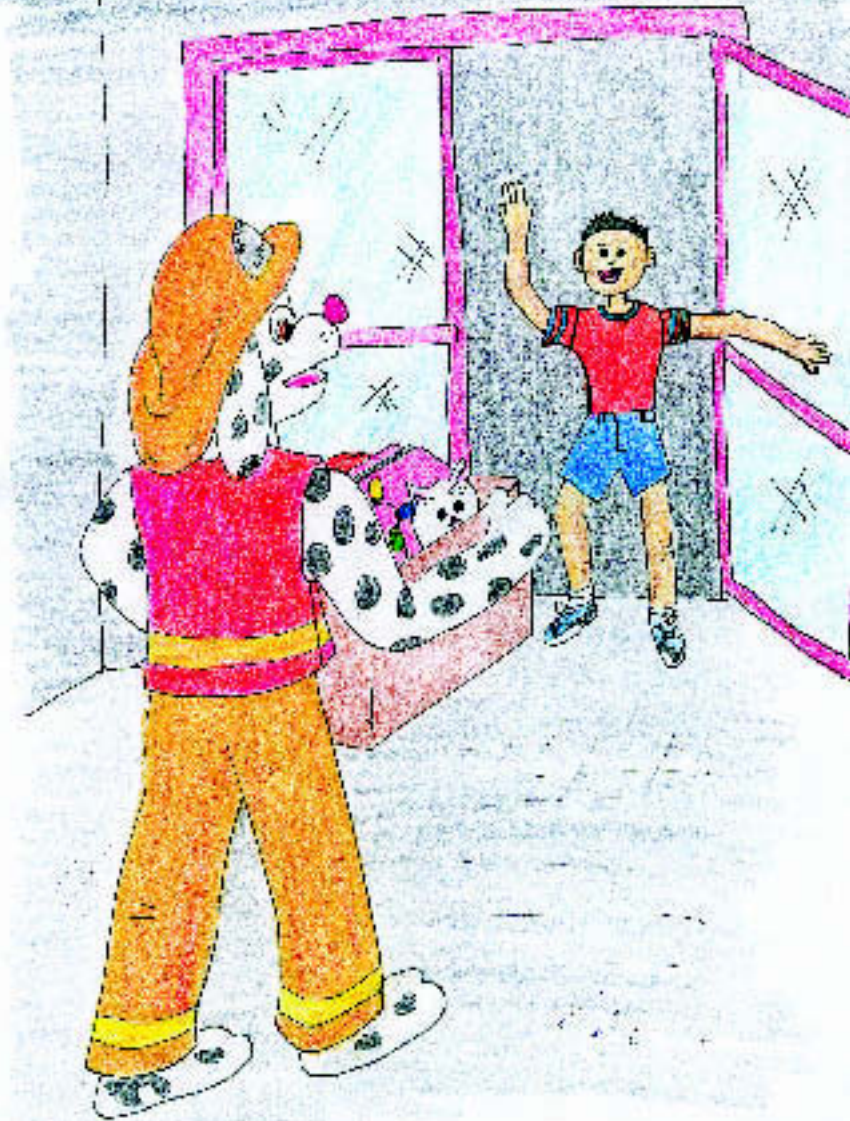




Firefighter Gerda held Clumsy's leg as the splint was placed on it to help keep it straight. Next, Firefighter Ron gently placed some cold packs and closed the splint. Clumsy put an arm around Firefighter Gerda's neck and Firefighter Ron supported his leg as they helped him to the stretcher.

Nurse Beverly held Clumsy's leg as he slid from the stretcher to the hospital bed. "Are you comfortable there?" asked nurse Beverly. "I am ok," said Clumsy, "but my ankle really hurts. Say, can you phone École St. Joseph School and tell them I will have to reschedule my meeting with them?" Firefighter Ron poked his head around the corner just then and said "It's all been taken care of Clumsy, Sparky is already heading over to the school to finish your talk."





