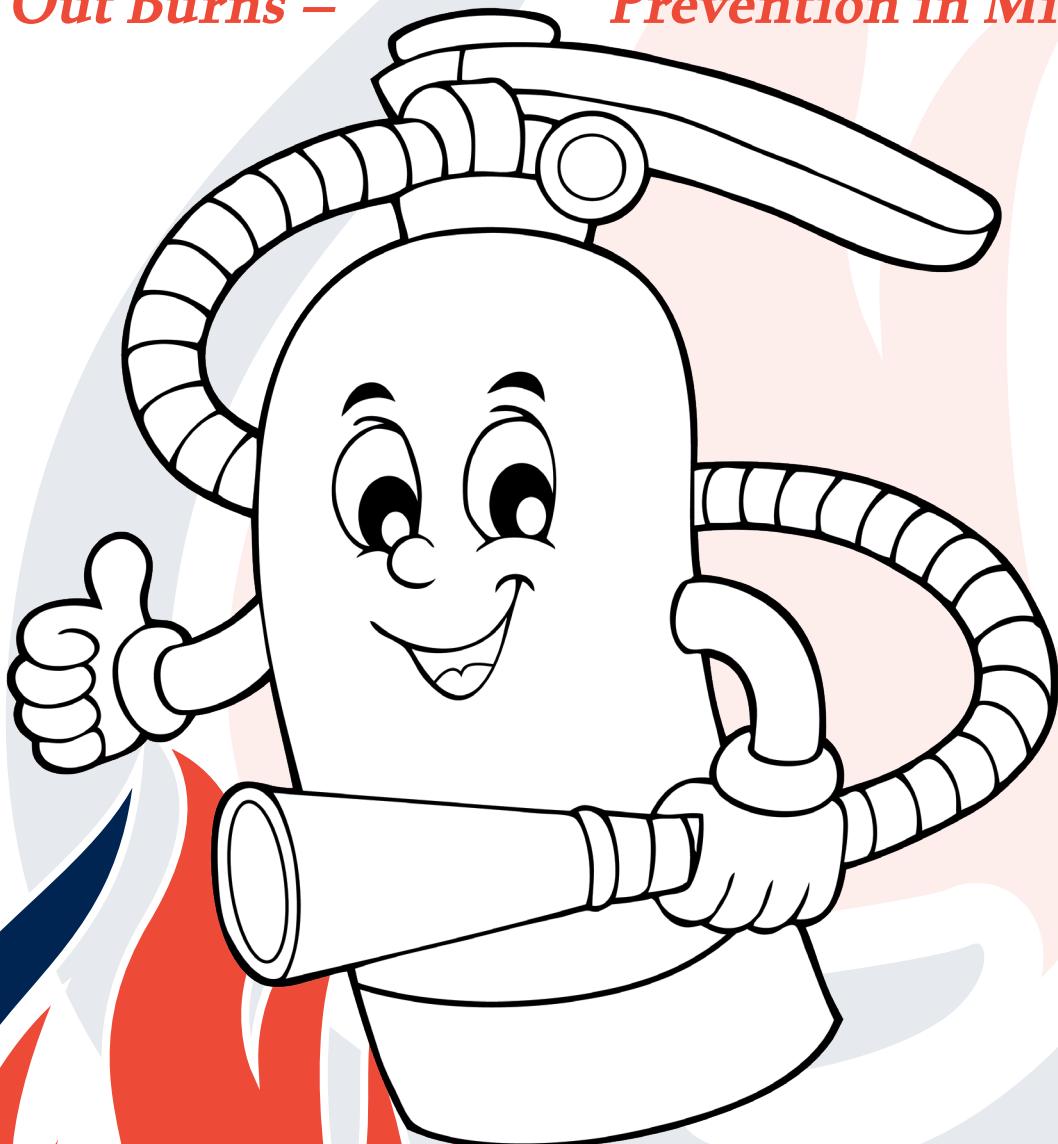


# MEET BOB

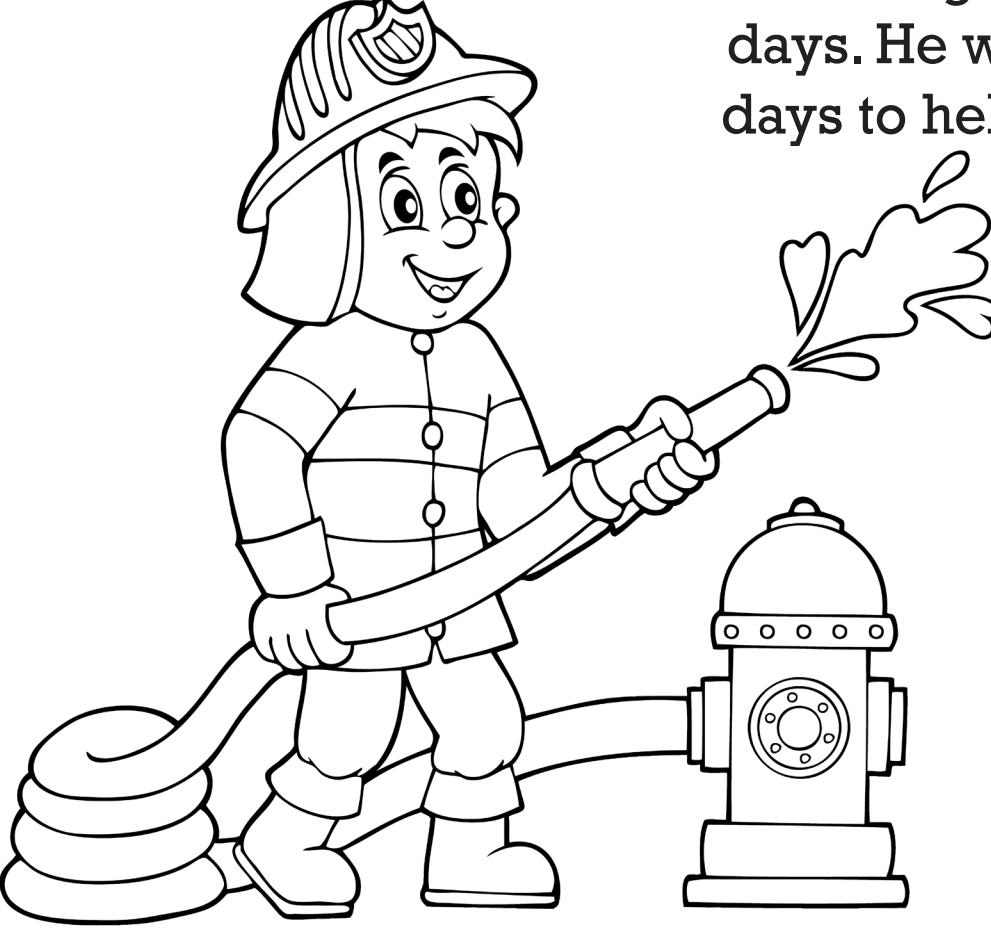


*Block Out Burns –*

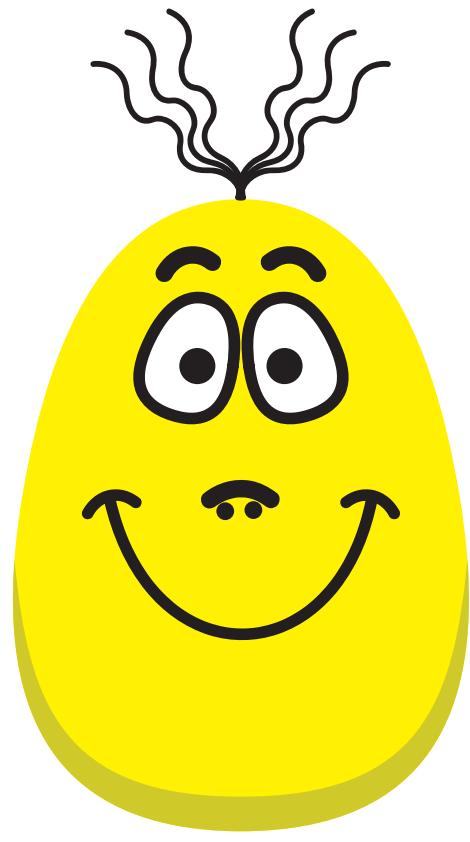
*Prevention in Mississippi*



**MISSISSIPPI**  
BURN, HAND & RECONSTRUCTION  
CENTER  
AT MISSISSIPPI BAPTIST  
MEDICAL CENTER



Bob has good days and bad days. He wants to use those days to help the Mississippi Burn, Hand and Reconstruction Center, teach others how to be safe around their homes and jobs, as well as in their daily lives.



