



## HEAR THE BEEP WHERE YOU SLEEP

SOURCE: [WWW.NFPA.ORG/EDUCATION](http://WWW.NFPA.ORG/EDUCATION)

**Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.**

- Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

**FACT: Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.**



## THANKSGIVING SAFETY

SOURCE: [WWW.NFPA.ORG/EDUCATION](http://WWW.NFPA.ORG/EDUCATION)

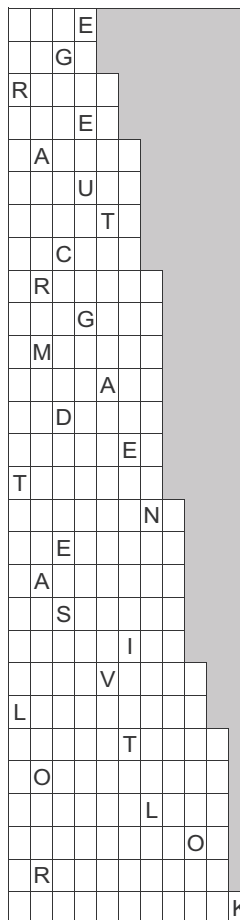
**The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving when there is a lot of activity and people at home.**

- Stay in the kitchen when cooking so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. Kids should stay at least 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet. Never leave children alone in a room with a lit candle.

# STRESS MANAGEMENT!



Learning \_\_\_-management skills makes your day go more smoothly  
 Even 20 minutes of \_\_\_ or Ta Chi is good for the body and mind  
 Schedule time to \_\_\_ - take a walk, go to the gym, read a book, garden  
 Doctors recommend getting at least eight hours of \_\_\_  
 Smoking, drinking, over- or under-\_\_\_ are not good coping methods  
 Long-term stress can be detrimental to your \_\_\_ system  
 Know your \_\_\_ and say 'no' if you have to  
 Having a strong \_\_\_ network of friends and family helps reduce stress  
 Several times a day take time to \_\_\_ deeply and relax your muscles  
 \_\_\_ and forget is a good motto for a less stressful life  
 Guided \_\_\_ takes you to your happy place, no matter where you are  
 Getting a \_\_\_ or taking a hot bath with scented candles is always nice  
 \_\_\_ conditions like asthma, acne, and chronic pain can add to stress  
 Work, family, finances, relationships could all be \_\_\_ of stress  
 If stress is too much, one-on-one counseling or group \_\_\_ may help  
 Reducing \_\_\_ and sugar intake will help you avoid 'crashing'  
 Bottling up your \_\_\_ is not a good idea  
 It has been said that \_\_\_ is the best medicine, so watch a comedy  
 Pollyanna had it right - sometimes you need to focus on the \_\_\_  
 You can change your \_\_\_ to a stressor by adapting or accepting it  
 Some \_\_\_, like procrastination or worrying too much, can lead to stress  
 Make \_\_\_ changes like exercising regularly and eating healthy  
 Try changing the stressful \_\_\_ by avoiding or altering the stressor  
 Sometimes you need to \_\_\_ and find the middle ground in a problem  
 \_\_\_ can help you express your feelings and identify stress situations  
 \_\_\_ techniques help you relax and quiet your mind, body and emotions  
 Making a to-do list helps you \_\_\_ what needs to be done  
 \_\_\_ uses monitoring equipment to learn how to control body responses



D P O S I T I V E G A S S A M  
 S R E K G G E L Y T S E F I L  
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Enter unused letters from puzzle, in order:

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Copy boxed letters to form your hidden message:

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## PUT THE BRAKES ON FATALITIES DAY

SOURCE: WWW.ASCE.ORG

A report released by the  
 National Highway & Transportation Administration  
 (NHTSA) estimated there  
 were over 32,675 traffic



fatalities in 2014. Imagine a day with zero traffic deaths where  
 all drivers make an effort to "Put the Brakes on Fatalities!"

The 16th annual Put the Brakes on Fatalities Day will be celebrated  
 on **October 10, 2015** by promoting the theme "Don't be Driven to Dis-  
 traction-Drive to Arrive". October was selected for the Put the Brakes  
 on Fatalities Day observance because it is among the peak months  
 for traffic fatalities. In fact, October 9th was the most dangerous day  
 of the year to be on the road in 1999: 207 people died in traffic  
 crashes according to the NHTSA. February 22nd was the safest day  
 to be on the road that year: 50 were killed in motor vehicle crashes.

The goal is to unite the country in achieving one full day of zero  
 traffic deaths by encouraging safer behavior and actions, promoting  
 safer roadways and vehicles, and creating improved ways to handle  
 medical emergencies and enforcement of traffic regulations. Motor  
 vehicle fatalities are the leading cause of death for all Americans  
 from three to fourteen years old. Whether as a driver, passenger,

pedestrian, motorcyclist, cyclist or professional, by working together in  
 a concerted effort, we can make a difference by reducing to zero the  
 number of fatalities occurring on our nation's roads.

First and foremost, we must be attentive when we drive. Eliminating  
 distractions such as text messaging and talking on a cell phone, never  
 driving when drowsy, always driving defensively and obeying the speed  
 limits, sharing the road with other vehicles like motorcycles, bicycles,  
 and trucks, slowing down in bad weather and in construction and  
 school zones, and not drinking while driving are just a few examples of  
 how drivers can reduce their chances of being in a crash. Other impor-  
 tant safety practices include buckling up every time you begin a trip,  
 using appropriate child safety seats, wearing a helmet when bicycling,  
 motorcycling, or skating, and crossing the street in crosswalks.

**CAR DRIVERS** | Never drink and drive!

**MOTORCYCLE DRIVERS** | Watch the "No-Zones". Never hang out in a  
 truck's blind spot or "No-Zone".

**TRUCK AND BUS DRIVERS** | Take care of yourself. Get plenty of rest  
 before getting behind the wheel, eat well and stay fit!

**PEDESTRIANS** | You may think vehicles will stop for you, but they may  
 not see you or be able to stop. Never take a chance with a truck. Truck  
 brakes and gears are notorious for sticking.

**BICYCLISTS** | Ride with traffic. Ride on the right  
 side, with the flow of traffic.