



A H E A L T H Y H O U S E

Keeping Your Home Safe

Electrical Safety

We all enjoy our microwaves, TVs, and toasters. But, these items can start a fire or cause an electrical shock if they are not properly used. There are steps you can take to prevent accidents from happening. Follow these tips:

- Replace any cut or damaged cords. If you touch a piece of wire, you may get an electric shock or burn.
- Keep electrical appliances away from water. If you touch an appliance, electrical outlet, or switch with wet hands, you can get an electrical shock. So, keep electrical appliances away from wet areas. Electricity and water do not mix!
- Try not to use extension cords. If you do use one, do not plug many items into it. Do not run an extension cord for a long distance. Do not cover it with a carpet or heavy furniture. If you cover it, the heat from the cord cannot escape. Over time the cord can break and the wires can cause a fire.
- **Do not** put together multiple cords. Plug only one appliance at a time into an outlet, especially if it is a high wattage appliance. Examples of high-wattage appliances are hair dryers, irons, and air conditioners. Other high-wattage items are water heaters, microwaves, and space heaters. When you have many high-wattage appliances plugged into one outlet you can cause a fire. Be careful!
- If you use a cord outside, make sure it is labeled *Exterior*.
- If you have children, put safety covers over unused electrical outlets. This will prevent children from trying to put their fingers or other objects into an outlet. Putting such things in an outlet may cause an electrical shock.

What if something happens?

If someone gets an electrical shock, **do not** touch the person. Turn off the source of the electricity (wall switch, circuit breaker, fuse box, etc.). Call 911 if the person:

- Is unconscious
- Has problems breathing
- Feels numbness or tingling
- Has a seizure
- Feels pain in their muscles
- Has a burn

Cooking Safety

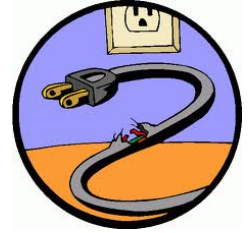
Accidents from ovens, stoves, and heating appliances cause many injuries and fires every year. You can prevent injuries and fires in your home if you:

- Watch children when they are in the kitchen. Turn the handles of pots and pans away from the front of the stove. You do not want children to reach up for the handles.
- Stay in the kitchen while you are cooking. Use a timer to remind yourself that the oven is on if you leave the kitchen.



Vocabulary

- Appliance
- Electric shock
- Carbon monoxide
- Wattage



- Keep items that could catch on fire away from the oven and stove. Things such as oven mitts, wooden spoons, and towels can easily catch on fire.
- Grease can start a fire. Try to use only a small amount of oil, butter, or cooking spray while cooking. Always wipe up any oil that spills on the stove. If oil spills on the edge of the pan, remove the pan from the stove to wipe it clean when it cools. If a fire does start, DO NOT pour water on it. Water will make the fire bigger. It can spread throughout the kitchen and even onto you. If the fire is in the pan, put a lid on it.

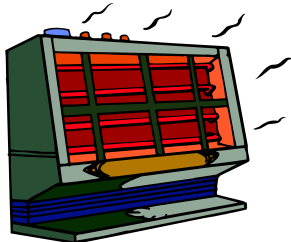


Heating Safety

Do not use your oven, stove, or gas grill to heat your home. If the flame goes out, the gas can leak out which can make people sick. This is called carbon monoxide poisoning. A charcoal grill should never be used inside the home for either heating or cooking.

If you have a woodstove or fireplace, make sure the chimney is working properly. It must take all the smoke outside. If the fireplace or chimney is not working properly, it can also cause carbon monoxide poisoning.

Many people use space heaters to heat their homes. Newer space heaters are made to be safe, but accidents can still happen. Follow these steps when using space heaters:



- Keep items such as clothes, blankets, and paper products at least 3 feet (1 meter) away from the heater.
- Keep your children away from the heater. They may stick their fingers or other objects into the heater. They can get burned, get an electrical shock, or start a fire.

Carbon Monoxide Poisoning

Gases, such as propane, can cause carbon monoxide poisoning. This can quickly make you feel dizzy, tired, and confused, and can even cause death. Make sure you stay safe by taking these steps:

- Keep gas generators away from your home's windows, doors, and vents.
- Do not use gas-powered generators indoors or in an attached garage or carport.
- Make sure stoves and ovens are in the OFF position.
- Use a carbon monoxide alarm in your home. It will warn you if you have a leak in your home.

Vocabulary & Definitions

Appliance: An item that uses electricity to do a household task. Some examples are microwaves, ovens, or toasters.

Electrical shock: Happens when electricity flows through a person's body. People who get an electrical shock may feel a tingling sensation, contractions in their muscles, chest pain, or may not be able to move.

Carbon monoxide: A colorless, poisonous gas that has no smell. Improper use of gas appliances such as ovens, dryers, and air conditioners, can create carbon monoxide.

Wattage: The amount of power, or electricity, an appliance uses. For example, a microwave oven uses between 750-1100 watts. This is the amount of power a microwave needs to work.

