

## Medical

- Minor cuts: Press a sterile gauze over the wound to stop the bleeding. Elevate the wound above the heart. Don't wash a wound that bleeds.

- Scrapes: Wash with soap, apply antiseptic and cover with bandage.

- Nosebleeds: Gently pinch the nostril and encourage the child to breathe through his mouth until bleeding stops.

- Bruises: Apply ice to reduce pain and swelling.

- Insect Stings: Pull out the insect stinger with tweezers and apply ice. If there is an allergic reaction, call for help.

- Poisons: Call Emergency Medical Services. Be prepared to tell the operator what and how much the child ingested.

- Caustics: On the skin, change clothes and wash thoroughly. If eyes are affected, rinse with warm water, and call the emergency medical number.

# Babysitters Alert!

A babysitter is responsible for keeping children safe and secure. It's important to be prepared for all types of emergencies.

## Fire

- Locate the doors and windows so you will know at least two exits from every room.
- Learn the sound of the smoke detectors. Know how to use the fire extinguishers.
- Find out the family's fire escape plan and special meeting place.
- Make sure pot and pan handles are turned in so children can't grab them. Never hold a child while cooking.
- If the child's clothes catch fire, smother the flames with a blanket or rug. If your clothes catch fire, stop, drop to the floor, and roll to extinguish the flames.
- If you see a fire or hear the smoke detector, get the children out immediately! Show the children how to crawl low in the smoke.
- Once you and the children are out, never go back in the burning house. Call the Fire Department from a neighbor's phone.

## Safety & Security

- Lock the doors and do not let anyone in unless the parents have told you to expect a visitor. If you have doubts about a person's identity, call the parents and verify the visitor before you open the door.
- If anyone comes to the door and asks to make an emergency phone call, offer to make the call for him, but don't let him in.
- If someone comes to the door and refuses to leave, or attempts to break in, call the police.
- Never admit that you are home alone with the children.

Babysitting is fun and a good way to earn extra money, but it takes hard work and preparation. The more you know, the better babysitter you'll be!



# A

## re you ready?

Infants will choke on small objects like buttons or coins.  
Never let an infant have any object smaller than his fist.

Crawlers & Toddlers move fast! Be alert to protect them from potential hazards.

Youngsters do not always understand danger and require careful watching.

Remember: Be ready to give the child all your attention. Be alert to possible harm. Be prepared for emergencies.



For a complete first aid course  
contact your Red Cross Center,  
Boy or Girl Scouts, or Fire and  
Police Departments.

# B

## efore you babysit...

Arrive early!

- Learn where the diapers, clothes, bedding, and first aid supplies are located.
- Look for possible hazards: electrical outlets, space heaters, etc.
- Have the emergency phone numbers you need.
- Know the exact dosage and time of medication.
- Understand how to operate all appliances.
- Ask questions! Parents can give you valuable information.

# C

## oping with emergencies!

You must be prepared to handle every emergency. Know how to contact the Police, Fire and Medical Services.

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# SAFETY + BABYSITTING