



Endorsed by Hatzalah

PREVENTION IS THE FIRST STEP TO RESCUE.

SAFETY HANDBOOK

..... FOR

**Parents &
Children**

ונשמרתם מאד לנפשותיכם



Endorsed by Hatzalah

This handbook was created by the **TORAH SAFETY COMMISSION** to guide parents and children in the various aspects of living safely and protecting themselves from harm.

The Torah Safety Commission was inspired by the teachings of **HORAV AVIGDOR MILLER**, זצוק"ל

Permission is granted to reproduce any or all of this booklet for public benefit.

TORAH SAFETY COMMISSION

TEL: 718.382.1388

BOOKLET PRODUCED AND DESIGNED BY GOLDING DESIGN

Safety: A Lesson for Life

Teachers. Parents. By definition, people who teach. By trade, the most important individuals in the life of a child.

As teachers and parents, we are in the perfect position to mold the minds of children; to teach them what needs be taught, and to help them from one stage of life to another. Then ask yourself, if indeed, that is the job of every teacher, and parent, are we teaching our precious children enough about 'Safety'?

In Flatbush, a group of unsupervised young Yeshivah boys were enjoying a quick game of basketball before the recess bell, when the ball went rogue and hit a boy directly on his head. The boy, who was caught unaware, was knocked to the concrete, where he lay motionless. The eleven year olds surrounded their fallen friend rushed to his aid. They were frightened, confused, and unsure of what to do. Some tried to help the boy up, while others retrieved his Yarmulke, and tried to see if he was bleeding.

In Boro Park, during lunch at a school, a young girl was passing out hot plates of soup when one plate tipped over onto her fellow classmate, a first grader. Before the teacher even noticed something was amiss, her giggling classmates were offering her paper towels and getting her more soup...

In Williamsburg, a third grade boy tried to swallow a round candy that his teacher had given him as a reward for completing an assignment. He couldn't get the candy down, and he couldn't get it back up. His classmates watched in shock as he began to turn blue. Baruch Hashem, his Rebbe was very quick to respond. But ask yourself; is there always a Rebbe that close to every child with a round candy?

CONTINUED ON NEXT PAGE

P A N E L N U M B E R S

- | | |
|--|-------------------------------------|
| 1 Negligence | 33 House Numbers |
| 2 A Baby in the Car | 34 Smoke Detectors |
| 3 Driving Safety | 35 Buckle Up |
| 4 Toddler at Home | 36 Street Safety |
| 5 Parents & Children
Should Know | 37 Salt the Ice |
| 6 Fire Safety | 38 Choking Procedures |
| 7 Burn Prevention | 39 Pesach Fire Safety |
| 8 Bike Safety Dress | 40 Purim Safety |
| 9 Staircase Safety | 41 Chanukah Safety |
| 10 Erev Shabbos Alerts 1 | 42 Calling Hatzolah |
| 11 Erev Shabbos Alerts 2 | 43 Hot Water Urn |
| 12 Think Safety | 44 Liquid Wax Paraffin |
| 13 Bicycle Safety | 45 Walking at Night |
| 14 Home Safety | 46 Car Safety |
| 15 Walking Smart | 47 Shul Safety |
| 16 Bunk Bed Safety | 48 Take the Key with You |
| 17 Baby at Home 1 | 49 Stop, Drop, Roll |
| 18 Baby at Home 2 | 50 Stroller Safety |
| 19 Poison Safety | 51 Helmets |
| 20 Stranger Safety 1 | 52 Prevent Fires and Burns 1 |
| 21 Stranger Safety 2 | 53 Prevent Fires and Burns 2 |
| 22 School Bus Safety | 54 Prevent Fires and Burns 3 |
| 23 Window Shades | 55 Prevent Fires and Burns 4 |
| 24 Safe Walking Tips | 56 Smoke Detectors |
| 25 Toddler at Home | 57 Strangulation Dangers |
| 26 Children at Home | 58 Beware of Poisons |
| 27 Choking Dangers | 59 Walkers |
| 28 Smart Children
Wear Helmets | 60 Halogen Lamps |
| 29 Elastic on Clothing | 61 Air Bags |
| 30 Shabbos Fire Warning | 62 Chol Hamoed Safety |
| 31 Flammable Liquids | 63 Button Batteries |
| 32 Prevent Drownings | 64 Storefront Gates |
| | 65 Carbon Monoxide |

There was a crucial moment in each of these instances when tragedy could have been averted or avoided altogether. Unfortunately in some of those cases, they were not. Because the first ones on the scene were unsure of what to do.

And who were the first responders in those cases? Our children.

That's right, our children are, in most cases, the first ones on hand when things go awry. Consequently, if we teach our children safety, we are directly avoiding future calamity.

Just imagine a five-minute lesson about burns to a class:

“Children: Never, never handle hot items on your own! Always call for an adult's assistance if you need some help. If, chas v'shalom, hot liquid spills on you or anyone you know, go directly to a sink or a toilet bowl and immerse the burn in cold water and STAY there, and have someone else call an adult.”

That was ONE minute. And in ONE minute, 30 students learned how to take a burn from a THIRD DEGREE BURN which requires a hospital stay, and sometimes even skin grafts, to a first degree burn, on their own. And for the rest of their lives, this information will serve them, and everyone around them. It will literally save them.

