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Health and Safety: A Manual for 4-H Club Members

Agricultural Extension Service, South Dakota State College

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Health and Safety

A Manual for 4-H Club Members

Ext. Circ. No. 457

June 1950

Agricultural Extension Service

South Dakota State College, Brookings

U. S. Department of Agriculture, Cooperating

Health and Safety*

Guard Your Health

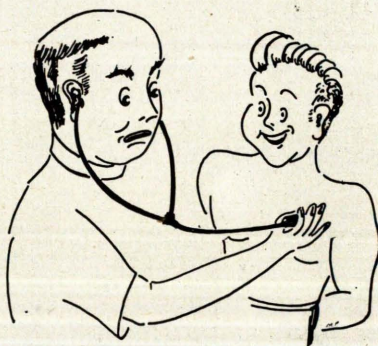
*Without teeth, there is no chewing
Without chewing, there is no nourishment
Without nourishment, there can be no health
Without health, what is life?*

What did you think when you read the little poem that is written above? If you thought about it at all, you realized how important the physical condition of one small part of our body is to the whole body. Teeth are the only thing mentioned in the poem, but their condition affects the whole body. There are other vital parts of the body that can be kept in a healthy condition by good health habits. They, too, are important to the well-being of the individual.

One of the "H's" stands for Health. Do we as individuals and as club members do much to help make each of us a healthier individual or to make our community a healthier place in which to live? Let's think about that.

This bulletin on Health and Safety will help you see things that you can do to make your community a safer and a healthier place in which to live.

You will find suggestions on activities that you as a club member can do to help improve health conditions for yourself and for your family. It will suggest activities that can be carried out by your club



See your doctor at least once a year.

to make your community a healthier community for everyone living there. In addition, because the health of an individual is so closely tied up with safety measures, there will be suggestions that might help you lessen the accident hazards around your home, on your farm and on the highways.

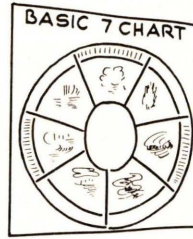
Let's start with the individual health activities that a club member can do to improve his own health. Everyone who is born with a healthy body will not always have a healthy body unless he takes care of it. Many people aren't naturally heal-

**Prepared by Mary Frances Lyle, Assistant in Club Work, and Myron Barber, former District Club Agent, Extension Service, South Dakota State College.*

thy—they can learn to live with themselves and learn to enjoy life, if they take proper care of themselves and learn to make the best of their capabilities. Personal health is of utmost importance to the individual as well as to other members of his family and community.

Therefore, a personal health check-up should be a must on the list of every 4-H Club member. This should be done every year. This examination should include the following: heart and blood-pressure check; visual and audio check; blood test for persons over fifteen years of age; neural check and an x-ray of the chest. But, there would be little value of having such a physical examination unless we follow-up the findings with appropriate remedial action. In other words, if the doctor finds that our heart isn't as it should be, we should take his advice and follow his instructions.

We should visit our dentist at least once a year, although, it is wise to visit him every six months if we are under fifteen years old. At our regular visit to the



Eat well-balanced meals.

dentist he will check our teeth for cavities, repair all the cavities that he finds and he will clean our teeth if they need cleaning. Most dentists will tell us when we should come back for our next check-up.

In addition to regular physical check-ups, we have to follow food and health habits that are essential to full growth and good health. A doctor can tell us what is wrong and can prescribe a treatment for the ailment we might have, however, it is up to us to eat properly, to get enough sleep, to exercise daily and to do a host of other things that will insure us of good health for years to come.

Group or Club Health Programs

A. Survey community health problems or situations of young people. Consult with parents and community leaders about major health needs.

B. Select and sponsor one phase of health education for special emphasis each year on a club or area basis, such as malnutrition, tuberculosis, hookworm, teeth, feet, skin or home sanitation.

C. Organize or assist with a community health program based on facts revealed

by survey, for example :

Physical and dental check-ups.

Artificial respiration.

Treatment of burns, cuts and bruises.

Preparation and use of a standard first-aid kit.

Safety and sanitation campaigns.

Mosquito-control program to prevent malaria.

D. Cooperate with approved health activities such as stamp sales for tubercu-

losis and crippled children, March of Dimes and cancer-control drives.