This coloring book is filled with games, activites and scenes deisgned to help you learn about being safe from fires and burns in your everyday life.

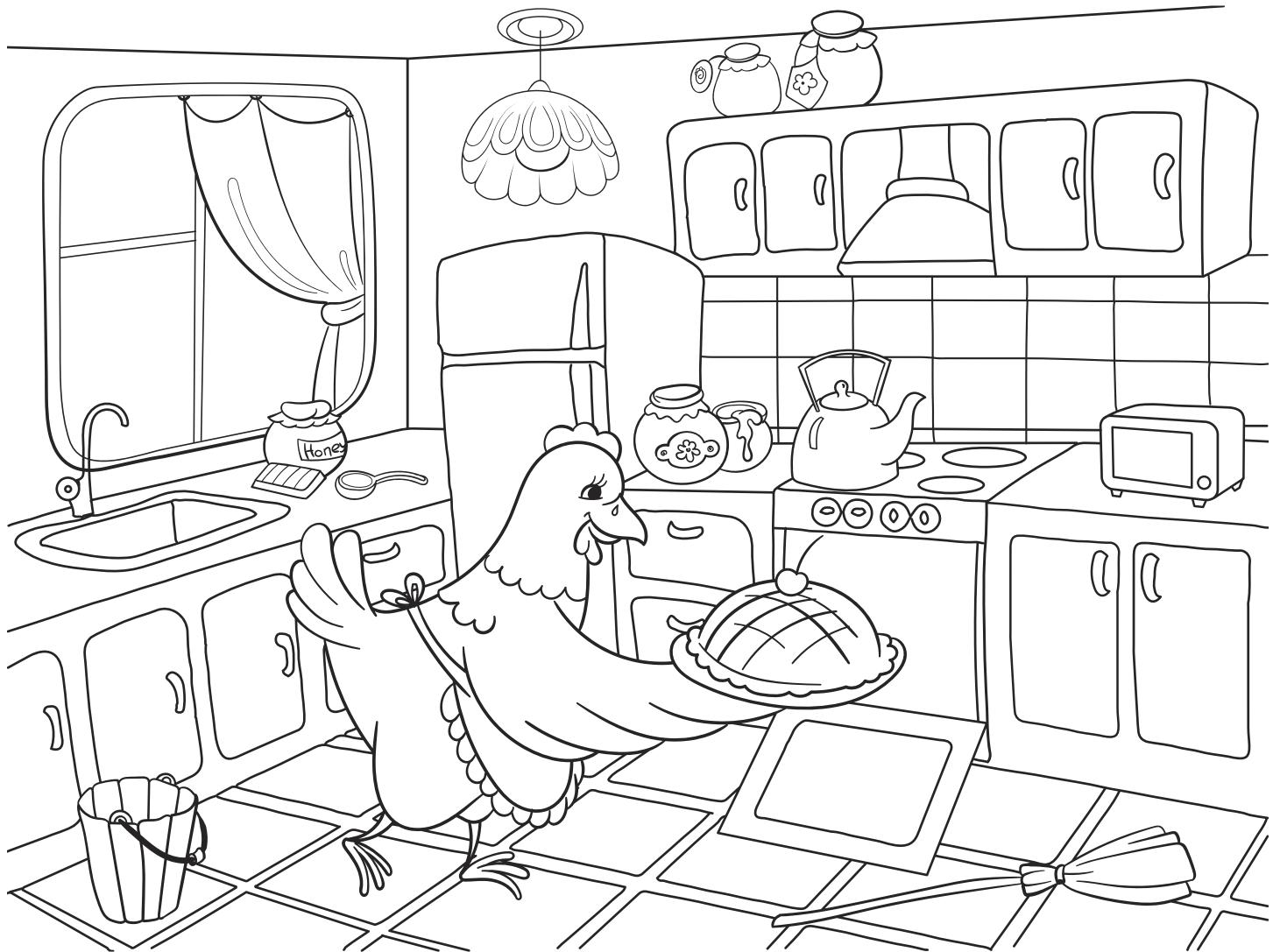


# KITCHEN

## Safety



# Mama Hen is getting ready for a family dinner! Can you help her learn about kitchen safety?



See if you can find the following kitchen hazards:

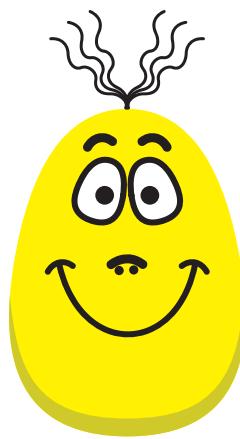
- A broom Mama Hen could trip over
- A bucket Mama Hen could step in
- A coffee pot on the front burner of the stove that could be pulled down by little hands