What about concussions on a basketball court? A slip and a fall? A tumble down steps? Do our children understand on their own not to move the child? To run for help? To pay attention to signs that say 'Slippery When Wet'? Of course not. It's up to us to take those FIVE MINUTES a week to teach them.

Believe it or not, even more important than teaching children what to do in an emergency situation, it is absolutely crucial that we teach children how to PREVENT these things from happening in the first place. Avoiding hot liquids on their own. Not playing outdoors unsupervised. Saying “No” to round candies and little super-balls altogether. And these important lessons will forever be to their benefit.

As parents and teachers, by introducing a different topic each week, we give our children the ammunition they need to stay safe and, in the unfortunate event that something is amiss, to be the very best 'first responders' they could be. Do any of the popular safety tips and topics NOT apply to children?

Helmet Safety

Bike Riding Safety

Burn Safety

Choking Safety

Fire Safety

Be a Hero!! Save a Life Today!! Teach Children SAFETY!

The Torah Safety Commission has long recognized the importance of making Safety a priority for children the world over. They have plastered their messages on cereal boxes, snacks and other child-friendly items, but it's just not enough. It is up to me and you, and everyone else who comes into contact with children on a daily basis to take the time to teach children the difference between a playful neighbor and a dangerous predator. Because if we don't, we risk our most precious resource; our beloved children.

SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"



The Yerushalmi states that one person in a hundred dies through Heavenly Decree, while the other ninety-nine are victims of negligence (שבת יד; ג). "The Rambam, in his laws of *Retzichah* and *Shmiras Hanefesh*, demonstrates by this title that he equates *retzichah* with *carelessness* in matters of personal safety and the safety of others!" *Rabbi Avigdor Miller זצוק"ל*



A PROJECT OF THE TORAH SAFETY COMMISSION

לזכר נשמת הרב דוד בנימין בן נתן ז"ל

RABBI DOVID B. PRICE ז"ל

*Principal of Prospect Park Yeshiva and Hatzolah of Flatbush Coordinator
who dedicated his life to the teachings of Torah*

יהי זכרו ברוך

SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"



A Baby in the Car

1. **Never** leave children alone in the car.
2. **Do not** hold a child on your lap while traveling. Every child must be firmly secured in a car seat.
3. **Do not** put a baby in the front seat, even in a baby seat.
4. Children **must never** be standing when the car is in motion.
5. **Never** leave your keys in the ignition when not driving.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Driving Safety

The TSC Driver Safety Test

Are you driving like a *mentch* or are you endangering your life and the lives of others?

1. Are you a speed driver?
2. Do you signal when necessary?
3. Do you begin driving while the light is still **red**?
4. Do you and your passengers buckle up?
5. Is your vehicle in proper working condition?
6. Do you watch out for children playing in the street?

6/6 answers correct and you pass!

Your score:

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Toddler at Home

Car Safety

- **Always** walk behind your car to see no children are there before you back out of your driveway.
- **Use** a car safety seat EVERY TIME your toddler rides in the car.

Burn Safety

- **Never** carry your toddler and hot liquids at the same time.
- **Do not** leave a chair next to a kitchen counter, oven or range.

Water Safety

- **Never** leave your toddler alone in a bathtub, wading or swimming pool, near a pail of water - or any water, even for a moment.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"

What Parents Should Know...

- **Know** where and with whom your children are at all times
- **Never** let children play alone in a public place

What Children Should Know...

- **How to** use the telephone in an emergency
- **Their** complete name, address, & telephone number
- **Never** to talk to or go anywhere with strangers



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.



SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"



Fire Safety

- 1.** Window safety guards must open easily and quickly by an adult or older child.
- 2.** If, ו"ח, you are on fire - don't run! Stop, drop, & roll on the ground quickly.
- 3.** Think and plan ahead!
Develop a family escape plan.
- 4.** Use night lights in every strategic place in the house.
- 5.** If, ו"ח, a major fire breaks out - evacuate immediately!
Do not stop for anything and do not re-enter.

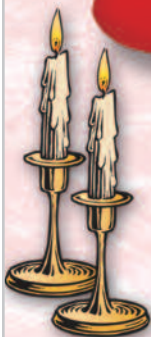
A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"



Burn Prevention

1. **Never** leave children unattended with candles (Shabbos, Chanukah, etc.)
2. **Never** place hot food or liquids near a table or counter edge.
3. **Always** use a protective plate or saucer underneath hot liquids and foods.
4. **Do not** leave pot handles extending over the stove. Turn them inward.
5. **Never** serve or pass anything hot over a child or anyone else.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Bike Safety Dress

- **Don't get caught up in a bike's chain:** Always wear ankle clips, elastic bands, or tuck pants into shoes.
- **Be visible:** Wear bright-colored clothes by day and light-colored clothes at night.
- **Protect your head:** Always wear an approved helmet.
- **Avoid slip-on shoes:** they can easily fall off.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Staircase Safety

How many people regret they did not hold on to the banister going down – or even up – the staircase! Also, the stairs must be kept free of all objects. All it takes to have a tragic fall (ר"ל) is a simple misstep, miscalculation, a slight loss of balance, etc.

Young and old – hold on to the banister! This simple act can save life and limb!

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Erev Shabbos Alerts!

➔ 1

1. Consult a Rav concerning where to light Shabbos candles when young children are present.
2. **Never** leave children unattended with burning candles.
3. After lighting candles have someone place matches *securely* away. 
4. Place spout of hot water urn *away from counter edge*. Do not use an extension cord or leave within child's reach.
5. **Never** pass hot foods/liquids over anyone.
6. Use a *dry* protective plate when serving hot foods/liquids (soup, coffee, etc.). 