Clumsy breathed a sigh of relief. Thank goodness for Sparky. "Well now," he thought, "lets get my ankle fixed then. At least I have my make-up on this time." He looked down at his splinted leg. Only Clumsy, he thought.....only Clumsy!!!!

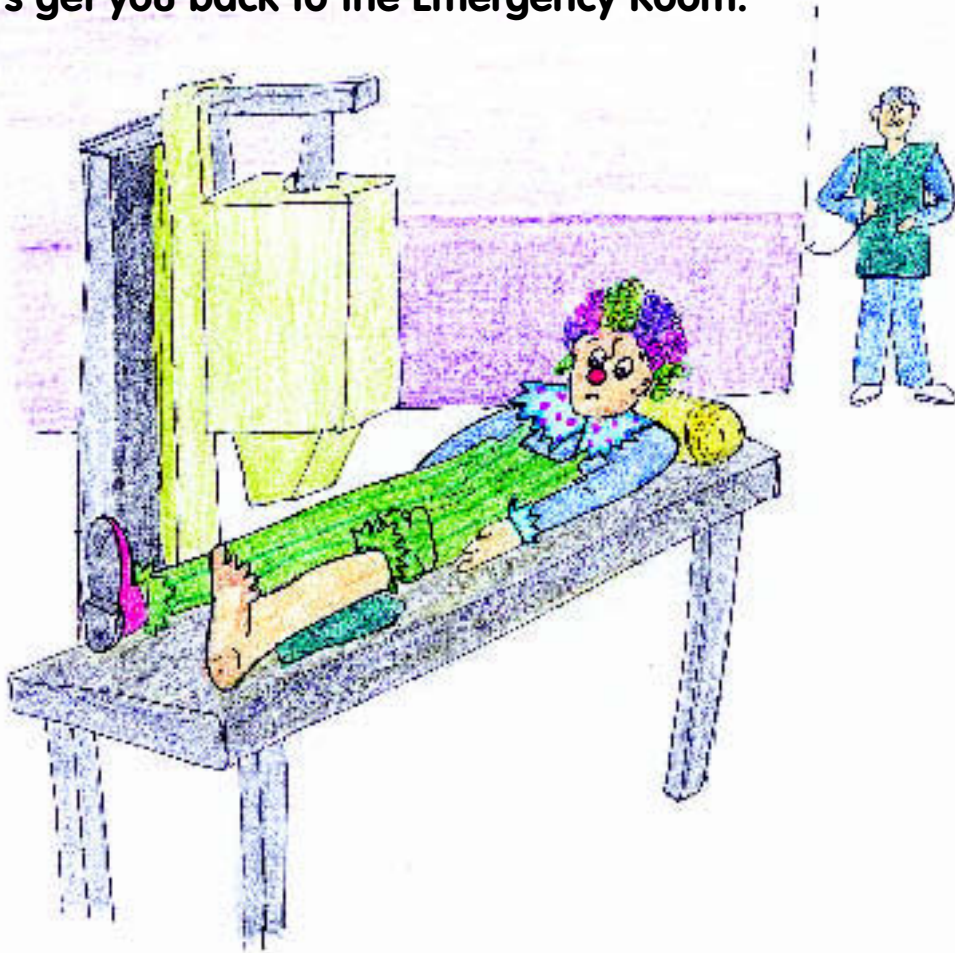
"Hi Clumsy", said a soft voice as Dr Jyl poked her head in through the curtain. "What happened?" she said, as she removed the splint from Clumsy's leg so she could get a better look. "Well", said Clumsy, "I was carrying a bunch of stuff ...too much all at once I guess. I could not see where I was going and I fell."



Dr Jyl felt the pulse in Clumsy's foot. "We will have to send you for an x-ray of your leg so we can see if there is a bone broken. Right now it's swollen and very hard to tell." Clumsy looked worried and Dr Jyl could tell. She placed her hand on his arm and said "don't worry Clumsy, x-rays don't hurt and you won't have to walk, we can wheel you right over there while you are laying in bed." "Cool", said Clumsy, "I feel better already".



