

Health and Safety Training

Fort Riley Religious Support Office

Don Ericson

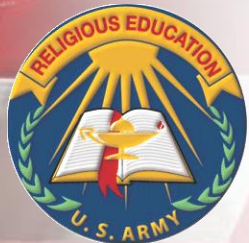
Director of Religious Education



American
Red Cross

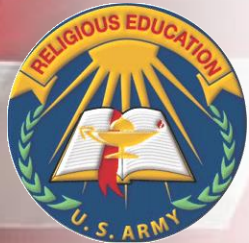
Learning Objectives

- **Learn your role in protecting yourself and children/youth from disease.**
- **Have a basic knowledge of what to do in order to keep you and the children safe.**

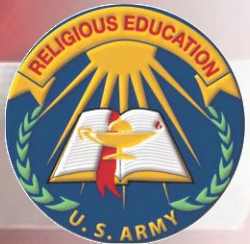


Greetings

- Introduce yourself to 3-5 people and share one thing that is unique or interesting about you.

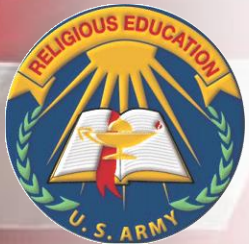


Preventing the Spread of Disease

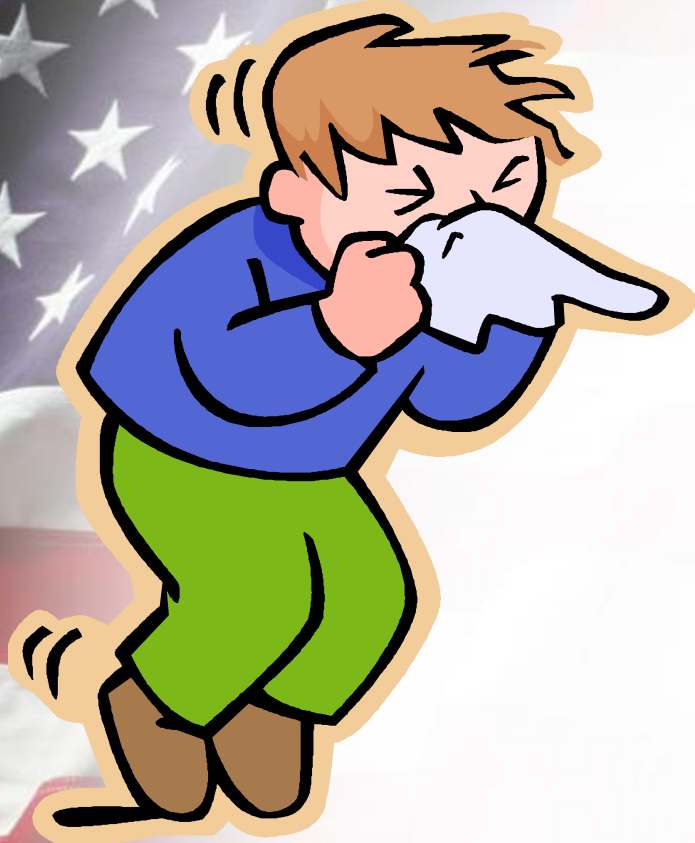


If you are sick,

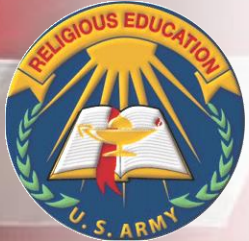
STAY HOME!



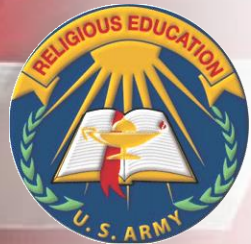
Cover your mouth!



- Germs, viruses, and bacteria can easily travel several feet when you cough or sneeze.
- They can also live 2-3 hours on most surfaces.

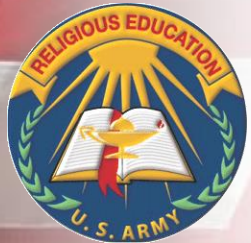


**Wash and disinfect
your hands often and
thoroughly.**



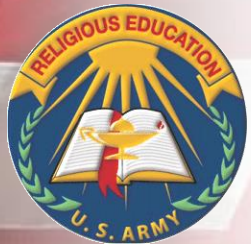
When should you wash?

- Before and after preparing food.
- Before eating food.
- Before and after caring for someone who is sick.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.



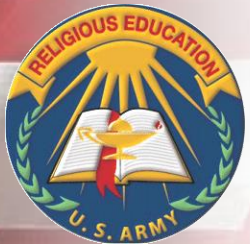
How to wash your hands

- **Wet your hands** with clean, running water (warm or cold) and apply soap.
- **Rub your hands** together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.



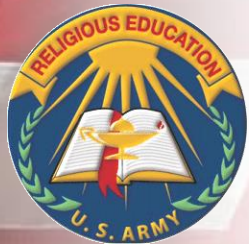
How to wash your hands

- **Continue rubbing** your hands for at least 20 seconds.
- **Rinse your hands** under running water.
- **Dry your hands** using a clean towel or air dry them.
- Be careful what you touch with those clean hands (sink and door handles).

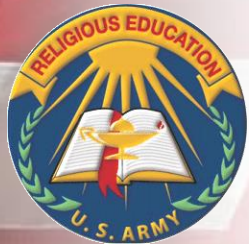


**Keep your hands away
from your face**

16X / 1 hour

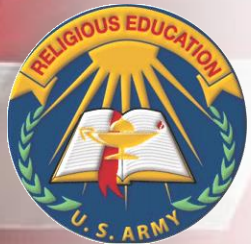


Physical Safety



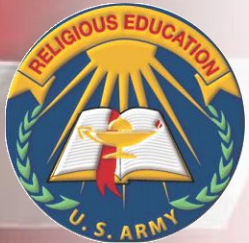
Fire in the Building

- **Have a prearranged designated meeting place and know your evacuation routes. Communicate them regularly to your class.**
- **Check to feel if the door is hot.**
- **Avoid heavy smoke.**
- **Calmly evacuate using posted routes.**
- **Have roster and do a headcount at the determine meeting location.**



Severe Weather

- Get indoors into hallways or interior rooms of building or a designated shelter area.
- Stay away from windows.
- Cover head and squat on the floor facing the wall.
- Keep track of children and speak calmly.
- Follow safety announcements from chapel staff.



Active Shooter

- During a shooting incident, your first action should be to **ESCAPE** or **EVACUATE** from the scene, if possible.
- If unable to escape, lock and barricade door.
- Don't have anybody visible through the classroom door glass.
- Call 911 after everyone is secure.
- Fight **AGGRESSIVELY** if confronted.
- Wait for law enforcement instructions.