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Erev
Shabbos
Alerts! →

2

7. Children **should not** be in the kitchen while preparations for Shabbos are being made.
8. **Start** Shabbos preparations early.
Last minute rushing causes hazardous and hectic situations.
9. **Never** hold a child while drinking a hot liquid.
10. **Take all** phones off the hook before bathing children erev Shabbos.
11. **Have all** necessary equipment with you before putting your children in a bath.
12. **NEVER**, *under any circumstance* leave a child alone in the tub- not even for a moment!
Take the child with you!



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"

Think Safety



- Explain to children how serious it is never to talk with strangers or to go anywhere with them.

- When crossing the street: Look left, right, and then left, right again.



- At all times, poisons and medications should be as out of reach as possible from children.



- Ride a bike? Wear a helmet- It's a big mitzvah!



- Always take phones off the hook before bathing small children. Never leave them alone for a moment.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION is the first step to RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Bicycle



safety

Wear a well-fitted helmet at all times.

Obey all traffic signs and lights.

Carefully **look both ways**
before entering a street.

Watch for car doors opening.

Only **one person** at a time
should ride on a bike.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Home Safety



- Buy and install smoke detectors.
- Buy and install safety window bars.
- Keep stairways free of objects.
- Keep a list of emergency numbers by all phones.
- Place a large, clearly visible address on your house.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

- **Do not** cross the street until the *walk sign* or green light goes on.
- **Do not** talk on your phone or "text" while crossing the street.
- **Do not** stand in the street while waiting for the light to change.
- **Check** to see that no car is coming even after the green light or *walk sign* goes on.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Bunk
Bed
Safety

- **Do not** let young children sleep or play on the upper bunk.
- **Be sure** there are guardrails on all sides of the bunk bed if it is not securely against the wall *with no space in between.*
- **Rough play** is unsafe around and on beds and other furniture.
- **Use** a night light with bunk beds so that children can see the ladder if they get up at night.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"



BABY AT HOME

Checklist 1

- ☐ **Knot** blind and curtain cords every four inches and *place out of reach.*



- ☐ **Secure baby** from falling when changing diaper.

- ☐ **Old cribs** can be dangerous in many ways!



- ☐ **Keep** baby powder and all other supplies away from baby's reach.



- ☐ Toy boxes **should** have ventilation holes and light lids (no lid is best).



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"


**BABY
AT HOME**

Checklist 2

- ☐ **Guard baby** from *all* small objects; pins, toy parts, rubber bands, balloons, etc.
- ☐ **Keep** hair dryer and other appliances unplugged *and put away*.
- ☐ **Set hot water** at 120 degrees or less. Turn on cold water first. Test water before bathing baby.
- ☐ **Empty bathtub**, and all water containers, *immediately* after use.
- ☐ **Windows** *must* have safety bars.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Poison Safety



Parents

- **Have** the Poison Control number near all phones.
- **Keep** a bottle of *Syrup of Ipecac* (to induce vomiting) on the top shelf of the medicine cabinet.
- Dangerous substances should be locked up and **kept away** from children.



Children

- **Never** put anything strange into your mouth without first asking an adult.
- **Never** open medicine chests, closets or cabinets without a parent's permission.
- If you see the word '**POISON**' on something, **do not** touch it! Make sure an older person puts it away in a safe place.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה
FROM

"ונשמרתם מאד"

STRANGER SAFETY 1



- **NEVER GO ANYWHERE OR ACCEPT A RIDE WITH ANY PERSON** unless your parents have specifically given you permission. If someone tries to force you to go with them somewhere immediately leave and/or shout for help.
- **IF A VEHICLE PULLS UP TO YOU** to ask directions, to request assistance in looking for a lost child, pet, or for any other reason, stay at least a few feet away while answering them. If you feel in any sort of danger, don't hesitate to tell them an adult will be able to assist them better and then quickly walk away, preferably towards people or stores.
- **UTILIZE A "BUDDY SYSTEM"** if at all possible when going places (school, home, outings, out to play, etc.). The more buddies the better.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"

STRANGER SAFETY 2



- **IF ANYONE ASKS YOU TO DO ANYTHING** that seems wrong or strange in any way, just say NO to them and then tell your parents, teacher, or any other adult that you trust.
- **DON'T WANDER AROUND A PUBLIC PLACE BY YOURSELF.** If you get separated from your family or friends, go to the security office, checkout counter, or other central, well- lit location and calmly, clearly, and loudly tell them the problem.
- **TELL YOUR PARENTS AS SOON AS POSSIBLE** if someone touches you in a way that makes you feel uncomfortable or asks you to keep a 'special secret.'
- **NEVER HITCHHIKE OR ACCEPT A RIDE** from someone unless your parents give you explicit permission to go.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

SCHOOL BUS

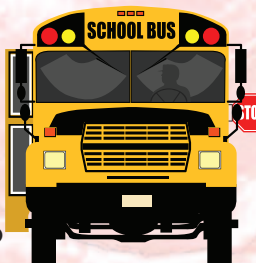
Safety



Only cross the street in front of a bus— never in back of one. Make sure that the driver can clearly see you.

At all times keep a safe distance from the bus.

When crossing in front of a bus, always come to a full stop at the other side and carefully look both ways for oncoming traffic.