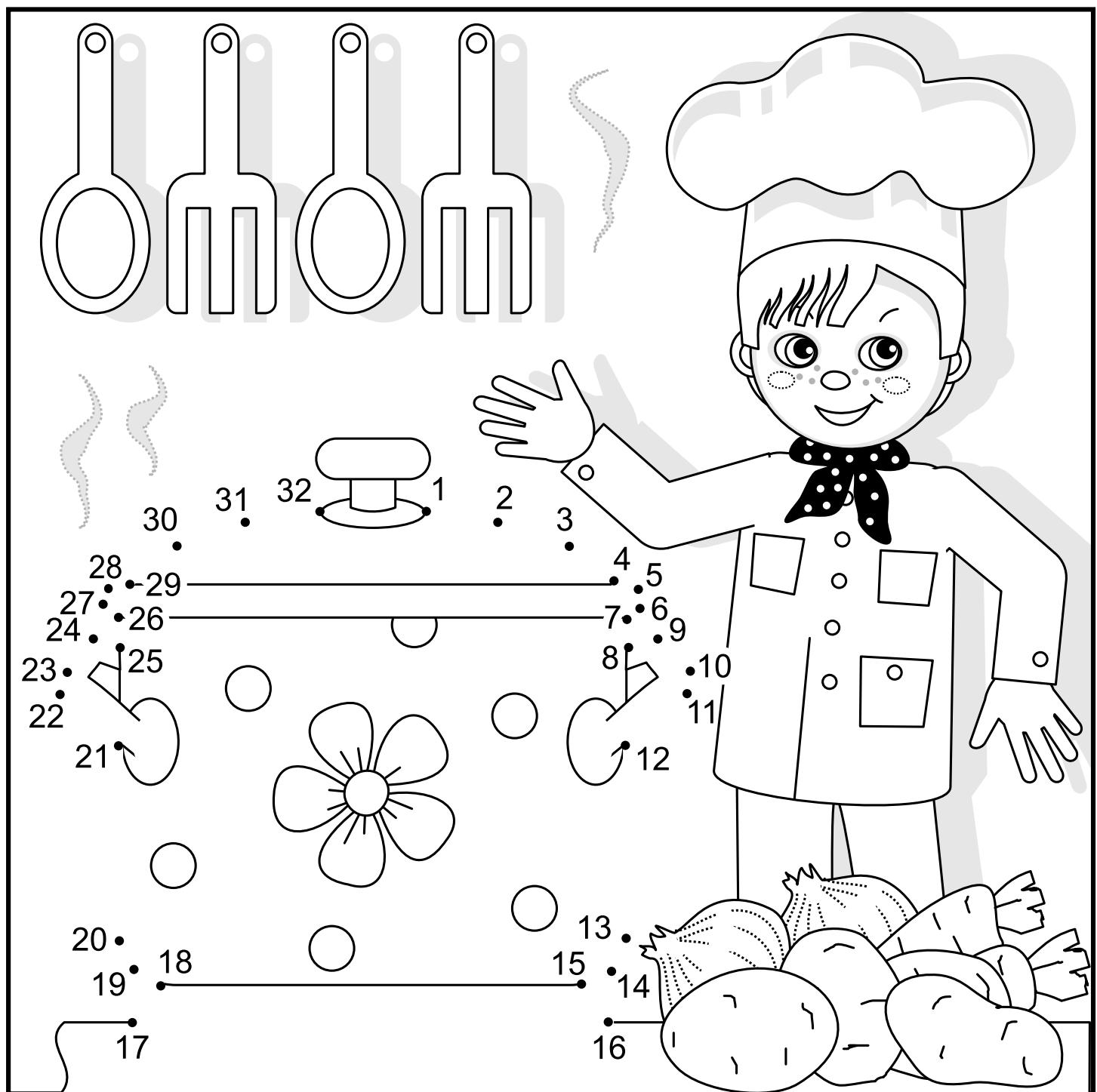
Other ways to help Mama Hen:

- Using the floor tiles as your guide, color a "safe zone" around the hot oven
- Count the number of cabinet locks she needs to keep chemicals safe

Oh, no! John Wilder completely forgot what he was doing in the kitchen today. Can you connect the dots and help him?



**Bob says:**  
You need to have  
a clear head, a  
good plan and  
safe area when  
you are cooking  
in the kitchen!

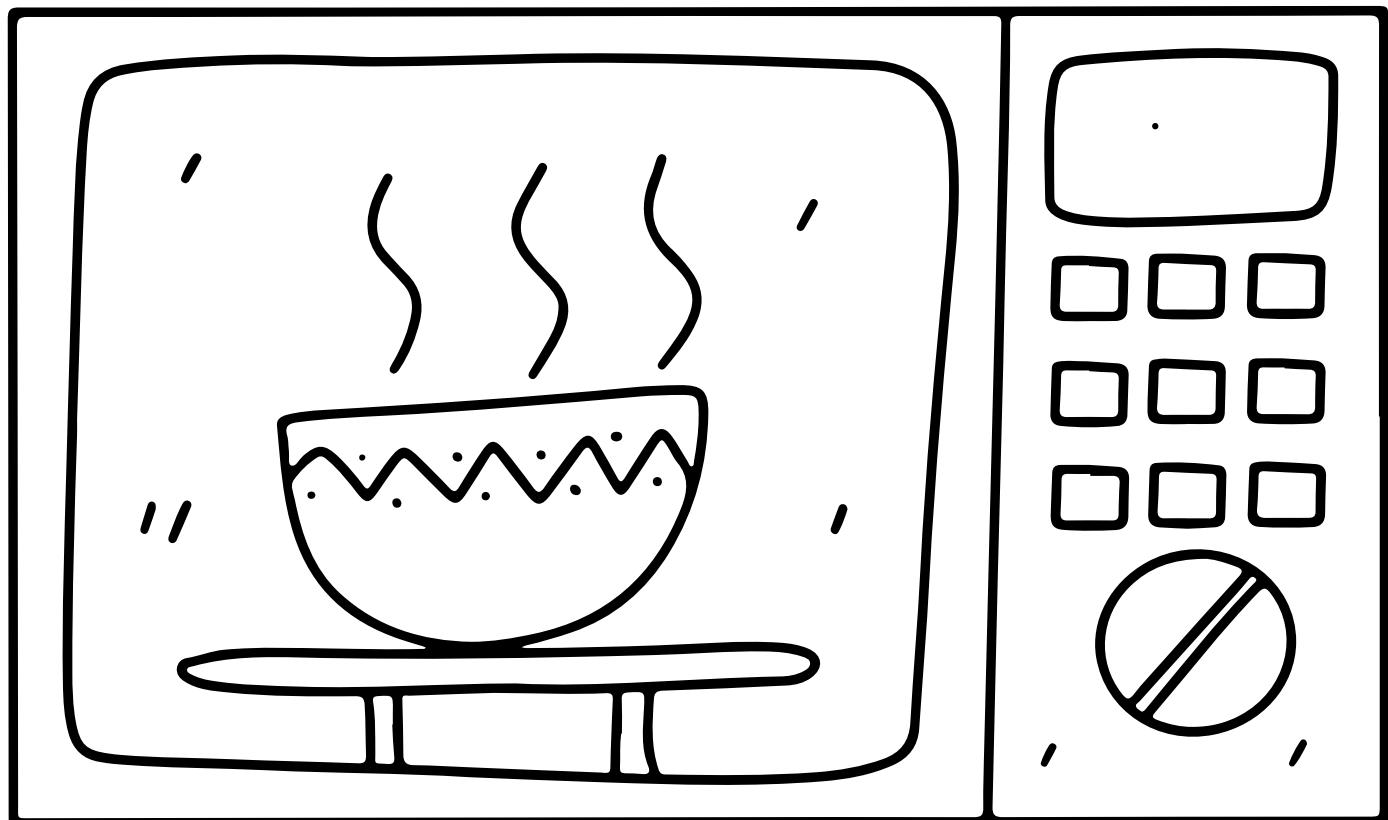
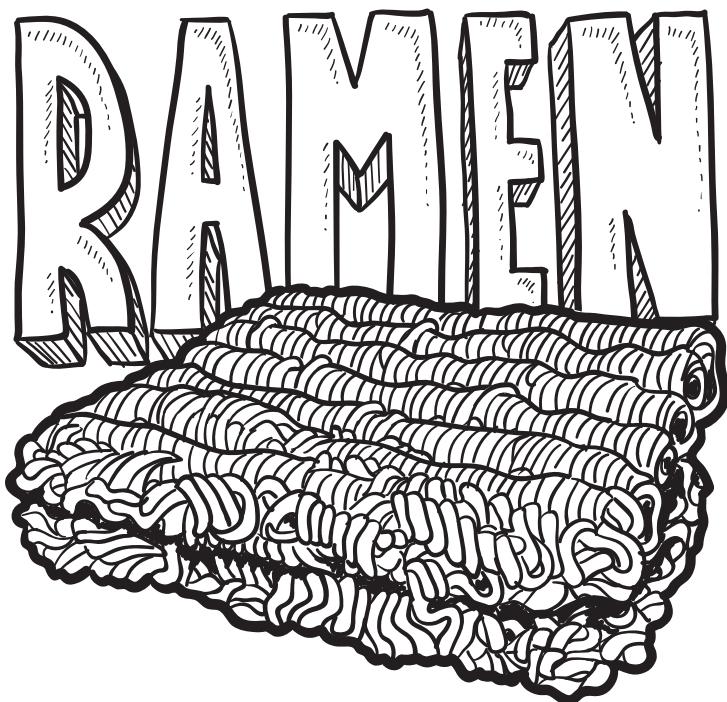


