



Safety

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 2010, Workbook updated: 7/10.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1) Explain what safety is and what it means to be safe. Then prepare a notebook to include:

- a) Newspaper and other stories, facts, and statistics showing common types and causes of injuries in the home and in the workplace, and how these injuries could be prevented.
- b) Newspaper and other stories, facts, and statistics showing common kinds of crimes and ways to avoid being a crime victim.
- c) Facts you have obtained concerning the frequency of accidents and of crimes in your local area.
- d) A paragraph or more, written by you, explaining how a serious fire, accident, or crime could change your family life.
- e) A list of safe practices and safety devices currently used by your family, such as safety practices used while driving or working and safety devices that prevent injuries or help in an emergency.

2) Do the following:

- a) Using a safety checklist approved by your counselor, make an inspection of your home. ([Sample Safety Checklist](#))
- b) Review or develop your family's plan of escape in case of fire in your home. As you develop the escape plan with family members, share with them facts about the common causes of fire in the home, such as smoking, cooking, electrical appliances, and candles. _____

3) Do the following:

- a) Discuss with your counselor how you contribute to the safety of yourself, your family, and your community. _____
- b) Show your family members how to protect themselves and your home from accidents, _____

fire, _____

burglary, _____

robbery, and assault. _____

c) Discuss with your counselor the tips for online safety. _____

Explain the steps individuals can take to help prevent identity theft. _____

d) Discuss with your counselor the three R's of Youth Protection

and how to recognize child abuse. _____

4) Show your family the exits you would use from different public buildings (such as a theater, municipal building, library, supermarket, shopping center , or your place of worship) in the event of an emergency. Teach your family what to do in the event that they need to take shelter in or evacuate a public place. _____

5) Make an accident prevention plan for five family activities outside the home (at your place of worship, at a theater, on a picnic, at the beach, and while traveling, for example). Each plan should include an analysis of possible hazards, proposed action to correct hazards, and reasons for the correction you propose in each plan.

At your place of worship: Possible Hazards: _____

Action to correct hazard: _____

Reasons: _____

At a Theater: Possible Hazards: _____

Action to correct hazard: _____

Reasons: _____

On a picnic: Possible Hazards: _____

Action to correct hazard: _____

Reasons: _____

At a beach: Possible Hazards: _____

Action to correct hazard: _____

Reasons: _____

While traveling: Possible Hazards: _____

Action to correct hazard: _____

Reasons: _____

6) Plan and complete a safety project approved by your counselor for your home, school, place of worship , place of employment, or community. _____

Include in your plan an explanation of the U.S. Department of Homeland Security's Advisory System and appropriate actions to take for each threat level. _____

7. Learn about three career opportunities in the field of safety. _____

Pick one career and find out the education, training, and experience required for this profession. _____

Discuss this choice with your counselor, and explain why this profession might interest you. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ▶ scouting.org ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)
▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#) ▶ [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

[ExpertVillage First Aid Videos](#) ▶ [Make a First Aid Kit](#) ▶ [Basics](#) ▶ [Basics2](#) ▶ [CPR Basics](#) ▶ [Venomous Snake Bite](#)

The Three R's of Youth Protection: <http://www.scouting.org/HealthandSafety/GSS/gss01.aspx>

AAA Foundation: <http://www.aaafoundation.org>

American Red Cross: <http://www.redcross.org>

American Society of Safety Engineers: <http://www.asse.org>

ASTM International: <http://www.astm.org>

Federal Emergency Management Agency: <http://www.fema.gov>

Motorcycle Safety Foundation: <http://www.msf-usa.org>

Nat Highway Traffic Safety Admin: <http://www.nhtsa.dot.gov>

National Safety Council: <http://www.nsc.org>

National Youth Sports Safety Found.: <http://www.nyssf.org>

Occupational Safety and Health Admin.: <http://www.osha.gov/>

Safe Kids Worldwide: <http://www.safekids.org>

Students Against Destructive Decisions: <http://www.sadd.org>

Underwriters Laboratories Inc.: <http://www.ul.com>

U.S. Consumer Product Safety Comm.: <http://www.cpsc.gov>

U.S. Department of Homeland Security: <http://www.ready.gov>

U.S. National Library of Medicine: <http://www.nlm.nih.gov>

Sample Home Safety Checklist

Check safety steps that being taking in your home. Write N/A if the item is not applicable. Items left blank may present a safety hazard. This list provides some sample safety steps you might take. See your Safety Merit Badge pamphlet and counselor for more information. Ask your parent or guardian before making any changes.

Stairways, Halls, and Outdoor Steps

- Stairways with three or more steps have a strong handrail.
- Stairs/halls are kept free from boxes, toys, brooms, tools, etc.
- Gates at top and bottom of stairs prevent children from falling.
- The head and foot of stairs have no small or loose rugs.
- Stair carpeting or covering is fastened securely.
- Stairways & halls have good lighting, controllable at each end.

Kitchen

- Matches are kept where children cannot get them.
- Knives & sharp instruments are kept in knife drawers or holder.
- Can openers don't leave sharp edges on cans.
- Disinfectants & cleaning products are out of reach of children.
- Pan handles are turned away from stove edges.
- Spilled grease, water, or bits of food are wiped up immediately.
- Pot holders are within easy reach.
- A fire extinguisher is mounted near the stove.

Bathroom

- Tub and shower are equipped with strong handholds.
- Tub floor has non-slip surface.
- Poisons are marked, sealed shut, and out of reach of children.
- Medicines are out of reach of children in childproof containers.
- No one takes medicine in the dark.

Attic and Basement

- Ladder is strong, solid, and sturdily constructed.
- Stairway is sturdy and well lighted.
- Children keep skates and play gear in a specific place.
- Walls and beams are free from protruding nails.
- Fuses or circuit breakers are the proper size.
- Rubbish & flammable materials are in covered metal cans.
- Wastepaper is kept away from furnace and stairs.