Never stop to pick anything up when crossing a street.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Young children can strangle in the loop of pull cords, chain and bead cords, and cords that run through window coverings. They can also wrap cords around their necks. To avoid strangulation and entanglement, keep cords out of reach of young children.

Also:

1. **Install** safety devices that remove the cord loop or reduce access to cords.
2. **Move** cribs and furniture away from window coverings.
3. **Place** window guards on each window



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"

Safe Walking Tips

1. **Carry or wear** reflective material at night to help drivers see you.
2. **Cross** at crosswalks. Keep to the right of crosswalks.
3. **Before** crossing look; left and right, and then left and right again.
4. **Cross only** with proper signals.
5. **Watch** for turning cars.
6. **Never** go into the roadway from between parked cars.
7. **Where** there is no sidewalk, and it is necessary to walk in the roadways, walk on the left side, facing traffic.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

TODDLER
AT HOME

- **Make sure** that your child is never *under foot* when you are cooking, transferring hot liquids or ironing clothes.
- **Be sure** that the surface under play equipment is of material soft enough to absorb a fall without causing injury.
- **Use gates** on stairways and install window guards in all windows.
- **When crossing** the street with your child, use the opportunity to teach him or her to cross safely: look "*left and right*" and then "*left and right*" again.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

children
at Home

1. **make sure** to have window guards on all approachable windows.
2. **when** unable to pay full attention to a child (e.g.: while cooking, phone, etc.), put child in a playpen, high chair or crib. Never leave child alone in a bathtub!
3. **never** leave hot liquids at the edge of a table or counter.
4. **Beware** to place the hot water urn away from a child's reach, and do not use extension cords for such appliances.
5. **Be careful** of foods and other items, that can cause CHOKING, such as: hard candies, popcorn, taffy, nuts, chunks of peanut butter, hotdogs, balloons, rubber bands, coins, marbles...



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Choking Dangers



Foods

Hot dogs, nuts, chunks of meat, globs of peanut butter, raw carrots, grapes, raisins, popcorn, taffy candy, hard candy and similar types of food.

Household Items

Balloons, coins, marbles, small toy parts, pen caps, small button-type batteries, rubber bands, paper clips, etc.

Choking Prevention



1. Insist that children sit while eating; they should never walk, run or play with food in their mouths (especially lollipops)
2. Do not feed children younger than four years old any round, firm foods, such as hot dogs that can be lodged in the throat- *completely chop these foods before serving.*



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה
FROM

"ונשמרתם מאד"

YOU ONLY HAVE ONE HEAD-



AND IT DESERVES A HELMET!



**Smart children wear helmets
when riding their bikes,
scooters and skates.
Protect your precious head,
protect your
precious life.**



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

WARNING: POTENTIAL HAZARD TO YOUNG CHILDREN

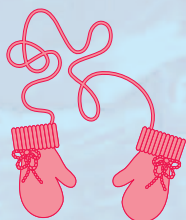


*Please have
rachmonas
on your
kinderlach!*

Recently there have been many cases in our community of children being dragged by school buses due to the elastic string on their gloves being caught in the bus door.

To prevent future tragedies ר"ל from happening:

- A.** Insist that each driver must see that each and every child is safely on the sidewalk before he closes the door and continues on.
- B.** Remove all elastic from gloves, hats and scarves.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.



SAFETY MESSAGES

הצלה
FROM

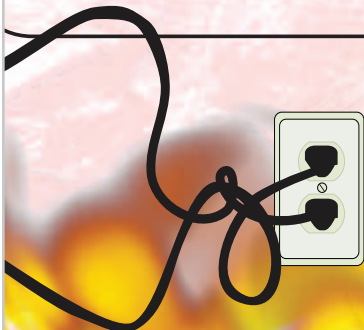
"ונשמרתם מאד"

SHABBOS FIRE WARNING!

 **Do not overload
your outlets!**

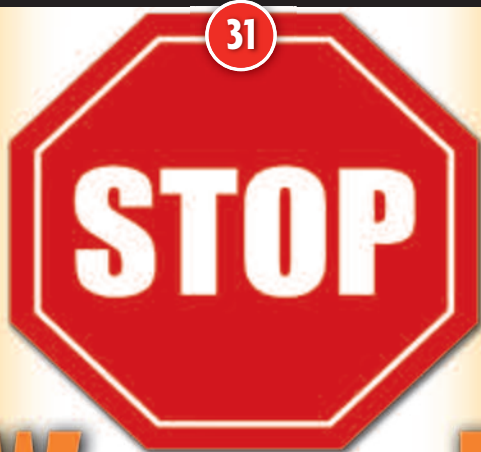
 **Do not use
extension cords!**

 **Keep your small
appliances away from
the counter's edge!**



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.



WARNING!

NEVER, NEVER
pour flammable liquids
such as benzene, kerosene,
lighter fluid, etc. into
a fire! The vapors
will bring the fire
RIGHT BACK TO YOU **ר"ל!**



A PROJECT OF THE TORAH SAFETY COMMISSION



PREVENT DROWNINGS

200 CHILDREN
DROWNED IN 5-GALLON BUCKETS
BETWEEN 1964 AND 1991



**KEEP SMALL
CHILDREN
AWAY FROM
BUCKETS, TOILETS
AND OTHER CONTAIN-
ERS OF WATER**

40 CHILDREN
DROWNED IN TOILETS
BETWEEN 1973 AND 1991

**SUPERVISE YOUNG
CHILDREN AT ALL
TIMES IN THE BATH-
TUB**



300 CHILDREN
DROWNED IN BATHTUBS
BETWEEN 1973 AND 1991

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

Safety Messages from Hatzalah

"Guard Yourself Exceedingly"

House Numbers

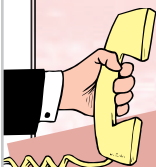
"I was on an ambulance call. I couldn't find the house number. I could not backup to go looking for it because there was a line of cars behind me. I had to go all around the block to once again look for the house..."