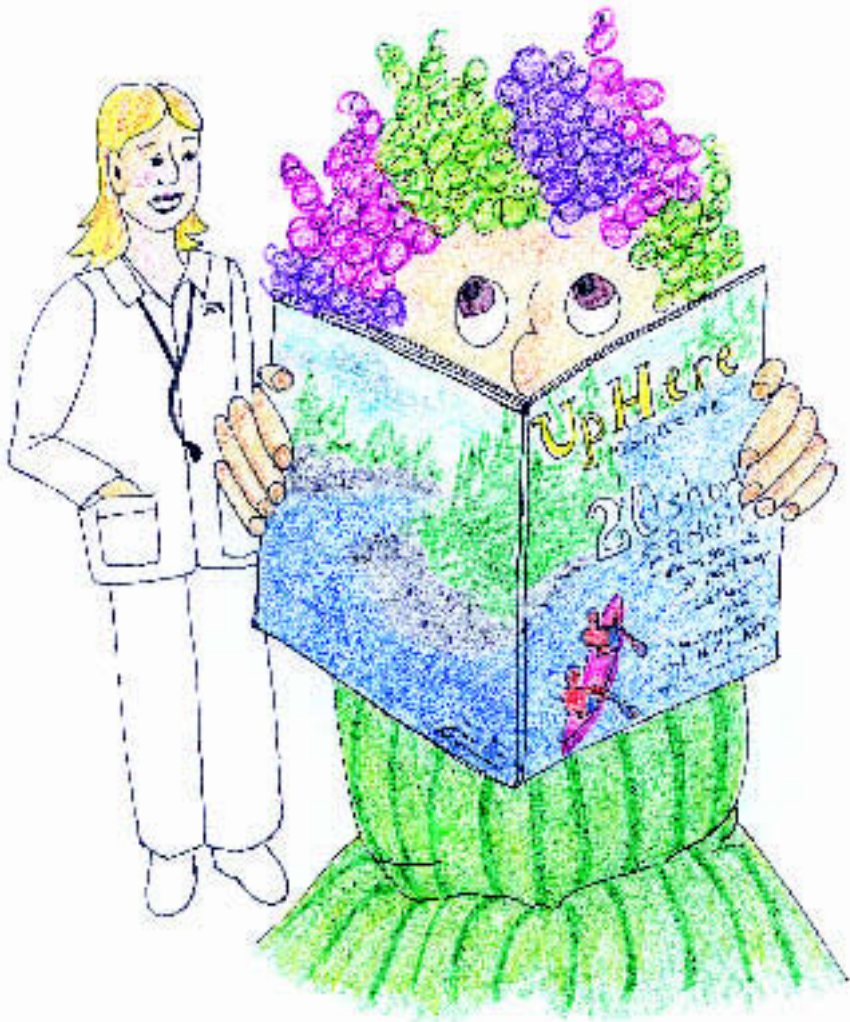
"Here we are Clumsy", said the X-ray technician, "this is where we take pictures of bones." He took a big frame that sort of looked like a mirror and placed it under Clumsy's leg. Then he positioned the big camera on top of the ankle. "We are all set", he said, "all I have to do is push the button." He went into the control room and did just that. There was a short humming noise as the machine took a picture of Clumsy's leg. "All done", he said as he returned. "As soon as the picture is ready I will bring it to Dr Jyl, in the meantime let's get you back to the Emergency Room."