# Bob is hungry!

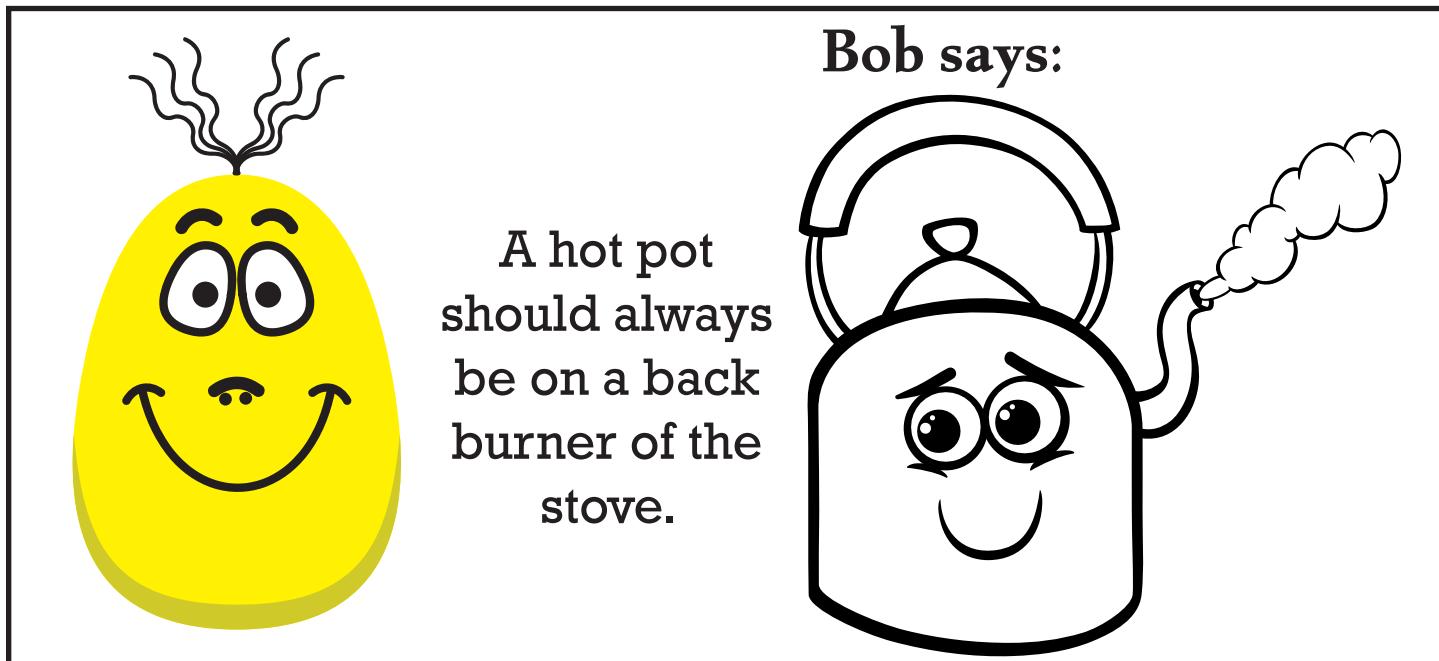
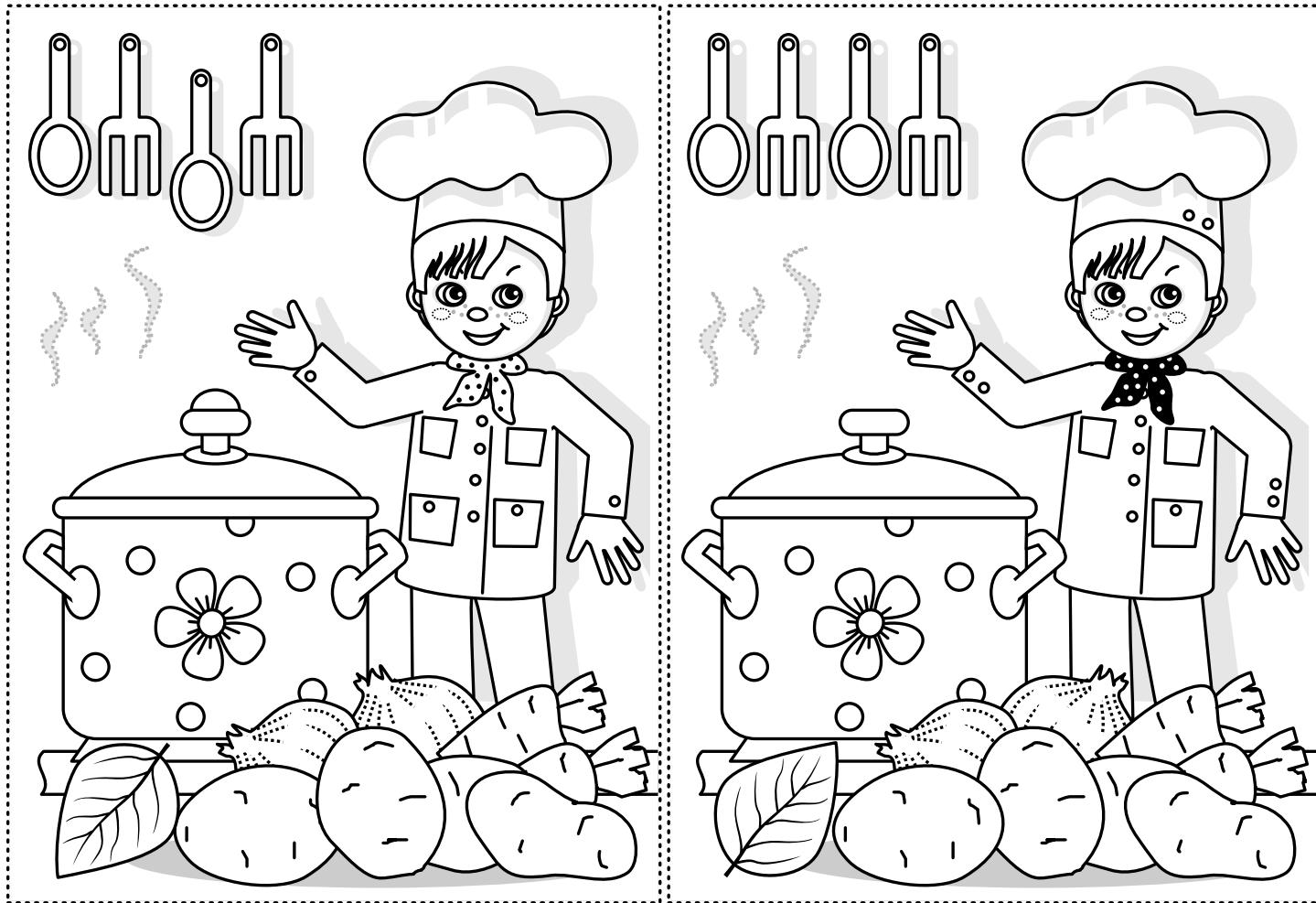
He has a craving for oodles of noodles!

To save time, he cooks ramen in the microwave. But he's on his phone and distracted as he is removing it. It spills.

Bob gets hurt. Bob steams.