"The only way I was able to find the house was from the number on the garbage can..."

DIRECT QUOTES FROM HATZALAH

BUY LARGE, CLEAR ADDRESS NUMBERS
AND PLACE THEM WHERE THEY WILL BE
CLEARLY AND IMMEDIATELY SEEN BY DAY AND NIGHT.
IF YOU RENT, URGE YOUR LANDLORD TO DO THE SAME.



- If you ever need to call Hatzalah:**
1. Speak slowly and clearly. If you are too nervous, have someone else speak.
 2. Don't hang up until told to do so.
 3. Send an extra person outside to wait by the front door until Hatzalah arrives.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION is the first step to RESCUE.

Safety Message from Hatzalah

34

בס"ד



SMOKE DETECTORS SAVE LIVES EVERY DAY!

**Recently a tiny match ignited a fire
in a small kitchen.**

Thanks to responsible parents, the nearby smoke detector alerted the family in time and they all escaped unharmed. The firemen said the only reason this family survived was because of their \$12 smoke alarm!

**A SMOKE DETECTOR
INSTALLS IN MINUTES.**

**SHOULDN'T YOU TAKE THIS
TIME TO SAVE
YOUR FAMILY?**

**WHAT ARE
YOU WAITING
FOR?**

*Check your smoke
detector frequently;
make sure the
batteries are fresh.*



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

35

BUCKLE UP

FACTS:

- At 30 MPH baby on lap - driver hits brakes - baby can be thrown through window ר"ל.
- Baby in a rear-facing seat on the front seat of a car with air bags - driver hits brakes - baby can be seriously injured by air bag ר"ל.
- Seat belts are not just for long trips - 3% of all traffic deaths occur within 25 miles of home - at 40 MPH or less.
- The chance of surviving a crash is 5 times greater if one is buckled up.

REMEMBER:

- Buckling up everyone in the car takes less time than the ambulance ride, the hospital stay, the regret, the therapy and tragedy ר"ל that could last forever. Buckle up! As the driver of the car you have the same authority as the captain of a plane or ship! Use your authority! Buckle up and give the order for everyone else to do the same.



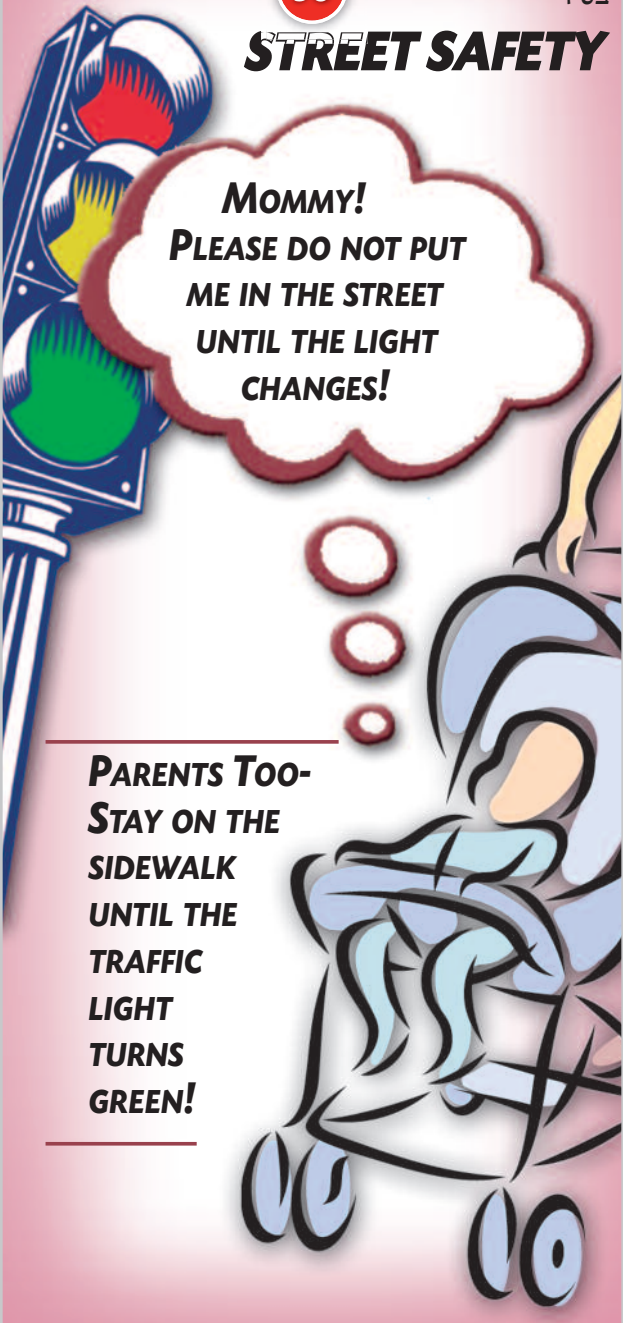
CELL PHONES

Operating a motor vehicle while talking on a HAND HELD PHONE places your life and the lives of others into mortal danger ר"ל! Have pity on your life and the lives of others!