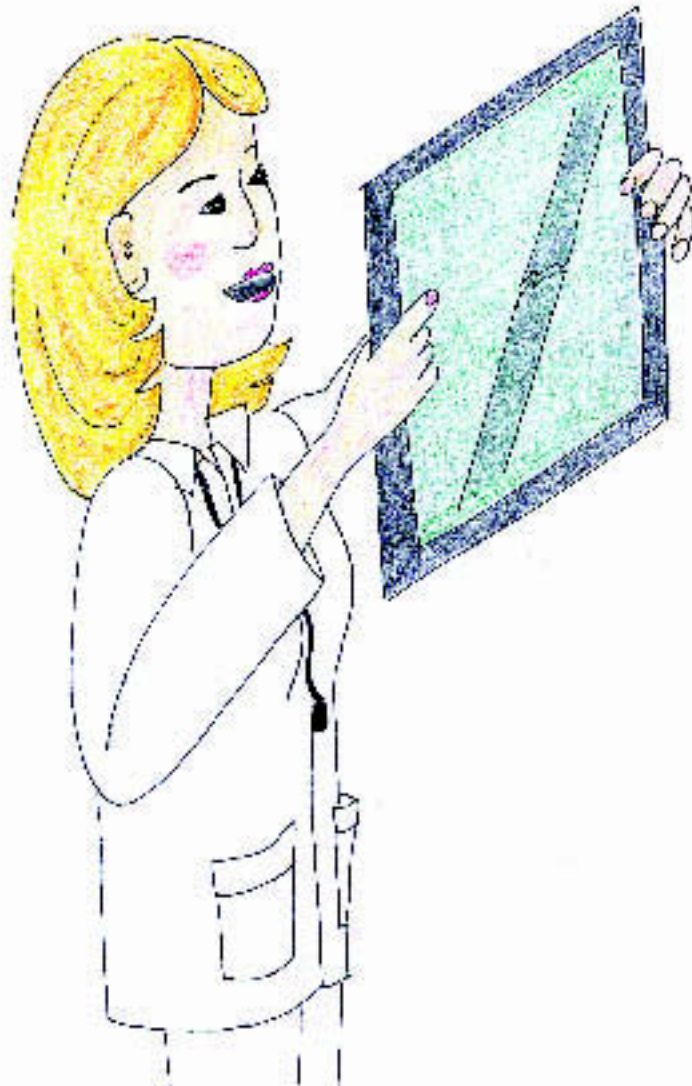


"You are back, Clumsy", said Nurse Bev as she fixed Clumsy's pillow. "Would you like some juice and a sandwich while you wait? It's close to lunch time already." "Yes please", said Clumsy.



Clumsy was relaxing as much as he could and thumbing through a copy of Up Here magazine. "Ok Clumsy", said nurse Bev, "Dr Jyl is ready to see you now." She wheeled his bed over to the cast room where the doctor was waiting. Clumsy had a worried look as nurse Bev wheeled him into the room.





"Hi again Clumsy", said Dr Jyl. "Don't look so worried, everything will be just fine." She held the x-ray up to the light and pointed so Clumsy could see. "The leg bone is cracked so we will have to put a cast on you for 6 weeks." "Don't worry, it doesn't hurt and you will be as good as new in no time." "Will I be able to walk?" said Clumsy. "You will, but you may need some crutches to help you. Nurse Bev will get you a set."