E. Learn and practice basic first-aid measures such as:

F. Study and use fundamental home-nursing practices, such as:

Preparation of the invalid's tray.

Making and using sickroom equipment.

G. Practice health rules at all 4-H Club meetings, such as:

Good light and ventilation.

Reasonable hours.

Light, well-balanced refreshments.

A balance between education and recreation in programs.

H. Sponsor or cooperate in procurement of needed health facilities or equipment, such as:

Iron lung.

Ambulance.

Hospital room.

Score Card For

Judging Outstanding 4-H Club In Health Improvement

1. Number of 4-H members enrolled in 4-H Health project or activity.....	10
2. Individual Health activities of club members.....	20
3. Health improvement program for Club.....	20
4. Methods, procedures and techniques used in individual and club Health projects or activities.....	20
5. Results—narrative report, 4-H health experiences and activities for club and individual club members.....	30
Total	100

Individual Health Activities

A. Personal health check-up.

1. Physical examination once a year including:

a. Heart and blood-pressure check.

b. Visual and audio check.

c. Neural check.

d. Blood test for ages over 15.

e. X-ray of chest, if facilities are available.

2. Follow up findings of the health check-up with appropriate remedial action.

3. Visit dentist at least once a year for:

a. Search for cavities.

b. Repair of all fillings.

c. Cleaning if needed.

4. Learn and follow the food habits essential to full growth and good health.

a. Use check sheet to check own food habits. (record book)

b. Use check sheet to check own health habits periodically. (record book)

- B. Take advantage of all modern disease-control measures.
 - 1. Immunization for diphtheria and typhoid.
 - 2. Vaccination for smallpox.
 - 3. For other contagious diseases follow the recommendations of State health department.
 - 4. X-ray of chest, if facilities are available.
- C. Follow the four-point 4-H safety program.
 - 1. Find the hazards.
 - 2. Remove all you can.
 - 3. Learn to live with the rest.
 - 4. Prepare to treat the accidents that do happen.
- D. Study home sanitary conditions in cooperation with parents.
 - 1. Make a survey of possible sources of contamination, such as water supply, milk and food supply and storage, sewage and garbage disposal, prevalence of disease-carrying insects and rats.
 - 2. Plan and adopt a program of home sanitary improvement.
- E. Prepare and give demonstrations on good health practices.

**Score Card For
Individual Health Achievement**

Use a method of scoring individual health achievement such as the outline below.

1. Health habits' check-up.....	15	3. Record of participation in other individual health activities.....	40
2. Food habits' check-up.....	15	4. Record of participation in group health activities.....	30
		Total	100

Prevent Accidents

Have you ever had an accident? Could it have been avoided? Agriculture is the nations number one man killer! 21,000 farmers are killed and 250,000 more are injured on farms in the United States each year.

Figures show that 85% of all accidents are caused by some human failure that a few simple safety precautions could have avoided it! We call these accidents bad luck, but in most cases they are caused by carelessness.

Safety is tied closely with health. Both are 4-H club "activities" in South Dakota and are carried by 4-H members in addition to their regular project. Club members may work on any or all phases of the safety program. These might include fire

prevention, prevention of accidents caused by machinery, animals, poison, gas, electricity and prevention of accidents that happen in the home. The most important cause of teen-age deaths is highway accidents. This is on the increase at such a rapid rate that many people are becoming concerned about it. However, little can be done about teen-age highway accidents, unless teen-agers themselves realize how important it is for the source of accidents to be cut to a minimum. It is important for the people concerned with accidents to realize that there is a problem and find a solution. This can be done in many ways which will be discussed later in this bulletin.

What 4-H Members Can Do On Safety Program

1. Make an accident and fire prevention survey on your home farm. Use the following outline as a guide:

A. *The Farm House.*

1. *Safety.* Loose boards on porch or steps, bad stairways, medicine cabinet, scatter rugs, cellar doors, well or spring cover, sanitary disposal system, firearms, etc.

2. *Fire.* Stoves, flues, chimneys, fireplace, furnace, lighting equipment, electrical equipment, fuel storage, lightning rods, fire-fighting equipment, ladders, water supply, attic, etc.

B. *Farm Buildings and Farm Yard.*

1. *Safety.* Loose boards or planks in

walks, open wells, uncovered water-tanks, swinging doors, gates and fences, stairs, ladders, hay chutes, tools in workshop, stop sign at roadway, etc.

