



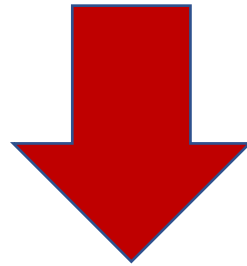
# Stay Safe AND Healthy



AT SCHOOL	AT HOME
<ul style="list-style-type: none"> <li><input type="checkbox"/> Slow down, not running</li> <li><input type="checkbox"/> Wear shoes with good grip</li> <li><input type="checkbox"/> Use handrails when climbing stairs</li> <li><input type="checkbox"/> Look where you are going – avoid open/ uneven drains</li> <li><input type="checkbox"/> Use an alternative sheltered route when it is raining</li> <li><input type="checkbox"/> Clean up spills immediately</li> <li><input type="checkbox"/> Keep classrooms neat and tidy</li> <li><input type="checkbox"/> Keep wires neat</li> </ul>	<p><b>Bedroom</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Switch on light by bedside at night</li> <li><input type="checkbox"/> Sit down to get dressed instead of standing</li> <li><input type="checkbox"/> Get out of bed slowly to avoid dizziness</li> </ul>
	<p><b>Living Room and Hallways</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use handrails when climbing stairs</li> <li><input type="checkbox"/> Move cords and other furniture out of walkways</li> <li><input type="checkbox"/> Install night lights from bedroom to bathroom</li> </ul>
	<p><b>Bathroom</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install grab bars near toilet and shower areas</li> <li><input type="checkbox"/> Use anti slip mats to secure rugs down</li> <li><input type="checkbox"/> Apply anti slip treatment on floor tiles</li> <li><input type="checkbox"/> Use anti slip mats with suction cups</li> <li><input type="checkbox"/> Use contrast tapes on kerbs</li> </ul>
	<p><b>Kitchen</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a step stool to reach higher shelves</li> <li><input type="checkbox"/> Move commonly used items to a lower shelf for easy reach</li> <li><input type="checkbox"/> Clean up spills immediately</li> <li><input type="checkbox"/> Sit down when eating/ drink to avoid spills</li> <li><input type="checkbox"/> Use dining chairs with armrests</li> <li><input type="checkbox"/> Keep wires and cords neatly</li> </ul>

When you see someone is injured, find out:

- Who is injured?
- What happened?
- Where did it happen?
- Do they need help?



Yes, they are  
seriously injured

# IN CASE OF EMERGENCY

1. Inform a trusted adult – a teacher, family member or neighbour
2. Call for help:  
**999** for Police, **995** for Ambulance
3. Stay with the injured and tell the authorities what happened
4. Stay calm and wait for help