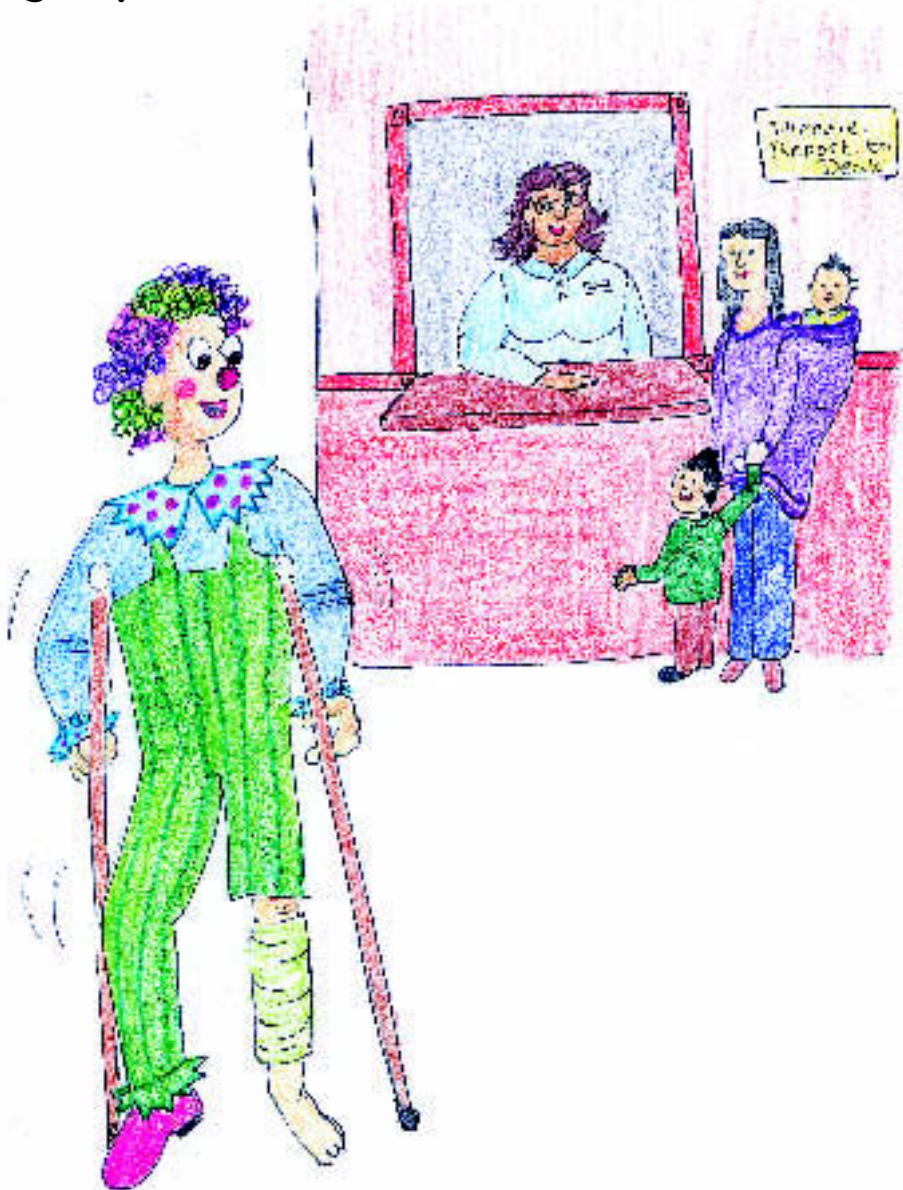
Dr Jyl wrapped Clumsy's leg with the casting material. Round and round she went. "It looks like a sock", said Clumsy. "Yes it does but it gets much harder." Already Clumsy could feel the material getting hard. Dr Jyl pinched Clumsy's toe. It showed her that the circulation in Clumsy's foot was still ok even after the cast had been applied. "Done like dinner", she said as she smiled and moved aside so Nurse Bev could adjust the crutches for Clumsy.





"Ok Clumsy" said nurse Bev, "we need you to stand up so we can properly size your crutches. You stand on one leg and Firefighter Ron will help you keep your balance." She quickly made the necessary adjustments to the crutches and placed them under Clumsy's arms. "How does that feel?", she asked. "Feels ok", said Clumsy, but I hope I don't fall." "You have to go slowly", said nurse Bev.

Clumsy made one step with the crutches, then two steps, three steps. He held his leg with the cast off the floor as he hopped like a bunny. Hey, this is not so bad, he thought, as he hopped past the admitting clerk and threw her a big smile. "Looking good", she said as Clumsy hopped towards the Emergency Room.





"There you are", said Nurse Bev, as Clumsy hopped back into the Emergency Room and leaned up against the desk. "We wondered where you had hopped to." "I was trying out my new legs, eer! crutches", said Clumsy with a spark of enthusiasm in his voice.

**"C'mon hoppy, I mean Clumsy", said Firefighter Ron, as he beckoned Clumsy to follow him and Gerda to the awaiting ambulance. "We'll give you a ride back to the hall. I'm sure everyone is just dying to hear about your latest er.....trip."
"Thanks so much for everything", said Clumsy as he smiled a big smile for the Emergency Room staff and moved slowly towards the door.**



Back to School Safety Tips

Riding the Bus

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus. Remember these safety tips:

- Have a safe place to wait for your bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!

