

## The Explorer's Sheet-

### Safety & First Aid

- Though many scenarios are covered in the book. But accidents can happen anywhere.

Find out what precautions should be taken-

- With toddlers at home
  - In case of earthquake
  - In and around swimming pool
  - In case of drowning (at beaches and lakes)
  - In case of flood
  - In case of choking due to nuts or swallowing a coin etc (often happens with toddlers and kids, but can happen with anyone)
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- Make first aid box using a shoe box. Fill the first aid box with all the medicines and things which we need for first aid.
  - Find out the important emergency numbers of your area and pin them in your house, near the landline or at a place where it is visible.
    - For fire brigade
    - For doctor
    - For ambulance
    - For police
  - Visit your area's fire station, police station and/or hospital with your parents and observe how they function.