2. *Fire.* Gasoline storage, lighting equipment, lightning rods, fire-fighting equipment, exhaust from engines, spontaneous combustion, brooders, incubators, etc.

C. *Farm Transportation.*

Safe driving and upkeep of family car and truck, condition of brakes, condition of lights, use of arm and hand signals, walking on highway, use of school bus, etc.

D. Farm Machinery.

Storage, fuel storage, safety shields, protected exhausts, safe methods of operating farm or power machinery.

E. Livestock

Fences, doors, and gates for stock pens, safety bull pen, bull staff, floors in horse or cattle stalls, feeding pens or creeps, exercise lots, loading chutes, etc.

2. Make a list of 12 or more of these or other accident or fire hazards which you find on your farm. State definitely what *you personally* did to remove them—thus preventing them from causing accidents or damage.

3. Develop safety demonstrations and present them at the club or the community meeting.

4. Talks and discussions at club meetings on different phases of the program.

5. Invite in outside speakers on Farm Safety wherever available.

6. Use roll call responses on safety slogans, accidents you have had or know about and how they could have been prevented.

7. Participate in National Farm Safety Week, usually held in July.

8. Work with any local or county organization interested in Farm Safety.

9. Work out contests on slogans, talks, news stories, or posters.

10. Prepare first-aid kits for use in the home.

Fires Kill and Destroy

Fire is that dreaded enemy that causes a \$90,000,000 loss of property annually in addition to loss of life and permanent injury to many people. It may strike any hour of the day or night leaving human suffering and debris in its wake.

Cause of Fires. Fires may be caused by lightning, a spark from a locomotive, tractor, or a stove; defective chimneys, a carelessly tossed match or cigarette; smoking in a barn or around hay, threshing machine, gas or kerosene containers; poor electric wiring; throwing kerosene or gasoline on fires; spontaneous combustion; using gasoline for cleaning; lanterns not working properly; defective brooder stoves, and many other ways.

How To Avoid. Find the cause and remove it if possible. If not possible, pro-



It's not smart to be a "smarty." Be careful with fire.

vide all the safety precautions possible to prevent the fire from starting. These might include providing lightning rods on buildings, keeping railroad rights-of-way free from grass and weeds; store the tractor in a shed away from gasoline or

oil barrels; keep stove in working order and keep stove pipes and chimneys clean and in repair; do not use combustible shingles on roof; provide "no smoking" signs where fires from such source might start.

Have building wiring checked periodically and check extension cords, lamps, plugs and fuses; properly label gasoline

and kerosene containers; clean up all piles of old greasy rags and other combustible material; be sure hay is dry enough before putting it into a mow; use recommended cleaning fluids; check lanterns periodically and fill them away from a fire of any kind; be sure brooder stoves have no leaks and that thermostats are in perfect order.

Machinery Accidents

I haven't the time! Hurry, Hurry! Never mind putting the shield back on! These are among the common causes of farm machinery accidents which result in serious crippling and death of thousands of our farm folks each year. Practically all of these accidents could be prevented by taking the time to practice a few simple safety rules.

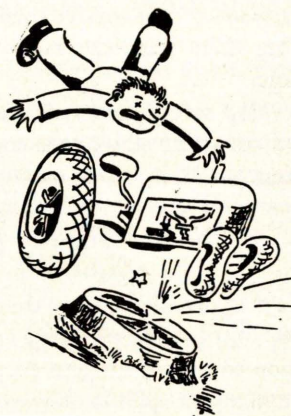
Causes of Machinery Accidents

Many accidents result while operating the farm tractor. Some of these are caused by traveling too fast or turning too short; faulty brakes, especially with rubber tired tractors; cranking a tractor while it is still in gear; cranking a tractor while it is still in gear; wrong stance while cranking; backing a tractor and trying to hitch it to an implement at the same time; children riding on the tractor; filling with gasoline while the motor is running or while the person doing the work is smoking; hitching implements to the tractor frame instead of the drawbar; leaving the shield off the power-take-off; loose clothing while working around the belt; loose bolts in wheel lugs or seat of tractor.