The 10 basic tips on school bus safety (a parent's guide)

Getting to the school bus

1. Remind your child to get to the bus stop at least five minutes before the school bus arrives. Children should never run after the school bus to try to catch it if they miss their ride.
2. Your child should stay on the sidewalk; if there is no sidewalk, tell your child to walk on the left side of the street facing traffic.
3. Remind your child that s/he should cross the street only at a corner. If there are no street corners because your family lives in a rural community, you should show your child the safest way to get to the bus stop. When crossing the road, your child must remember to look to the left, then to the right, and to the left once more before crossing.
4. When the school bus is approaching the bus stop, your child must take five steps back from the road.

Riding on the school bus

5. Once inside the school bus, your child should take a seat as quickly as possible, put his/her belongings under the seat, and stay calm.
6. Remind your child to wait until the school bus comes to a complete stop before getting off.
7. Your child should use the handrail when getting off the school bus.

After riding on the school bus

8. It is important for you to remind your child to stay away from the three danger zones - the front, sides and back of the bus - by staying at least three meters (10 feet) away from the school bus.
9. If students must cross the street, they should always cross in front of the school bus but only after establishing eye contact with the school bus driver.
10. If students drop something near or under the school bus, they should never attempt to retrieve it without the driver's permission.

Walking and Biking to School

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decision making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

- Obey all traffic signals and/or the crossing guard — never cross the street against a light, even if you don't see any traffic coming.
- Walk your bike through intersections.
- Walk with a buddy.
- Wear reflective material...it makes you more visible to street traffic.

Riding in a Car

- You might have heard before that most traffic crashes occur close to home ... they do.
- Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%.
- You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.
- Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.

Warning signs of backpack overload

If your child complains of back aches and pains and shoulder pains by the end of the school week this could be attributed to a heavy backpack, particularly if the pain diminishes by the end of the weekend. The solution is to lighten the load.

Getting the lead out

- Weigh the backpack. Aim for 10 per cent of body weight which is particularly important for grades 1-4. Backpacks weighing more than 20 pounds should be avoided.
- Wear both shoulder straps. Wearing a backpack over just one shoulder can cause leaning to one side which could curve the spine over time. Also avoid athletic bags that have only one strap.
- Distribute weight evenly across your back. The more spread out a load is, the less strain it puts on one part of the body.
- Load the heaviest items first so it is closest to your back and then distribute the load on the right and left.
- Adjust shoulder straps so the backpack fits close to the upper part of the body. The further a backpack is away from the body, the more difficult it is to achieve proper balance.
- Neatly pack the backpack and keep it organized. Clean it regularly to keep it free of unnecessary clutter and weight.
- Consider using fewer plastic containers (which can add weight) in lunch bags and carry the lunch bag by hand.
- Try to make frequent trips to lockers, between classes to replace books.
- Use the correct lifting techniques - bend at the knees when picking up a heavy backpack.

Weighing your options: shopping for a good backpack

The International Chiropractic Pediatric Association recommends that you look for the following features when buying a backpack for your child:

- Wide, padded shoulder straps. Narrow straps can dig into the shoulders causing numbness or a tingling in the arm which could eventually cause weakness in the hands.
- “S” shaped shoulder straps will economically contour to your child’s body.
- A lighter weight backpack material such as canvas instead of leather.
- Backpacks with a waist or chest strap to keep the load close to the body for proper balance.
- A backpack with a hip strap to help the legs take on more of the weight.
- Built in back support.
- A lumbar pillow.
- Backpacks with compartments can help even the load.
- Consider a backpack with wheels as a good alternative.

Safety Tips

With its cold and often stormy weather, winter presents many safety challenges both indoors and out. Being prepared and following simple safety tips can help you stay safe and warm this season.