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

STREET SAFETY



MOMMY!
PLEASE DO NOT PUT
ME IN THE STREET
UNTIL THE LIGHT
CHANGES!

PARENTS TOO-
STAY ON THE
SIDEWALK
UNTIL THE
TRAFFIC
LIGHT
TURNS
GREEN!

A PROJECT OF THE TORAH SAFETY COMMISSION

SAFETY MESSAGE from הצלה

37



SALT THE



ICE



ICE CAN BE TREACHEROUS.

A moment's slip can mean **months** of therapy, surgery, and pain.

Have pity on others...as well as yourself.

Salt your sidewalks
and steps.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

EMERGENCY CHOKING PROCEDURES

38

CONSCIOUS INFANT (NOT COUGHING)

1. CALL HATZOLAH
(718) 230-1000
2. Lay infant face-down with head lower than body.
3. Give 5 rapid back blows quickly and forcefully between the shoulder blades.
4. Turn infant over with head lower than body.
5. Give 5 quick pushes on midchest with 2 fingers.
6. Repeat steps 2-5 until clear.



CONSCIOUS ADULT/CHILD (NOT COUGHING OR TALKING)

1. CALL HATZOLAH
(718) 230-1000
2. Stand behind the choking person and wrap your arms around the person's abdomen.
3. Make a fist with one hand and place the hand, thumb inward, slightly above the person's navel.
4. Grasp your fist with the other hand and press hard into the abdomen with quick, upward thrusts.



For obese individuals or expectant women, position hands higher to deliver chest thrusts.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

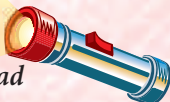
SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"

This Pesach, let your
 **Chometz** get burned,
 not your **children!**

SAVE OUR CHILDREN'S LIVES!

Do not allow children
to hold a Bedikas
Chometz candle!

They should use a flashlight instead



Never allow children
to Burn Chometz!

Never Leave any
Candles Unattended!



Push hot water urns out
of the reach of children!

Check the batteries in
your smoke detector!

Together, we can prevent fire tragedy

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Purim Safety

DO NOT LET INEXPERIENCED
DRIVERS ON THE ROAD.

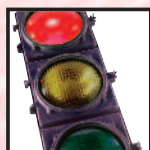
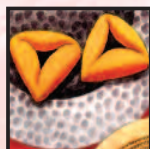
BE EXTRA CAREFUL ABOUT
OBEYING TRAFFIC REGULATIONS.

BE ALERT:
CHILDREN MAY NOT BE CAREFUL
WHEN CROSSING THE STREET.

EVEN IF YOU ARE IN AND
OUT OF THE CAR, **MAKE SURE**
TO BUCKLE UP.

IF YOU SUSPECT THAT SOMEONE
HAS BEEN DRINKING ALCOHOL,
BY NO MEANS SHOULD YOU
ALLOW HIM TO DRIVE.

IF YOUR SON WILL BE COLLECT-
ING TZEDAKA ON PURIM,
MAKE SURE THAT HE IS BEING
CAREFULLY MONITORED BY A
RESPONSIBLE ADULT.



PREVENTION is the first step to **RESCUE**.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Chanukah Safety



PREVENT FIRES AND BURNS:

Don't leave children alone near flames!

Don't light candles near curtains.

Don't use wooden/flammable menorahs.

Don't leave house with menorah burning.

Please keep these rules in mind all year round when lighting Shabbos candles



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"



Hatzolah has less than 4 minutes to revive someone who has stopped breathing.

Can you live with wasting 3 of them?

1. You can't call Hatzolah without a phone.

It is imperative that each shul, Beis Medrash and public building be equipped with an emergency phone, located in a main area, and accessible to all.

2. Hatzolah can't help you if they can't find you.

Please be sure your address is properly displayed and clearly visible during the day and night.

123

3. Does your babysitter know where she's babysitting?



Please make certain that when you leave your children with a babysitter you also leave your home address with cross-streets, your telephone number and any other numbers she may need in case of an emergency.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

The Tea Kettle vs. The Hot Water Urn



The **Hot Water Urn** has caused burns to hundreds of children. It is cool on the outside, has a spigot and is easily overturned. It is a veritable "booby trap" to the unsuspecting young child – not to mention its electric cord that kids love to pull!



In contrast...

The **Tea Kettle** is hot to touch causing a child to move away quickly. Additionally, on Shabbos it sits on the blech making it very difficult for a child to reach.

Enjoy your hot water, but consider the use of a tea kettle rather than a hot water urn!

However, if you find it hard to switch, place urn beyond child's reach, without using an extension cord.

Place the short cord provided behind the urn.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



*A new and very dangerous hazard
has appeared in our community:*

**CANDLE LAMP OIL MADE
OF 99% PURE LIQUID
WAX PARAFFIN**

This oil, which is used for glass candles, is clear, watery, odorless and tasteless and has the same *toxic effect* as its cousin, **KEROSENE**

When swallowed, it can cause lung, liver and bone marrow damage, as well as induce a coma, and even death.

If you use liquid wax, keep the bottle in a secure and locked closet (both!) whenever it is not under direct supervision of an adult.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"

Its hard to see darkly-dressed people at night. Walk as if drivers don't see you.

Maybe they don't.