Implements with cutting bars, such as mowers, grain binders, corn binders, com-

bines, threshing machines, hammer mills, corn shredders, ensilage cutters, come in for their full share of serious accidents. Most of these accidents result in either horrible deaths or the loss of one or more limbs, hands or fingers. In almost every case, accidents caused by these implements are due to carelessness.

Other machinery including disk, harrows, corn shellers, hay balers, tractor mounted hay bucks and stackers, power manure loaders and dirt scrapers, also cause accidents to our farm population.



The farm tractor causes many accidents

How to Avoid

BEING ALERT, TAKING TIME TO THINK of the dangers involved and acting accordingly would avoid most of the accidents caused by farm machinery. Farm machinery of any kind is not a plaything for children. Keeping them away from these implements is one meth-

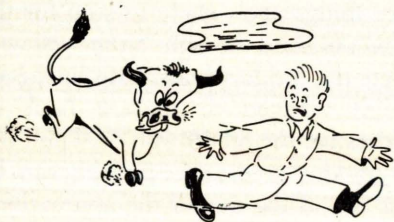
od of preventing many serious accidents, both to the child and the operator. Stopping the motion of the implement while oiling, greasing, adjusting, or hitching, will prevent many more. Shields and guards were put on dangerous parts of machines for a purpose. **LEAVE THEM ON!**

Accidents by Farm Animals

Preventing accidents caused by farm animals offers a challenge to those who work with them. They are living things and as such, respond to different types of accident prevention measures than causes of other farm accidents. Calmness, kindness, patience, thoughtfulness, and learning how to handle and manage livestock, pay big dividends, not only in dollars and cents return, but in reduced casualties to the handler. Never tease a farm animal. You are asking for trouble if you do.

The dairy or beef herd sire is one of the most dangerous animals on the farm. He may or may not seem ugly, but should always be treated as a potential threat to human life.

Prevent possible accidents by keeping children out of his yard, pasture or stall.



"Can't understand what happened! He's always been so gentle!"

If he is a dairy bull, keep him in a strong yard or stall and always lead him with a staff instead of a rope or halter. Ugly bulls should be sold for slaughter unless exceptionally valuable for breeding purposes.

Horses are another important livestock danger to human lives. A good horseman uses good "horse sense." Kicking and run-a-way accidents from horses generally are caused by carelessness.

Always speak to a horse before entering his stall to feed, curry or harness him. Keep children out of the horse barn. Be sure all tugs are hitched before attempting to drive away with an implement and keep the lines in your hands or within easy reach while hitching them up and while unhitching. Tie them up. Use division poles in stalls with horses or mules that are inclined to be tricky or treacherous.

Hand hurdles should always be used when handling the herd boar.

Cows and sows should be handled with caution when they have their young, as they may act viciously to protect them.

Rams and goats sometimes act without warning. Be on guard.

Safety on the Highway

Nearly fifteen thousand children under 15 years of age lose their lives by accidents every year—bicycles, automobiles and drowning were the greatest causes of juvenile casualties. Traffic accidents cause one million two hundred thousand deaths and injuries every year.

You Risk Your Life When:

1. You "shoot" out of the driveway without looking in both directions.
2. You buy a used car for appearance only, disregarding its mechanical condition.
3. You turn into your driveway without giving a hand signal.
4. You take foolish chances with an ancient "Flivver."
5. You try to pass on curves or hills.
6. You walk on the right side of the

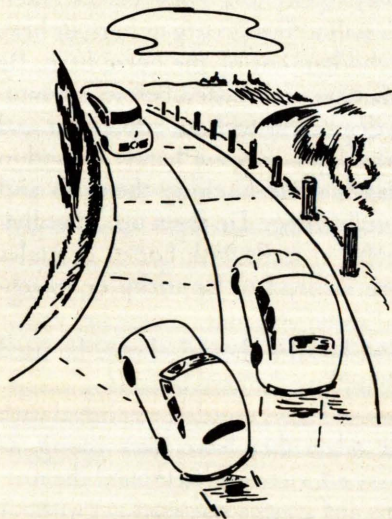
highway—instead of the left side, facing traffic.

7. You get in a hurry in heavy traffic.
8. You drive your 10 year-old car and 5 year-old tires at high speeds—especially in hot weather.
9. You play on the streets or roads.
10. You fail to dim your lights just because the other fellow is blinding you.