- Install a smoke alarm near bedrooms and on each floor of your home. Test it monthly. If it has a 9-volt battery, change the battery once a year.
- Install a carbon monoxide (CO) alarm near bedrooms and on each floor of your home. If your alarm sounds, call emergency services (your local fire department), and immediately move to fresh air (either outdoors or near an open door or window). Know the symptoms of CO poisoning: headache, fatigue, dizziness, and shortness of breath. If you experience any of these symptoms, get fresh air right away and contact a doctor for proper diagnosis.
- Make sure heating equipment is installed properly. Have a trained specialist inspect and tune up your heating system each year.
- Keep portable space heaters at least 3 feet from anything that can burn, including bedding, furniture, and clothing. Never drape clothing over a space heater to dry.
- Keep children and pets away from space heaters. Never leave children in a room alone when a space heater is in use.
- If you use a kerosene heater, use only the fuel recommended by the manufacturer. Never put gasoline in a kerosene heater—it could explode. Before you refuel the heater, turn it off and let it cool down. Refuel outside only.
- When using a kerosene heater, keep a door open to the rest of the house or open a window slightly. This will reduce the chance of carbon monoxide build-up in the room.
- Have your fireplace chimney and flue inspected each year and cleaned if needed. Open the flue and use a sturdy fireplace screen when you have a fire. Burn only untreated wood; never burn paper or pine branches—pieces can float out the chimney and ignite your roof, a neighbor's roof, or nearby trees.
- If you use a wood-burning stove, have the chimney connection and flue checked each year. Make sure the stove is placed on an approved stove board to protect the floor from heat and coals.
- Never use your range or oven to heat your home, even for a short time.

Surviving A Winter Storm

To survive a snow or ice storm, follow these safety tips:

- Be prepared. Before cold weather hits, make sure you have a way to heat your home during a power failure. Keep a multipurpose, dry-chemical fire extinguisher nearby when using alternative heating sources.
- Keep on hand extra blankets, flashlights with extra batteries, matches, a first aid kit, manual can opener, snow shovel and rock salt, and special needs items (e.g., diapers).

- Stock a few days' supply of water, required medications, and food that does not need to be refrigerated or cooked.
- Monitor the temperature of your home. Infants and persons over age 65 are especially susceptible to cold. If it's not possible to keep your home warm, stay with friends or family or in a shelter.
- Dress in several layers to maintain body heat. Covering up with blankets can also conserve heat.

Clearing Snow And Ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips:

- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shoveling and take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.
- If you use a snow blower (also called a snow thrower), follow these safety guidelines:
- Read the owner's manual before starting your snow blower. Make sure you understand all the recommended safety steps.
- Make sure all people and pets are out of the way before you begin.
- Do not put your hand in the snow blower to remove impacted snow or debris. Turn the machine off and wait a few seconds. Then use a stick or broom handle to remove the material.
- Do not leave the snow blower unattended when it is running.
- Fill up with fuel before you start, when the engine is cool.

Driving Safely In Winter Weather

Snow, ice, and extreme cold can make driving treacherous. These safety tips can help make winter car travel safer.

- Before winter arrives, have your car tuned up, check the level of antifreeze, make sure the battery is good, and check your tire tread or put on snow tires.
- Keep emergency gear in your car for everyday trips:
 - cell phone
 - flashlight
 - jumper cables
 - sand or kitty litter (for traction)
 - ice scraper, snow brush, and small shovel
 - blankets
 - warning devices (e.g., flares, reflectors)
- For long car trips, keep food, water, extra blankets, and required medication on hand.
- Avoid driving in snow or ice storms. If you must travel in bad weather, drive slowly. Let someone know what route you're taking and when you plan to arrive so they can alert authorities if you don't get there.
- If your car is parked outside, make sure the exhaust pipe and the area around it are free of snow before you start the car. Snow packed in or around the exhaust pipe can cause high levels of carbon monoxide in the car.
- Don't sit in a parked car with the engine running unless a window is open. Do not let your car run while parked in a garage.
- If your car stalls or gets stuck in snow, light two flares and place one at each end of the car, a safe distance away. Make sure snow has not blocked the exhaust pipe. Then stay in your vehicle and open a window slightly to let in fresh air. Wrap yourself in blankets and run your vehicle's heater for a few minutes every hour to keep warm.