

# Daisy Safety Award



Date Completed \_\_\_\_\_

## 1. Understand what to do if you get lost.

- ✓ Know your phone number and address.
- ✓ Know who it is safe to ask for help.
  - Remember, it's okay to ask for help. Don't be embarrassed, and don't worry about other people judging you.
  - Think what might happen if you don't get help—or if you do.
  - Decide what the problem is and what help you need.
  - Think about who you can ask for help. Choose someone you trust and who will know how to help you.
  - Think about what you'll say when you ask for help. Do it.
  - Remember, getting help when you need it is part of being responsible—to yourself.

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## 2. Find out what you should do if you or a friend is choking.

- ✓ Assess the situation.
- ✓ Ask the person, "Are you choking?"
- ✓ Administer first-aid.
- ✓ Give back blows.
- ✓ Administer abdominal thrusts (Heimlich maneuver).
- ✓ Make sure the object is completely gone.
- ✓ Check to see if normal breathing has returned.
- ✓ Administer help if the person falls unconscious.

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## 3. Learn how to do "Stop, Drop, and Roll" if your clothing catches fire.

- ✓ Stop what you are doing.
- ✓ Drop to the ground.
- ✓ Roll
  - Cover your face with your hands.
  - Keep your legs straight and roll over and over and back and forth to put the fire out.
- ✓ Get help from a grown-up

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I certify that \_\_\_\_\_ has completed the requirements for her Daisy Safety Award.

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Daisy Signature

\_\_\_\_\_  
Daisy Printed Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Printed Name