A Plea to ALL Motorists in our Community

Countless times each day, I observe a common laxity which deserves more attention. Many drivers make **abrupt turns** without signaling their intent. The **vehicle behind them** has to slam on their brakes to avoid an accident.

Is it so hard to 'put on the blinker?' Remember, a turn signal should be started **prior** to reaching the intersection (or before beginning to brake) giving enough advance warning (at least 3-5 seconds) to all vehicles and pedestrians in your vicinity.

Please, please – let us begin to drive like we own the car, instead of like we own the road.

Signed,
A caring driver

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

The following plea was written by a plastic surgeon.
Please give it your utmost attention.

I am a very busy plastic surgeon, but I am not too busy to write this letter asking parents to **please, never** - I repeat - **never** - **allow their children to stand up in either the front or back of the car while it is in motion.**

I have been called countless times to make heartbreaking repairs on beautiful faces, mutilated from accidents caused by this. All it takes is one abrupt stop for a youngster's face to meet a windshield, dashboard, or the back of a front seat with such force as to break face bones, knock out teeth and cause disfiguring injuries.

I hope this warning will remind parents of the importance of buckling up before putting the key in the ignition. It is appalling that a child should be maimed for life because of carelessness!



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Do you know what
your child is doing
while you are praying?

Is your child protected in and
around your synagogue from:

1. Hot water urns
2. Access to kitchen cabinets
3. Electrical outlets
4. Entrance to the boiler room
5. Banister sliding
6. Strangers
7. Undesirable friends
8. Unlocked Mikvah



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

**WHENEVER YOU
LEAVE YOUR
CAR, TAKE
THE KEY
WITH
YOU.**



**Children are quicker, more curious
and more capable than we think.
Take the key with you.
At every stop.**

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Know what to do...!

It shouldn't happen, but if
someone's clothing catch
on fire the person should:

1 2 3
STOP DROP ROLL

1. **STOP**- *Immediately*
Walking will spread the fire
2. **DROP**- *Immediately*
Fall to the floor
3. **ROLL**- *Immediately*
Roll as quickly as possible
until the flame is out

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES
הצלה
FROM
"ונשמרתם מאד"

Stroller Safety

Never leave a child unattended in a stroller.

Never use a stroller in place of a crib.

At all times keep the child in view when in the stroller.

Never use a pillow in the stroller as it can present a suffocation hazard.

Always be sure the foot lock is secured. If the foot lock releases and the stroller begins to fold, be sure the child's fingers are clear of any pinch points before securing the foot lock.

Remove and discard any loose plastic film or plastic coated decorative or information decals or labels from strollers and other products.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

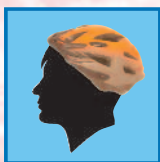
SAFETY MESSAGES

הצלה
FROM

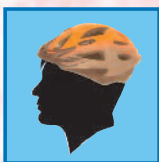
"ונשמרתם מאד"

**Simply wearing a helmet is not enough.
Your child has to wear it correctly
for it to keep him safe.**

**wrong
way**



**correct
way**



**Always wear full protective
gear while rollerblading.**

This includes: Certified helmet, knee and elbow pads, wrist guards, and safety gloves. **This is important for all age**

groups! If children see their parents wearing safety gear, they would be more likely to wear it themselves.



Always skate on the right side of sidewalks.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

PREVENT FIRES
AND BURNS

1. **Consult your rav** concerning where to place Shabbos and Yom Tov candles when young children will be present.
2. **Do not** leave pot handles extending over the stove. Turn them inward away from neighboring flames.
3. **Do not** cook with a flame that extends beyond the pot bottom.
4. **Do not** wear loose sleeves or plastic aprons when cooking - no loose clothing that can hang over the flame. Tie back long hair when cooking.
5. **Do not** congregate in the kitchen! Children should not be in the kitchen when the oven is being used or hot foods are being transferred.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

PREVENT FIRES
AND BURNS

2

1. **Never** place hot liquids or foods near the table or counter edge. Place hot foods in the middle of the table.
2. **Always** use a protecting plate or saucer underneath hot liquids. **Do not** just carry the bowl or pot.
3. **Never** serve or pass anything over a child - or anyone.
4. **Do not** serve hot food or drinks to children until they have cooled off sufficiently to be eaten directly.
5. **Never, Never** leave children unattended with candles (Shabbos, Chanukah, etc.)

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

PREVENT FIRES
AND BURNS

3

1. **Is there a possibility** a child might climb up a chair or stool near a gas range?
2. **Do not** turn on the hot water faucet first when washing or showering. First turn on the cold - then adjust with the hot water
3. **Check** electric cords, plugs, and cover up open sockets.
4. **Buy and install** smoke detectors
5. **Remove** flammable materials away from the home heating system and hot water units.
6. **Cover** radiators and keep children away from portable room heaters

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

PREVENT FIRES
AND BURNS

4

1. **Do not** iron clothes when young children are around. **Never** leave a hot iron alone in a room with children around.
2. **Never** place an aerosol can near heat or flame. They can explode! It unfortunately has happened.
3. **Always** place glass yartzeit (memorial) candles on a metal tray. They can burst and cause a fire. It unfortunately has happened.
4. **Consult your Rav** on how to search for chometz safely. Burning chometz should always be done by adults and not children.
5. **Push** hot water urns and their electrical cords as far out of the reach of children as possible! (Use a tea kettle instead)

A PROJECT OF THE TORAH SAFETY COMMISSION

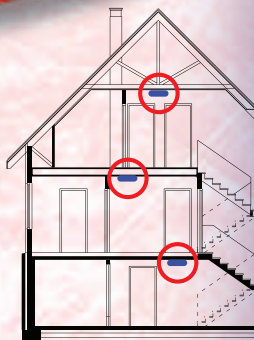
PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"

The best place for your smoke detectors is outside the bedrooms and on each level of the home



Take care of them:

Test monthly

replace battery once a year or when they make a "chirping" sound



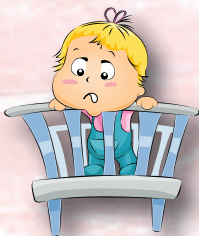
A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"

Keep balloons and streamers away from children

Beware of crib toys – children can strangle themselves easily!