HOW CAN YOU HELP PREVENT TRAFFIC ACCIDENTS? No good driver will race a train to the crossing. He will take more positive action to meet the grade crossing danger; he will: Slow to easy stopping speed at all crossings; obey flasher and other signals as though his life depends on them—which it does; wait, after a passing train has cleared, to be sure there's not another; cross in second gear over multiple tracks, or where he can't see clearly; and practice double precautions at night and in bad weather.

Look, Listen, Live!

Courtesy buys a lot of safety: "Drive both cars" means that an expert, alert driver figures out what the other fellow may do, and acts accordingly. Among other things: he's ready to stop for the fellow who runs through "on the yellow;" he lets the reckless passer into line, even though tempted to squeeze him; he watches for the fellow who may pull out of a parking space; if he possibly can, he stays out of the way of the approaching drivers who's trying to re-enter his own lane; he shrugs his shoulders and lets the



Now what?

road hog have his way—that kind of competition is too expensive, and he keeps pedestrians, especially children, always in mind.

Traffic Intersections

1. To drive safely, approach every intersection expecting that you will have to stop quickly to avoid an accident.

2. Slow down before you reach the intersection, go into it slowly. Then, if all is clear, accelerate and clear the intersection quickly.

3. Observe the right of way. But if another driver insists upon the right of way,

don't dispute it. Slow down and let him pass in safety.

4. Never pass another vehicle near or at an intersection. Your view of possible hazards almost certainly will be partly obscured by the other vehicle.

5. Watch carefully for vehicles turning the corner on your left as you approach the intersection. They may block your vision of other approaching traffic.

6. Don't rely on stop signs. There are still many reckless drivers who disregard them.

7. Be considerate of the pedestrian. Always slow down and let him proceed in safety.

A Good Driver Lives By The Following Ten Rules

1. His car is always in safe condition.
2. He drives when rested and sober.
3. His mind is always on his driving.
4. No matter what the speed limits are—he drives under the limit, at a speed at which he has perfect control of his car.
5. He passes intersections and grade crossings with care, even though he has the right-of-way.
6. He is careful of the children and pedestrians—gives them a chance to get across the street.
7. He signals when turning or stopping.
8. He drives slower and more carefully at night, knowing that there are more hazards at night.
9. He knows that courtesy always pays.
10. He gets his car off the highway, if he needs to change a tire, or if something mechanical has gone wrong with the car.

Safety in the Home

There are many places in the home in which accidents happen. If we are conscious of the hazards we are more apt to have less accidents.

The first place in the home that we will consider is the kitchen. The kitchen is the most dangerous room in the house, especially for children. Children should keep away from the stove; if possible, they should be kept out while meals are being prepared. A playpen should be provided for babies; children six years and older should have set jobs in the kitchen to help keep them out of the way, and to help them learn to avoid accidents in the kitchen. These include such tasks as setting the table, washing dishes and the like.

Burning Grease Dangerous

Food that is to be fried in deep fat should be thoroughly dried. Water in hot grease makes the grease spit. When



Leaking gas is dangerous!

grease smokes, it is too hot for safety or for best cooking results. Every person, as soon as they are old enough, should know how to put out a grease fire. A grease fire may be put out either by putting a cover on the pan or by sprinkling baking soda or salt generously on the grease. *Never put water on burning grease.* Stoves with an open flame should be 12 to 18 inches from the window, but if it isn't, fasten the curtains securely. Floors and other combustible surfaces within 18 inches of wood or coal burning ranges should be insulated. Fires should never be started with gasoline or kerosene.

A step ladder should be used to reach shelves that are too high, although it is better to have shelves that can be reached from the floor. Chairs, tables, and drawers should never be used for climbing.

It is always a safe practice to pull out the electric plugs for all portable electric appliances before leaving the kitchen for any length of time.



"Whoops! Thought this stool was safe!"

Matches should be kept in non-combustible containers and should be out of reach of children.

Broken dishes and glassware should be put in a container designed for this purpose. It should have a cover on it so that young children will not be able to get into the container to play with the broken pieces.

Be Careful With Stoves

If the gas stove has a pilot light, be sure that the pilot light is always burning. If you smell gas, all burners should be turned off immediately. The pilot light should be checked to see that it is lighted. If the pilot light is burning, search with a flashlight to find the leak. If you cannot find the leak, call a reliable service man at once. The windows should be opened until all smell and signs of gas are gone.

