SAFETY RESOURCE PACKET

UNIVERSITY OF FLORIDA OCCUPATIONAL THERAPY COMMUNITY GROUP PROJECT
FOOD SAFETY

DID YOU KNOW?
1 out of 6 Americans get sick by food poisoning

REFRIGERATION
Freezing and refrigeration are effective ways to prevent the growth of most foodborne pathogens

RAW FOOD FROM ANIMALS ARE MOST LIKELY TO CAUSE ILLNESS

What are common items that need to be refrigerated?

- Raw and cooked meat
- Cut fruits and vegetables
- Cheese
- Open beverages

WASH HANDS
- Before preparing food
- After handing raw meat
- After coughing or sneezing

WHEN SHOULD I THROW FOODS AWAY?
Expiration dates are the best source of finding out when unopened food should be eaten by or thrown away by. However, opened food may have a shorter shelf life than the expiration date

STILLTASTY.COM
Is a website that can help you determine how long food is still good for and where it should be stored

COOKING MEAT

different types of meat should be cooked to different internal temperatures to minimize the likelihood of foodborne illness. Internal temperatures should be measured with a meat thermometer.

- Chicken- 165°F
- Pork-145°F
- Beef- 145°F
- Veal or Lamb- 145°F
WANDERING & WATER SAFETY

HOME MODIFICATIONS

• Set up window and door alarms that notify when someone may have left the house
• Signs at home exits that say “STOP”
• Ensure all adults are alert of children’s locations at all times, especially around water
• Make sure pools are always gated and closed when not in use

id cards

Can be used to keep emergency contact information if someone wanders and finds themselves lost

GPS TRACKING

• For young children who are prone to wander, check with local law enforcement for types of tracking bracelets that may be worn on their wrist or ankle
• For young adults and adults, GPS tracking services available on their cellphone may be turned on

Swimming Lessons

Swimming lessons are encouraged as early as possible

• Infant Swimming Resource (ISR) provides survival swimming skills for children ages 6 months – 2 years
• The YMCA also offers swimming lessons
• Many cities also offer lessons at their public pools
• Other local swim clubs may offer lessons

UNDERSTAND WANDERING PATTERNS

AUTISM SPEAKS

Funds water programs that help children with autism learn to swim.
Look at their website to locate programs in your area.
INTERNET SAFETY

SOCIAL NETWORKING
Social networking sites are popular ways of maintaining relationships. Here are some tips to make sure that safety is not compromised while using these websites:

- It is dangerous to give out personal information such as phone number, address, social security number, bank information, or any passwords over the internet
- Frequently check privacy features to ensure posted materials are set to private
- Understand that anything posted on the internet may never be able to be erased

COMMUNICATION IS KEY
Make sure that communication about internet safety is a constant discussion in the home. Discussions will help facilitate safe internet use. Constant communication can also help identify cyberbullying in the earliest stages

- Cyberbullying is anytime someone is being threatening or intimidating online
- If someone ever makes you feel uncomfortable, it is important to immediately tell someone
- Be familiar with how to block someone on social media or through email

RECOGNIZING SAFE WEBSITES
Search engine results indicate safe sites that are virus-free with a green circle and check

Autism Speaks: Home
https://www.autismspeaks.org/

Misleading Sources
The internet is a great resource for research, not all information on the internet is true and it is important to learn to identify information from a trusted source.

- Speak to a librarian about how to identify a reputable source
- Do not open e-mail attachments or links from people you do not know
- Make sure bank and credit card information is only entered on secured forms
FIRE SAFETY

IN A FIRE...

- BEFORE ANYTHING ELSE, GET OUT OF THE HOUSE OR BUILDING
- Call 9-1-1
- Do NOT go back inside
- Alert others around you there is a fire

Talk with your family about where you would meet outside of your home in case of a fire or emergency

GREASE FIRES

Fires that involve grease or oil should be put out differently than other fires

If a grease fire starts while you are cooking...
- Put a lid on the pan and do not remove it
- Turn off the stove or oven
- NEVER TRY TO PUT OUT A GREASE FIRE WITH WATER as this will only make the fire bigger
- Get out of the home and call 9-1-1

MICROWAVE

NEVER put aluminum foil, plastic or paper bags, and metal items like forks, spoons and knives into the microwave… they can quickly start a fire!