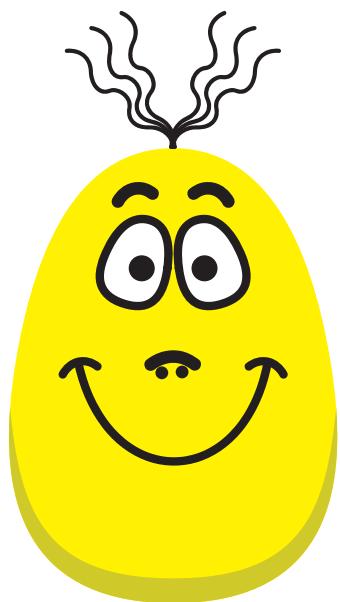
John Wilder is back! Can you help him find the 10 differences in his two kitchens? Circle the differences, then color the rest of the picture!



# BATHROOM

## Safety





**Bob asks:**

How hot is too hot for Swayze's bath?  
What temperature should you set your hot  
water heater thermostat?

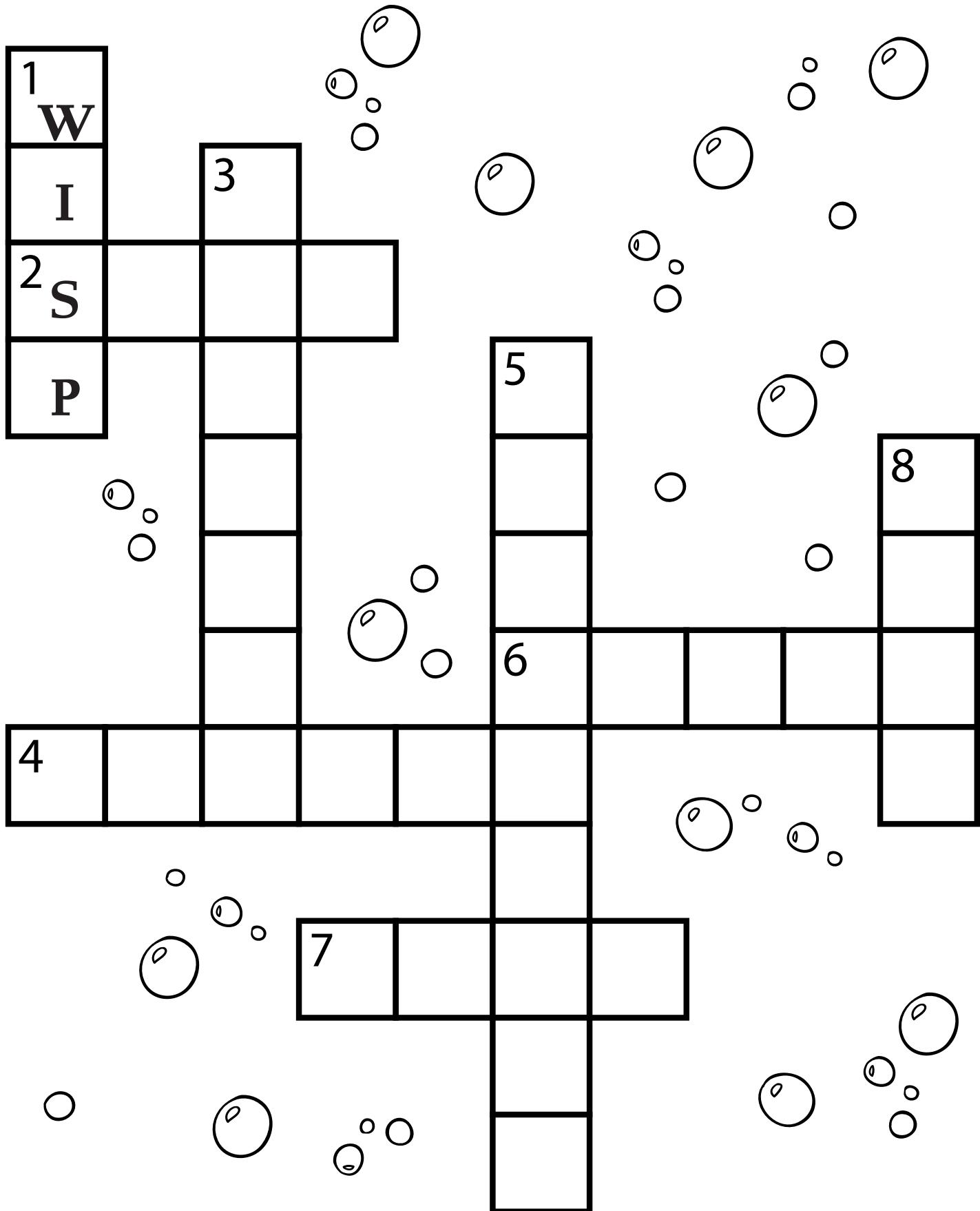
- a.  $200^{\circ}$
- b.  $150^{\circ}$
- c.  $85^{\circ}$
- d.  $120^{\circ}$

If you guessed  $120^{\circ}$ , pat yourself on the back!

**It's bath time for Marion! Solve her puzzle!**



**Remember, children and older people can burn quicker than adults because their skin is thinner!**

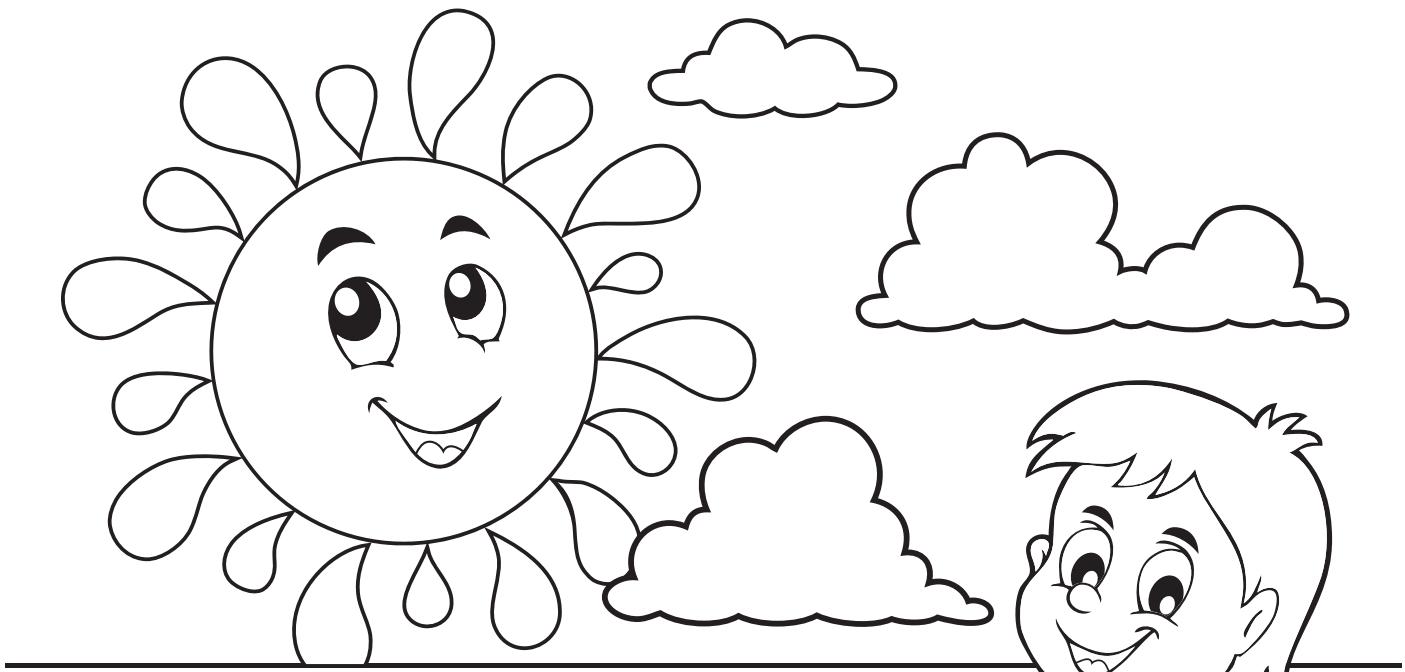


**ANSWER:** 1. wisp 2. soap 3. bathtub 4. bubble  
5. showercap 6. water 7. duck 8. girl



Here's how to stay safe from the sun!