Wood or coal ranges should have the dampers adjusted so that the deadly carbon monoxide gas will be carried off through the chimney. The kitchen should always be ventilated while cooking is being done.

Floors should be kept clean of slippery substances such as grease, spilled water and fruit peelings. There should be no scatter rugs in the kitchen, and linoleum should be fastened securely to the floor.

Many kitchen utensils, hand tools and other regularly-used non-electric equipment, while perfectly safe when correctly used, can become hazards when improperly used and cared for. Use flat-bottomed and well-balanced pans so that they will not tip easily. Handles of pans should be of material which transmits heat slowly,

and should be rigid and firmly attached. When pans are on the stove, the handles should be turned away from the edge of the stove, but should not be over another burner of the stove when the other burner is on. Handles are apt to be caught in clothing, and they are a temptation to young children. Use dry pot holders when handling hot utensils.

Pressure cookers and canners should be handled according to the directions of the manufacturer. All safety precautions should be observed. If the directions are lost, a new set of directions may be obtained by writing to the manufacturer.

Knife Accidents

It is very important to have the correct size and type of knife for each job—a small knife for paring fruits and vegetables and a large knife for slicing bread, carving meat, etc. When using any kind of a knife, attention should be focused on the work being done, and guiding fingers should be kept out of the path of the blade. Cut *away* from the body. A guard on the handle of large knives will help to prevent the finger from sliding onto the blade when cutting materials that require pressure. Sharp knives of all sizes are safer than dull ones; they do not require as much pressure to do their work, and therefore, do not slip as easily when being used.

Sharp knives should be washed by themselves, not handled with other utensils. They should be placed in the dish pan or sink with all handles together—all blades pointed in the same direction. Each knife should be dried separately,

holding the sharp edge away from the hand using the towel. Kitchen or other sharp edged knives should never be stored loose in a drawer with other utensils.

Stairway Hazards

All stairways—including porch, basement and attic—should be constructed with normal step height, adequately wide treads and easy slope. Make sure all hand rails and stair treads are in safe condition. See that rugs and carpets on steps and landings are kept in repair and fastened securely. Remove overhead obstructions or paint them white—especially basement and attic stairways. For toddlers, bar stairs with gates, top and bottom. Make it a practice to keep stairs and stair landings free from mops, brooms, soap, pails, wastebaskets, toys, or any other objects which may cause a person to fall.

To keep from falling downstairs, hold onto the rail. Leave one hand free when you carry a baby. Get help when you have a heavy load, or one so large it blocks your vision. As much as possible, avoid

carrying hot liquids or sharp objects up and down stairs.

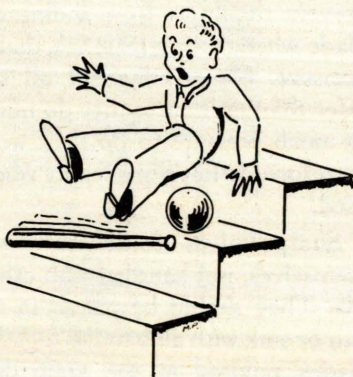
Bathroom Precautions

Be careful with electrical appliances in bathroom because of danger of shock. Never touch a switch or electrical appliance with wet hands or while in the tub.

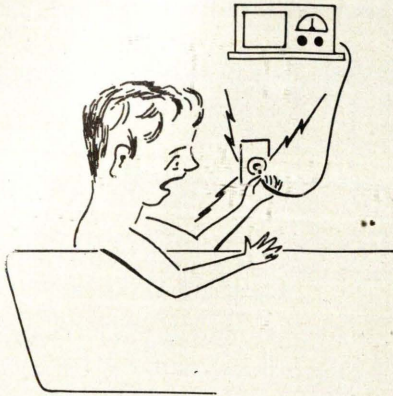
Place the electric heater so that no one can trip over the cord. Disconnect the heater before leaving the room for any length of time. Use non-metallic light fixtures. Insert insulating link of tie string to end of chain-pulling cord. Place switches beyond reach from basin or tub.