Keeping Your Home Safe

Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils • Pictures or samples of outlet safety covers 	<ul style="list-style-type: none"> • “Keeping Your Home Safe” Lesson • “Listening Activity” Handout • Skills Practice Worksheet • Pre-Assessment and Post-Assessment • Answer Key 	<ul style="list-style-type: none"> • 1 hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Assessment Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. How do you think appliances can cause accidents? 2. What can you do to prevent accidents from happening with electrical outlets and cords? 3. What can you do to prevent accidents from happening while cooking? <ul style="list-style-type: none"> • Distribute Pre-Assessment, and ask students to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use “Keeping Your Home Safe” lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson “Keeping Your Home Safe”. Time: 10 minutes • Identify the vocabulary words in the lesson Time: 5 minutes • Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post-Assessment Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post-Assessment.

Keeping Your Home Safe

Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they need to decide if the sentence is True or False.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

Statement	True	False
1. It is not dangerous to touch an appliance with wet hands.		✓
2. Outlets should be covered so kids can be safe at home.	✓	
3. If someone gets an electrical shock, you should not touch the person.	✓	
4. You should not leave the kitchen while cooking.	✓	
5. A carbon monoxide alarm can warn you if there is carbon monoxide gas in your home.	✓	



Keeping Your Home Safe
Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: Let's Read!

It was Pablo's turn to cook tonight. He decided to fry some potatoes. He put plenty of oil into the pan. He heated it up until the oil was very hot. He grabbed a handful of potatoes and threw them into the pan. The oil splashed everywhere. Suddenly the pan was on fire. Pablo poured water on the pan with the hot oil and potatoes. He thought the water would help to calm down the fire. But the flames got worse. Then he tried to take the pan outside. He dropped the pan because it was so hot. The oil splashed everywhere causing the fire to spread throughout the whole house. The fire caused a lot of damage.

1. How did the fire start?

2. How could Pablo have prevented this accident from happening?

Activity 2: Connect the Sentences

Build the correct sentence by drawing a line from the column on the left to the one on the right.

a. Replace cut or

1. ...so that children cannot grab them.

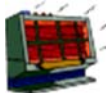
b. Do not cover an extension cord

2. ...cause people to get sick from carbon monoxide.

c. Turn the handles of pots and pans toward the back of the stove



3. ...away from heaters.



d. If you leave your gas oven on and the flame goes out, the gas can leak out. The leak may

4. ...damaged cords.

e. Keep items like clothes, blankets, and paper products at least 3 feet (1 meter)

5. ...with a carpet or heavy furniture.

Activity 3: Listening
True or False?

Listen to your teacher's instructions carefully and mark the correct answer.

Statement	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Activity 1: Let's Read!

It was Pablo's turn to cook tonight. He decided to fry some potatoes. He put plenty of oil into the pan. He heated it up until the oil was very hot. He grabbed a handful of potatoes and threw them into the pan. The oil splashed everywhere. Suddenly the pan was on fire. Pablo poured water on the pan with the hot oil and potatoes. He thought the water would help to calm down the fire. But the flames got worse. Then he tried to take the pan outside. He dropped the pan because it was so hot. The oil splashed everywhere causing the fire to spread throughout the whole house. The fire caused a lot of damage.

1. How did the fire start?

Pablo threw the potatoes into the pan. The oil splashed everywhere. The oil caught on fire because it touched the flames of the burner. The flames got worse when he poured water on the grease fire.

2. How could Pablo have prevented this accident?

He could have put a lid on the pan right away. He should not have poured water on the fire.

Activity 2: Connect the Sentences

Correct answers:

- a. - 4
- b. - 5
- c. - 1
- d. - 2
- e. - 3

Activity 3: Listening

Listen to your teacher's instructions carefully and mark the correct answer.

Statement	True	False
1. You are not in danger if you touch an appliance when your hands are wet.		✓
2. Outlets should be covered so kids can be safe at home.	✓	
3. If someone gets an electrical shock, you should not touch the person.	✓	
4. You should not leave the kitchen while cooking.	✓	
5. A carbon monoxide alarm can warn you if there is carbon monoxide gas in your home.	✓	



Keeping Your Home Safe
Pre-Assessment

Date: _____

Name: _____

1. Can appliances such as microwaves, TVs, and toasters start a fire or cause an electrical shock if they are not used in the right way?

2. If someone gets an electrical shock, you should:

3. You are cooking and the oil in the pan is on fire. You can stop the fire by:

4. Carbon monoxide is a colorless, poisonous gas that has no smell.

5. You can prevent a fire from happening if you keep clothes, blankets, and paper products at least 3 feet (1 meter) away from the heater.

Circle the correct answer.

Yes

No

- a. not touch the person
- b. turn off the source of electricity
- c. call 911 if the person is unconscious
- d. all of the above

pouring water
on it

putting a lid
on it

True

False

Yes

No

Total Correct: _____



1. Can appliances such as microwaves, TVs, and toasters start a fire or cause an electrical shock if they are not used in the right way?

2. If someone gets an electrical shock, you should:

3. You are cooking and the oil in the pan is on fire. You can stop the fire by:

4. Carbon monoxide is a colorless, poisonous gas that has no smell.

5. You can prevent a fire from happening if you keep clothes, blankets, and paper products at least 3 feet (1 meter) away from the heater.

Circle the correct answer.

Yes

No

- a. not touch the person
- b. turn off the source of electricity
- c. call 911 if the person is unconscious
- d. all of the above

pouring water
on it

putting a lid
on it

True

False

Yes

No

Total Correct: _____

What steps can you take to cook safely? (not scored)