- Use a sweat-proof, broad-spectrum sunscreen (which protects against both UVA and UVB rays) with at least a SPF of 35.
- Apply sunscreen 30 minutes before you plan to go out in the sun. Reapply regularly – at least every hour, especially if you're sweating or swimming!



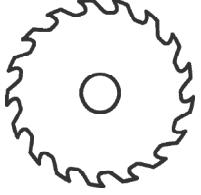
**Bob says:**

**Getting a sunburn is not the only danger  
during the summer!**

**Watch out for surfaces exposed to the  
sun, such as hot sand, asphalt, playground  
equipment, and hot surfaces in cars. Some  
surfaces can reach temperatures of more than  
200 degrees and cause severe burns!**

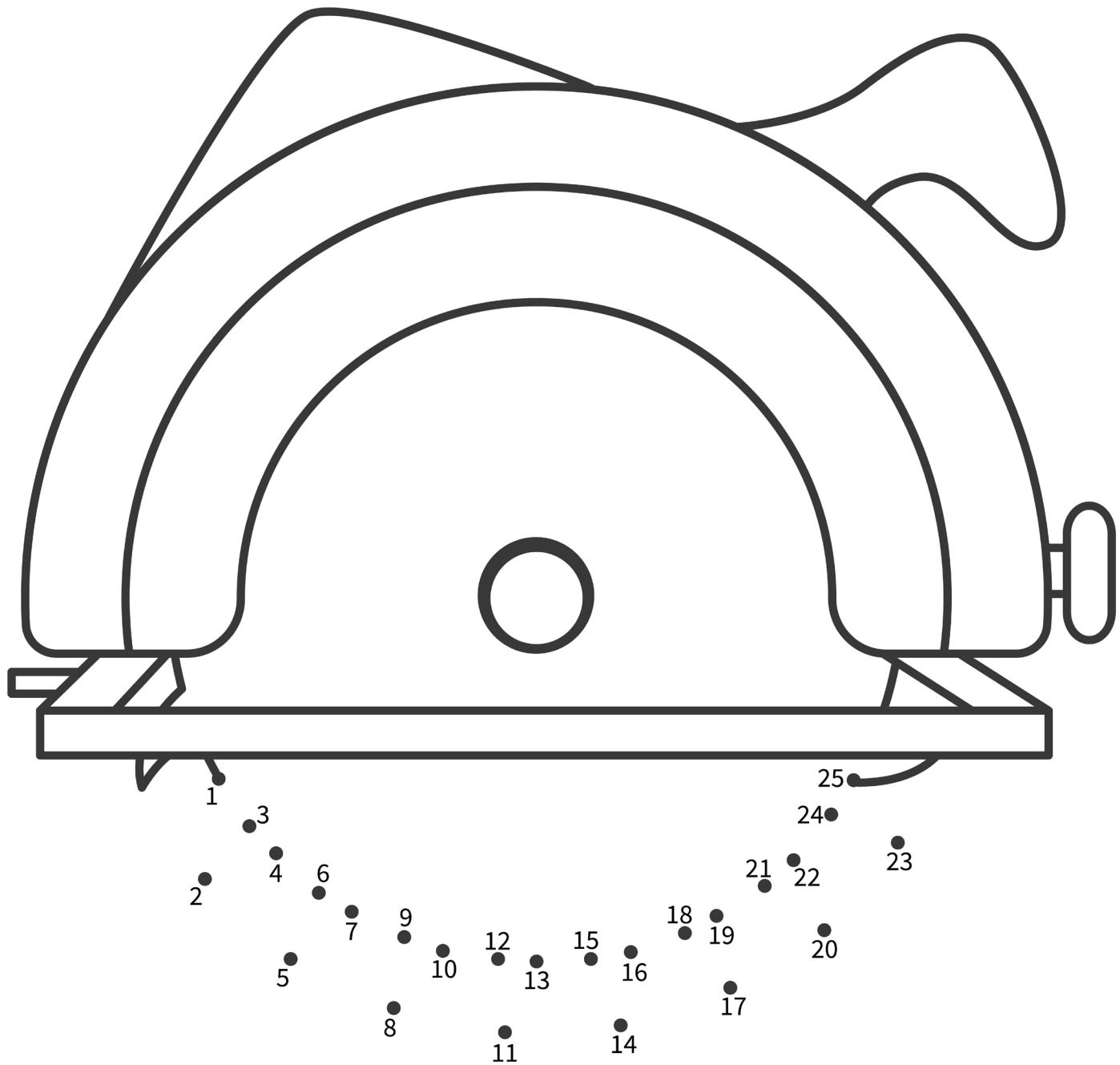


# WORKSHOP



## Safety



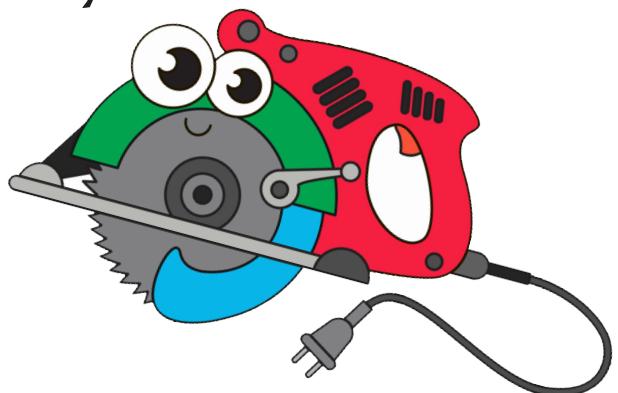


## Speedy the Saw says:

Connect the dots to see the most dangerous part of the circular saw.  
Always treat the blade with caution!

Also, remember these tips:

- Always wear eye protection.
- A sharp blade is a safer blade.
- Never disable or alter the saw guard.