Use rubber mat or other non-skid mat in the bathtub or have a handhold on the wall. Place soap in a safe container instead of leaving it in tub or on the floor. Never leave small children alone in the bathroom, keep candy-coated laxatives, pills, etc., beyond reach. Even headache tablets taken in large quantities can have serious results.

Discard used razor blades in closed containers where children cannot find them. Broken faucet handles should be replaced promptly. Water should be tested for temperature before taking a shower or stepping into the tub. Always make sure of the contents of the container before taking any medicine. Poison should be labeled plainly and beyond the reach of children. There are many new ways to identify a poison bottle, but the main thing is to see that it is identified in such a way that anyone in the house will know by feel or looks, and preferably both, that the bottle contains poison.



Keep stairs clear; use hand rail.



Water and electricity is a dangerous combination.

Firearms

Nearly one-fourth of all fatal firearms accidents occur at home. Put firearms away, unloaded, dismantled, with all ammunition in a locked chest. Always treat a gun as though it were loaded—until you have proved that it is not. Never aim unless you intend to fire.

Bedroom Accidents

Many people die from falls in the bedroom, and a large number of fatal burns occur here.

Never sleep with an electric heating pad turned on, and to avoid shock use Underwriters' Laboratories - approved pads (with water-proof jacket). Wrap several thicknesses of toweling around hot water bottles, and stopper them tightly.

Place a radiant heater where it cannot ignite bed clothes, curtains, etc., or be knocked over and never leave children alone with the heater, oil lamp, or open fire going. Always ventilate the room while a gas or oil heater is on. Room heat-

ers, like cookstoves, should be set on metal mats, and walls within 18 inches should be insulated from their heat.

Whenever you use the bedroom as a sewing room put scissors, pins, and needles where the children cannot get them.

If you have bunk beds for the older children, bar the sides.

It is possible for a baby to poison himself chewing the paint off his crib, high chair, etc. Buy his furniture from a reliable dealer who knows the ingredients of the paints used. Make certain, when repainting children's furniture, that the paint is not poisonous (ingredients are usually listed on the label). A list of safe points can be obtained from the National Safety Council and the Children's Bureau of the U. S. Department of Labor.

Spontaneous combustion can start fires in closets, attics, and storerooms. Clear rubbish, old magazines, and discarded furniture out of the attic. They not only could ignite spontaneously, but also could feed a fire starting around the chimney or on the roof.

Accidents in Living Room

Every part of the home should be as livable as possible. This is as true of the living room as any other part of the house. We should try to determine the parts of the living room which are traveled the most. Then, do our best to arrange the living room so the people who live there can go anyplace in the home without stumbling over footstools, etc. Rugs that mess easily are accident hazards. Everyone in the home is likely to stumble over a rug, fall, and get a bone

fracture. Rugs that curl on the corners always will be accident hazards. Weights or discarded rubber bands may be sewed on rugs to help prevent such an occurrence in your home.

There is no excuse for toys on the floor if there is a place for them. However, they will be left out on the floors when there isn't a place to put them after the child has finished playing with them.

Careless smoking habits are a major cause of fire. Always extinguish matches and cigarette stubs before disposing of them. Never smoke in bed.

Children have shocked or burned themselves painfully by sticking their fingers or metal objects into old-fashioned open wall sockets, and even with a newer type of outlet they have burned themselves by twisting hairpins into the receptacle. Screw plugs into the old-fashioned sockets and leave them there. As an added precaution teach your children never to touch a light socket or better still, move a piece of furniture in front of the outlet.

If your home is lighted with natural gas, use globes on all lights. Turn them off before leaving the house. Fasten curtains so that they cannot blow against the gas lights.

If you use kerosene lamps or candlesticks, be sure they have wide bases. Metal lamps are safer than glass.

Cleaning Clothes

The only safe way to dry clean is to send your clothes to the cleaners. But if you insist on cleaning at home, never do it in the house. All dry cleaning fluids are flammable or toxic, or both. The tiniest spark—from a pilot light at the other end of the house, from static electricity as when silk is rubbed against silk, or wool against wool—can ignite some fumes and blow you and the house to bits. Do the cleaning outdoors; keep your hands out of the fluid as much as possible (fluids that take grease out of clothes also will dissolve the natural oils from your hands, and thus may cause dermatitis). Let the clothes air in the yard; keep children and pets away.

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