Make sure your child's crib is safe!

There should be no missing or cracked bars/slats, and decorative cutouts shouldn't be large enough to trap a baby's head.

Falls from shopping carts cause head injuries to children!

To prevent falls use seatbelts to restrain the child in the cart and watch the child closely while shopping.



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Examples of
poisons to
beware of



Kitchen

detergents, drain cleaners, scouring powder, oven cleaner, furniture polish, floor wax, metal polish, wax remover, wall cleaner, ammonia, floor cleaner, pure food extracts, steel wool cleaning pads



Bathroom

aspirin, prescription drugs, rubbing alcohol, liniment, laxatives, tinctures, boric acid



Bedroom

hair spray, cologne, nail polish, polish remover, face cream, astringent

Utility Areas



Solvents, turpentine, paint, varnish, paint thinner, pesticides, herbicides, auto waxes, polishes, dyes, charcoal starters, drain openers, lye, glue, rat and ant poisons, gasoline, kerosene, bleach

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

Walkers

In 1993 25,000 children were injured by baby walkers. One-fourth of the injuries were described as severe (fractures and head injuries) and most were caused by falls involving stairs. They increase a height and give him mobility and access to areas that may be extremely dangerous. **Use extreme caution if you must use them.**



A PROJECT OF THE TORAH SAFETY COMMISSION

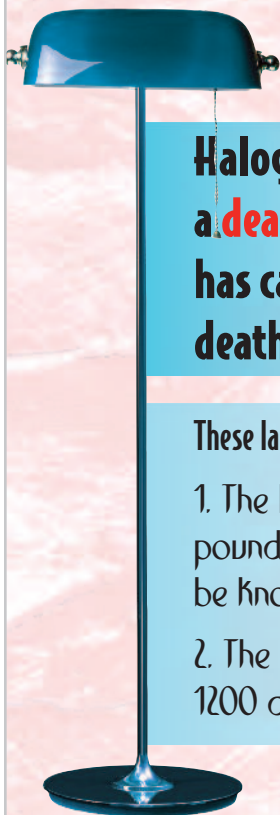
PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Halogen Lamps can be a **deadly weapon** and has caused over **10** deaths and **100** fires!

These lamps pose two dangers:

1. The lamp is less than ten pounds which can cause it to be knocked over by a child.
2. The bulbs can reach up to 1200 degrees farenheit!

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES
הצלה
FROM
"ונשמרתם מאד"

Air bags harm children – even when wearing seat belts!

*Air bags are designed to hit adults in
the chest, yet hit children in the face*



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.



SAFETY MESSAGES

הצלה

FROM "ונשמרתם מאד"

CHOL HAMOED SAFETY

Dear Parents עמרי"ש,

When a young child gets lost during a Chol Hamoed trip, ר"ל it is most aggravating to the parents and very frightening to the child!

Please pin a tag on your child's clothing with your last name and the cell numbers of both father and mother before the trip!



A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES הצלה FROM "ונשמרתם מאד"



WARNING TO PARENTS

In 2010, more than 3,400 children swallowed "Coin Batteries" ie; "Button Batteries". They are round, shiny and look like a candy. In the last several years 15 children died from swallowing "Button Batteries".



Coin Button Batteries are often found in:

- | | |
|-------------------|---------------------|
| ⚠ Remote Controls | ⚠ Digital Scales |
| ⚠ Toys | ⚠ Small Calculators |
| ⚠ Greeting Cards | ⚠ Watches |
| ⚠ Key Tabs | ⚠ Flameless Candles |

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.



SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"



Storefront Gates

Parents should pay attention to the latest form of entertainment; riding the storefront gates! This is by no means a form of entertainment - it is a death trap!

Children can easily fall when the gate is in an up position and C"V hit their head, especially when they are toying with electrically operated roll-up gates.

Unfortunately, a child recently died and another was involved in a critical emergency after riding roll-up gates.

It is a death trap!

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

SAFETY MESSAGES

הצלה

FROM

"ונשמרתם מאד"

CARBON MONOXIDE

THE COLORLESS, ODORLESS,
TASTELESS GAS THAT CAN KILL.



DO'S & DON'TS

- Install CO detectors in your home; at least one near sleeping areas, another outside furnace room.
- Have your heating system inspected and serviced annually.
- Inspect chimneys and vents regularly for improper connections, rust or stains.
- If your CO detector activates, open windows, get everyone out and call for help.
- Never leave a car running in a garage.

A PROJECT OF THE TORAH SAFETY COMMISSION

PREVENTION *is the first step to* RESCUE.

VITAMINS THAT WORK



 *Maxi-Health* 
RESEARCH LLC.®