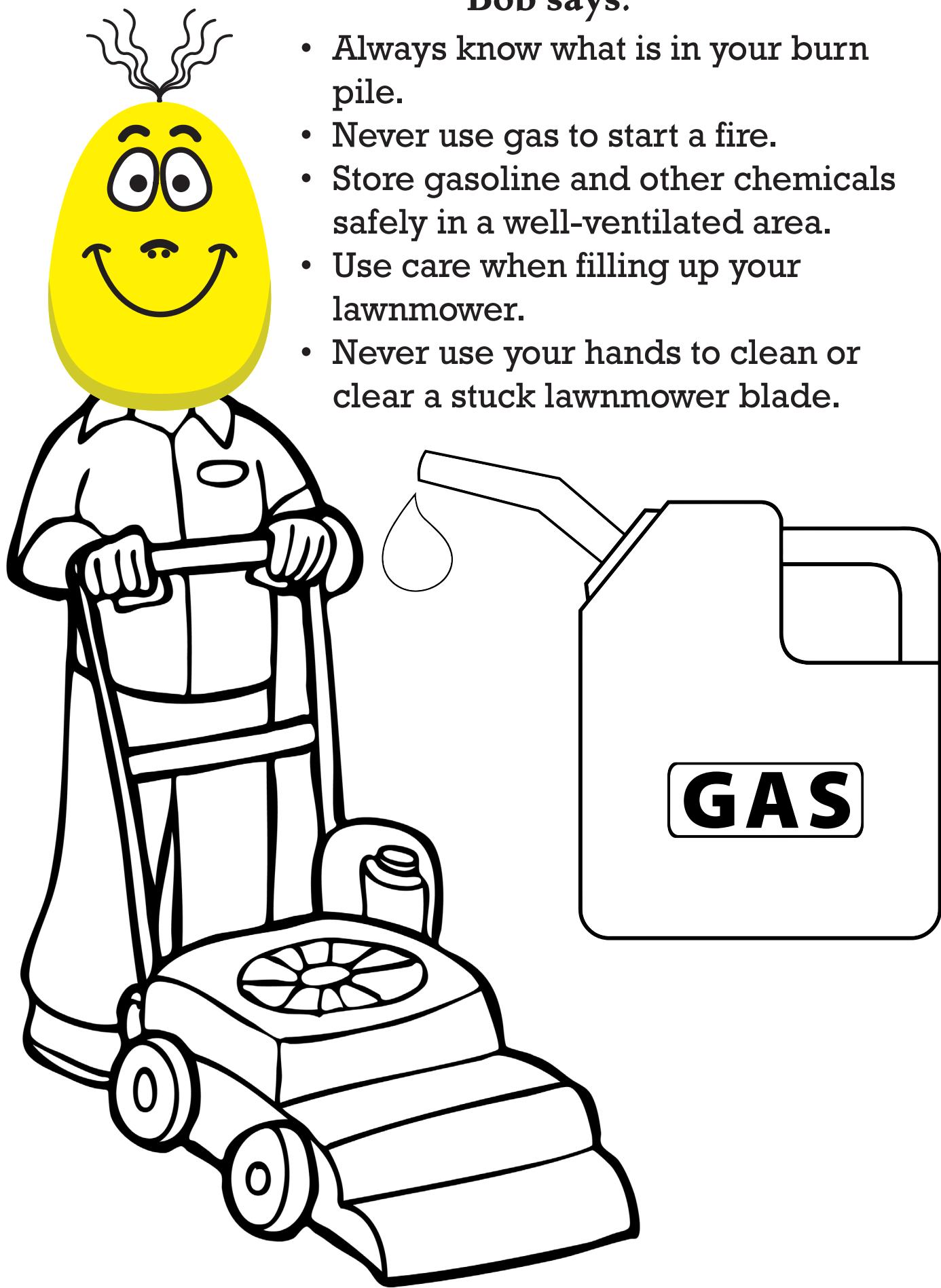


# OUTDOOR Safety

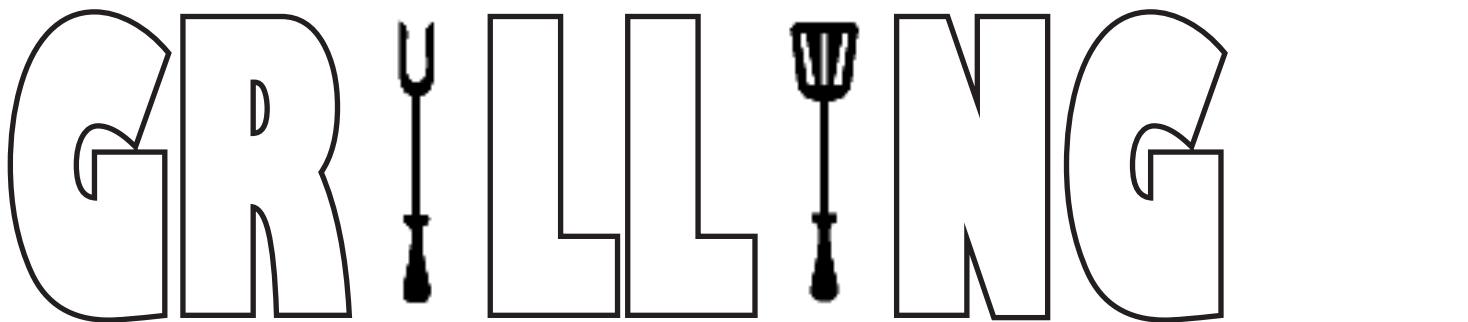


## Bob says:

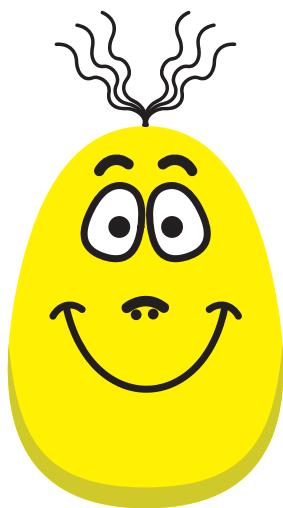
- Always know what is in your burn pile.
- Never use gas to start a fire.
- Store gasoline and other chemicals safely in a well-ventilated area.
- Use care when filling up your lawnmower.
- Never use your hands to clean or clear a stuck lawnmower blade.



# GRILLING



## Safety



**Bob says:**

- Check for leaks in fuel lines.
- Use grill tools with long handles to keep your distance from hot zones.
- Never leave the grill unattended.
- Dispose of hot coals properly by dousing with water and stirring the ashes.
- Keep the grill at least 10 feet away from buildings or anything that could catch fire.
- Never grill in enclosed areas or spaces with poor ventilation.

**Help Windsor have  
a colorful day while  
grilling! Color her  
picture in your  
wildest style!**



# PLAN TO Survive

A little planning goes a long way if something should happen in your home. *First, and most*

*importantly, get out!*

*Know the route out.*

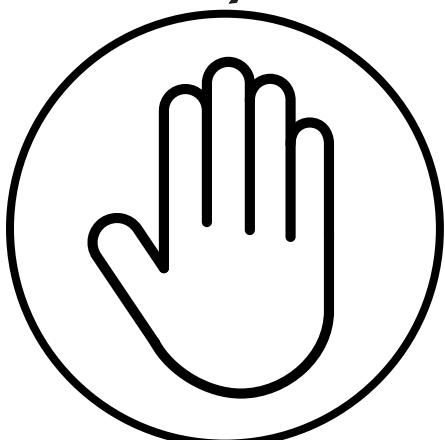
*Stay low as you leave.*

*Meet at the designated spot.*

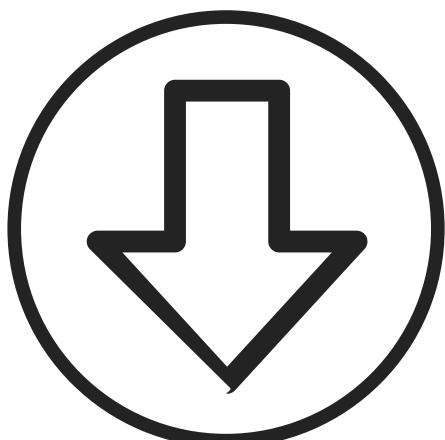
*Don't go back inside!*

*Call 911!*

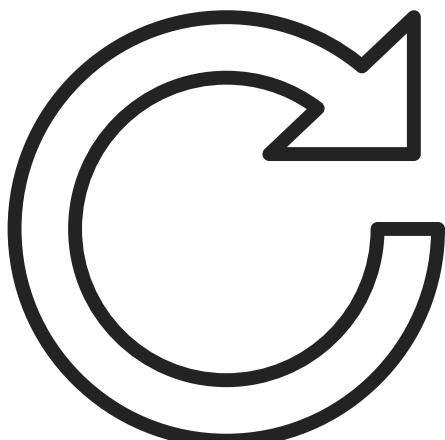
If your clothes catch fire, you should:



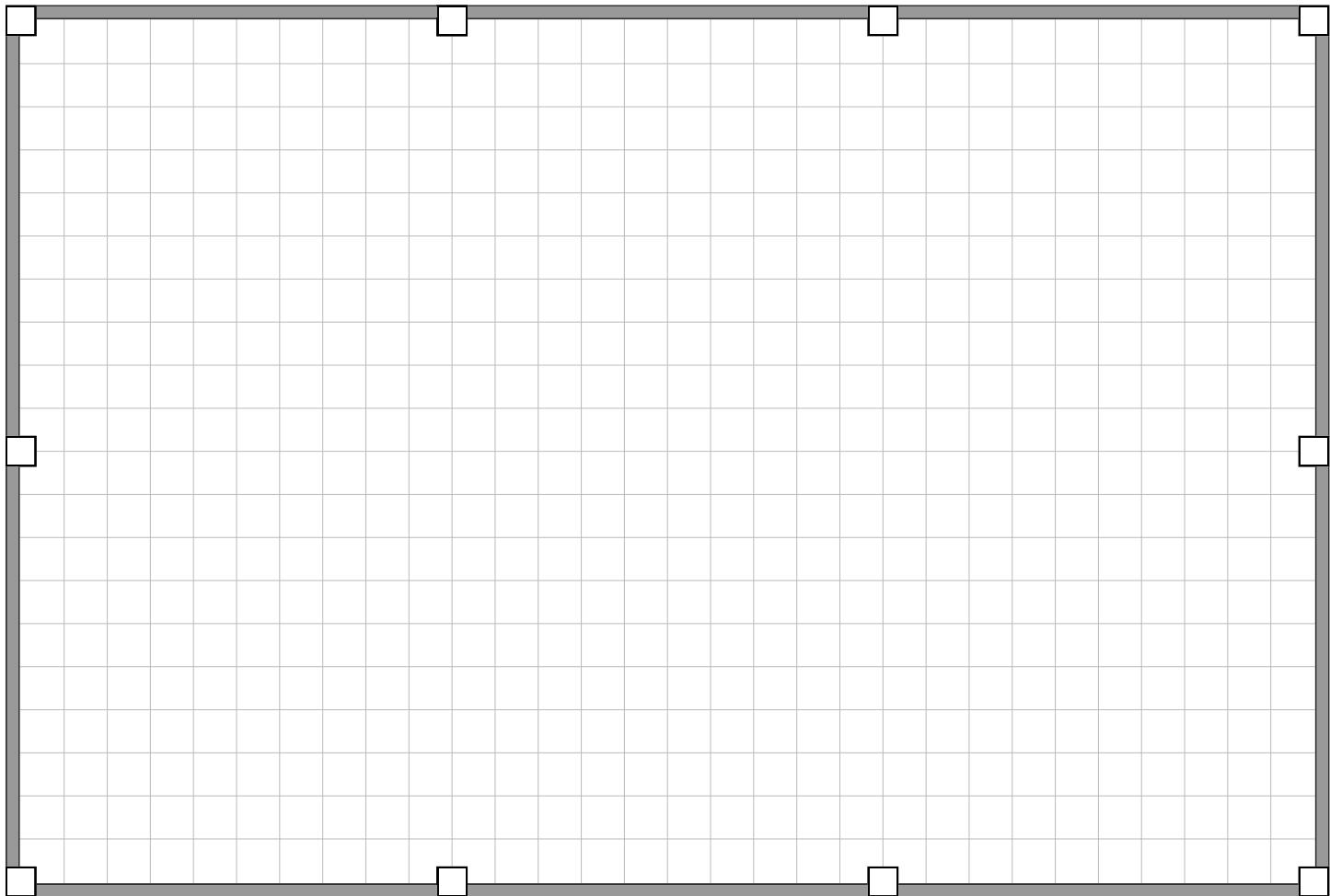
**STOP**



**DROP**



**ROLL**



Use the grid above to map out your home, and plan your family's route outside in case of a fire.

Choose multiple routes, just in case an exit is blocked.  
Pick a designated spot far away from the house to meet!

## Designated meeting space:



**Bob says:**

**Practice makes perfect!**

It's not enough to just make the plan. Your family should practice the plan from time to time.

**Check your batteries!**

Make sure your smoke detectors are working!



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**BURN, HAND &**  
**RECONSTRUCTION**  
**CENTER**  
AT  
MISSISSIPPI BAPTIST  
MEDICAL CENTER  
**(833) 672-8767**  
[www.msburnandhands.com](http://www.msburnandhands.com)

# Burn prevention tips

## KITCHEN TIPS

- Create a three-foot “safe zone” around appliances in the kitchen.
- Keep all hot items on back burners or away from the sides of the table to keep handles out of the reach of curious children.
- Never drink or carry hot liquids while carrying or holding a child.
- Items heated in the microwave can be exceptionally hot and cause internal burns.
- Set your hot water heater thermostat to 120 degrees (or “warm” if there is no detailed thermostat) to keep the water at a safe temperature before it touches skin.

## GRILLING TIPS

- Check the connection between the propane tank and the fuel line.
- Create a three-foot “safe zone” around the grill.
- Do not wear loose clothing while grilling.
- Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flames can flashback up into the container and explode.
- Keep all matches and lighters away from children.
- Dispose of hot coals properly. Douse them with plenty of water, then stir them to ensure that the fire is out. Rinse the coals again, if necessary.
- Never place coals in plastic, paper or wooden containers.
- Never grill/barbecue in enclosed areas, as carbon monoxide could be produced.

## SUMMER SAFETY TIPS

- Use a sweatproof, broad-spectrum sunscreen with at least a SPF of 35.
- Apply sunscreen 30 minutes before you plan to go out in the sun.
- Re-apply sunscreen regularly – at least every hour, especially if you are sweating or swimming.
- When applying sunscreen plus another substance (bug repellent, etc.), apply sunscreen first, wait 30 minutes then apply other.
- Wear wide brim hats.
- Avoid tanning for long periods, particularly between 10 a.m. and 4 p.m.
- Keep babies less than one-year-old out of direct sunlight.
- Do not apply sunscreen to babies less than 6-months-old.
- Be mindful of hot surfaces such as playgrounds or parts of cars like windows, hoods, seats, and/or dashboards. Pavement can cause burns, too.

## FIREWORKS TIPS

- Never use fireworks of any kind indoors.
- Establish a “launch area” that is a safe distance from buildings, flammable vegetation and people.
- Designate a safety person, a “shooter” and a cleanup crew.
- Light fireworks one at a time.
- Never throw fireworks.
- Never light fireworks held in someone’s hand.
- Only adults should light fireworks.

**If you get burned, call 911 or go to your nearest emergency room or urgent care facility.**

# Emergency Contact Information Sheet

Home address: \_\_\_\_\_

Home phone: \_\_\_\_\_

Dad work: \_\_\_\_\_ Mom work: \_\_\_\_\_

Dad phone: \_\_\_\_\_ Mom phone: \_\_\_\_\_

Dad cell: \_\_\_\_\_ Mom cell: \_\_\_\_\_

Police, Fire,  
Ambulance

**911**

Non-emergency: \_\_\_\_\_



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Closest  
Urgent  
Care



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Poison  
Control

**800-222-1222**

Veterinarian



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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