Do you sometimes forget to turn off the oven?
Setting an alarm on your phone can be a helpful reminder to turn it off, and an easy way to prevent a fire

If you are in a room with a closed door...
- Feel the door. If it is cool to the touch, slowly open the door.
- If the door is hot, keep it closed. Keep smoke out of the room by putting a towel, blanket or clothing at the bottom of the door.
- If there is a window in your room, and you are on the ground floor, climb out the window
- If you are not on the window, hang a blanket out the window so fire personnel can see you
HOME SAFETY

IN THE KITCHEN

- Always wash your hands with soap and water before preparing or eating food
- Wear gloves or oven mitts to protect your hands when using the oven
- Remove clutter near the stove, oven, and microwave

BATHROOM SAFETY

- Use nightlights in the bathroom to see where you are going at night
- Keep cords and appliances away from water

- Keep floors clear of clutter
- Keep curtains and blankets at least 3 feet away from heat sources such as lamps
- Avoid using candles, as they can easily tip over and start fires
  - If you do use candles, NEVER fall asleep or leave the house with them lit
Resources


http://www.cdc.gov/foodsafety/foodborne-germs.html


https://www.autismspeaks.org/docs/family_services_docs/transition/Internet.pdf

https://www.autismspeaks.org/family-services/grants/swimming

https://www.autismspeaks.org/family-services/safety/water

https://www.autismspeaks.org/sites/default/files/safe_signals_project.pdf

https://www.autismspeaks.org/sites/default/files/safe_signals_section_2.pdf


https://www.autismspeaks.org/wandering-resources

https://www.foodsafety.gov/keep/charts/mintemp.html

https://www.iidc.indiana.edu/pages/bullying-and-students-on-the-autism-spectrum

Safety Awareness Questionnaire

Please read each question carefully and place your answer on the line next to the question answer.

1. ___ True or False: It is okay to give out my address or phone number to people I meet online.

2. ___ True or False: I would be able to recognize cyber bullying if it were happening to me.

3. ___ What should you do if you feel that you are being cyber bullied?
   a. Ignore or block the person cyber bullying you.
   b. Ask a family member or friend for help
   c. All of the above

4. ___ True or False: Even when there are no signs of a fire, you should respond to every fire alarm as if it were real.

5. ___ What should you do when you discover a fire?
   a. Run out of the building without warning others that there is a fire
   b. Stay in the building until you find a way to discover how to put out the fire
   c. Leave the building and lock the door behind you
   d. Alert everyone around you by screaming “fire!”, pull a fire alarm if possible, call the fire department, close the door to confine the fire, and exit the building

6. ___ Which of the following should never be put in a microwave?
   a. Chinese take out containers
   b. Aluminum foil
   c. Metal forks, knives, or spoons
   d. Plastic or paper bags
   e. All of the above

7. ___ True or False: I know what I should do if I smell burning smoke in a building.

8. ___ True or False: You should call your caregiver if you wandered off and found yourself lost.
9. ___ True or False: It is okay to wander off while you are at the beach without notifying the people you are with.

10. ___ True or False: You should not read all of the water safety signs around the body of water before entering.

11. ___ Circle the items which need to be refrigerated:
   - Milk
   - Raw chicken
   - Cooked chicken
   - Salad dressing
   - Tomatoes
   - Uncut apples

12. ___ True or False: It is okay to eat food items with raw egg in them.

13. ___ True or False: It is okay to use the same knife to cut raw chicken and vegetables.

14. ___ True or False: I regularly look at expiration dates on food items.

15. ___ True or False: It is okay to open the door for someone who I do not know.

16. ___ True or False: If the police came for an emergency and I had trouble communicating with them, I would give them my ID card.

17. ___ If house alarm goes off, I would:
   a. Hide in a closet
   b. Call 9-1-1
   c. Run out of the house

18. ___ True or False: Are electrical items kept out of contact with water in your home?