Living Room and Dining Room

- Furniture is placed to allow easy passage in an emergency.

- Before bedtime, furniture placement is checked for orderliness.
- Furniture and woodwork solid, in good repair, and free from.
- Fireplace screen fits snugly.
- Rugs are fastened or laid on non-slip pads.
- Rugs are kept from curling at their edges.
- Wax on floors is thoroughly buffed.
- Fire in fireplace is extinguished at bedtime.
- Candles are in stable holders and fully extinguished after use.

Bedroom

- Smoke alarm has fresh battery or electrical connection & is tested regularly.
- Carbon monoxide detector has fresh battery or electrical connection and is tested regularly.
- Furniture placement for clear passage between bed and door.
- Light switch or lamp is within easy reach from bed.
- A night-light illuminates bedroom or hall.
- Bureau and dresser drawers are closed when not in use.
- Bar across bunk beds helps prevent falls.
- Children are taught not to lean against windows or screens.
- Sturdily screen low windows to prevent children from falling.
- Smoking in bed is prohibited.
- Gas and electric heating devices are turned off at bedtime.

Nursery

- Bars on cribs are closely spaced.
- Crib is approved by Consumer Products or similar.
- Crib is free from sharp edges or corners.
- Sleeping garments and covers keep baby warm without danger of smothering.
- Pillows are kept out of bassinet or crib.
- No thin, plastic material is in or near the crib.
- Children are taught not to give marbles, etc. to younger children.
- Toys are sturdy & have no sharp edges.
- Nontoxic paint is used on baby furniture and toys.
- All houseplants are nonpoisonous.

Sample Home Safety Checklist (page 2)**Stoves, Furnaces, and Heaters**

- ___ Stoves are away from curtains.
- ___ Stoves & furnaces are inspected & cleaned annually.
- ___ Gas burners are properly adjusted and free from leaks.
- ___ Gas water and space heaters are equipped with vents or flues.
- ___ Water heater or boiler has a safety valve & is checked yearly.
- ___ Flames of gas burners are protected from drafts.
- ___ Insulating shield protects woodwork within 18" of furnace, etc.
- ___ Keep flammable materials away from stoves, furnaces, etc.
- ___ A wrench is stored near the shut-off valve of outside gas line.

Porch, Yard, and Garage

- ___ Railings and banisters are sound and inspected periodically.
- ___ Steps and walks are kept free from ice and snow.
- ___ Yard/play space are free from holes, stones, glass, etc.
- ___ Tools and dangerous articles are out of reach of children.
- ___ Dangerous products & chemicals are kept in original containers in locked storage areas.
- ___ Wires and low fences are brightly painted or clearly marked.
- ___ Wells, cisterns, and pits are kept securely covered.
- ___ Disposable materials are not burned outside.
- ___ An area is marked off in the garage for bicycles, wagons, etc.
- ___ Lawn mower is equipped with proper safeguards.

Workshop

- ___ Good ventilation exists, especially when sanding.
- ___ Safety goggles and/or face mask are available, with eyewash.
- ___ Baking soda is kept handy to neutralize acid burns.
- ___ All electrical tools are either three-wire or double-insulated.
- ___ Work area is well lit & free of clutter, scraps, rags.
- ___ All tools have a place & are in their place.
- ___ Guards are in place on all power tools.
- ___ A push stick is available for use with power saws.

Electrical Devices and Fixtures

- ___ Electrical fixtures and appliances are located & used beyond arm's length of the sink, stove, tub, shower, or other grounded metal unless outlet is protected by a ground-fault interrupter.
- ___ Do not touch electrical fixtures or appliances with wet hands.
- ___ Disconnect seldom-used appliances when not in use.
- ___ All pull-type sockets have an insulating link.

- ___ Household appliances are disconnected before repairs.
- ___ Unused, open, screw-type sockets are plugged closed.
- ___ Frayed or worn electric cords are promptly replaced.
- ___ Long trailing cords are not in evidence.
- ___ Cords are kept out from under rugs, doors, and furniture.
- ___ UA-approved extension cords are the proper size.
- ___ Children are taught never to touch electric sockets or fixtures.
- ___ Fuses are adequate for the load and are not bypassed.
- ___ Circuit breakers are not overloaded.

General

- ___ At least one smoke detector in each bedroom & garage.
- ___ Everything has a place and is in its place.
- ___ Stepladders are in good repair and stored out of the way.
- ___ Window screens and storm windows are securely fastened.
- ___ Guns are stored unloaded and in locked cases.
- ___ Guns and ammunition are stored separately.
- ___ Children are permitted to use only blunt-end scissors.
- ___ Housework clothing has no drooping sleeves, sashes, or frills.
- ___ Shoes worn for housework have low heels.
- ___ All shoes are in good repair.
- ___ Kerosene, gasoline, paint thinners, and other volatile materials are stored outside in special, clearly marked metal containers.
- ___ Oil mops, dust rags, painting equipment, and other oily materials are stored outside in open metal containers.
- ___ Everyone turns on a light before entering a dark room.
- ___ Matches are extinguished before they're thrown away.
- ___ Children are never permitted to play with matches.
- ___ Fire extinguishers are readily available.

For Emergency

- ___ Know how to get emergency help (911, poison control, etc.).
- ___ Be able to find water, gas, & electric shutoffs. Check annually.
- ___ First aid kit approved by your doctor/American Red Cross.
- ___ Know basic first aid procedures.
- ___ Have a fire escape plan from your home.
- ___ Emergency water supply.
- ___ Handheld flashlights readily available.
- ___ In earthquake-prone areas, make sure that the water heater and bookcases are bolted to the walls.