

Babysitter's Information Sheet

Allergies (write none if the child has no allergies):

Child #1: _____

Child #2: _____

Child #3: _____

Physician's name and phone number:

Location of exits: _____

Location of fire extinguishers and flashlights:

Are the fire extinguishers full?

yes no

Location of empty fire extinguishers:

(remember to notify parents about empty extinguishers when they return home)

Were there any problems to tell the parents about?



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In the house...

- Are you taking care of small children?
Suggestion: You need to watch them at all times, as small children like to put their fingers in outlets and place things in their mouths. It is easy for them to get an electrical injury if not properly supervised.
- Are there other potential hazards in the house?
Suggestions: Make sure there are no lighters or matches in reach of the children. Do not start a fire in the fireplace or turn on a gas fireplace. Keep the children out of the garage or any areas that might have flammable materials.

In Case of a Fire... STAY CALM!

- If a fire occurs, get the children and leave the house.
- Take the safest route out of the house.
- Go to the neighbor's house.
- Don't forget your phone list and the children's medical information. It is a good idea to keep a copy of this information with you at all times.
- Call the fire department (911) from the neighbor's house.



Remember your priorities...

When you are hired to babysit, taking care of the children and keeping them safe is your top priority. This is an important responsibility. If you are talking to friends on the phone or are not paying attention to the children, you are not doing your job. It takes only a moment for an accident to occur, so make sure you don't get distracted.

A babysitter who is safety-minded and well prepared will be respected and appreciated by parents, and will no doubt be in great demand!


Western States Burn Center
North Colorado Medical Center
1801 16th Street • Greeley, CO 80631
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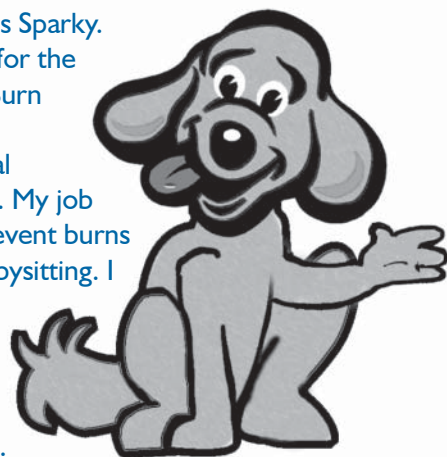
Sparky's



GUIDE TO BURN PREVENTION for Babysitters



Hello, my name is Sparky. I am the mascot for the Western States Burn Center at North Colorado Medical Center (NCMC). My job is to help you prevent burns while you are babysitting. I have developed these guidelines to help you. Just follow the paws and you'll be fine.

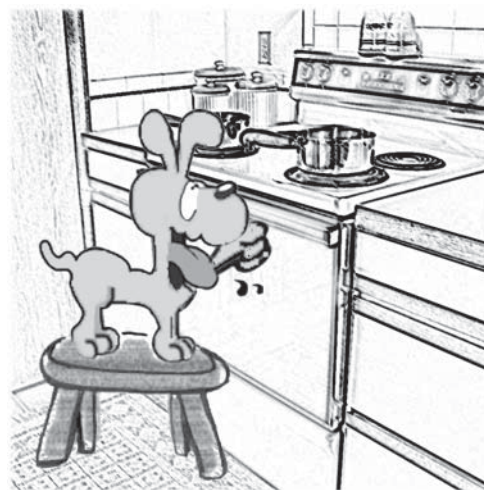


When you get to the house...

- ❑ Do you have a telephone number where you can reach the parents while you are babysitting?
Suggestion: It is good to have a cell phone number, but sometimes they don't work. You should get an alternative number if possible.
- ❑ Do you know the telephone number and address of a neighbor that will be home during the time you are babysitting?
Suggestion: Make sure the parents have notified this person so they know who you are and when you will be at the house.
- ❑ Do you have the phone number for the local police written down?
Suggestion: Include this on your information sheet, but remember you can always dial 911.
- ❑ Do you know what medical problems and allergies the children have?
Suggestion: Write this information down on your babysitter sheet along with the name and phone number of their physician.
- ❑ Do you know where the doors in the house are and where all the fire extinguishers are located?
Suggestion: You should walk around the house to familiarize yourself with it. If a fire does occur, it may be too smoky for you to see.
- ❑ If there is a second floor, do they have an emergency ladder in case you are unable to get out a door?

Suggestion: If you can't go out a door, the best thing you can do is have a plan for getting out of the house.

- ❑ Do you know where the flashlights are located in case the electricity goes out?
Suggestion: You should check the flashlights to make sure they work. Keep one in a place you can get to easily if it is dark.
- ❑ **REMEMBER:** You need to have this information with you at all times!



In the kitchen...

- ❑ Do you know where the nearest fire extinguisher is?
Suggestion: Locate it and make sure it is full. If it is empty, notify the parents when they return.
- ❑ Do you know how to use the fire extinguisher?
Suggestion: Read the directions on the fire extinguisher. Point the fire extinguisher down to base of flame.
- ❑ Will you be cooking or handling hot liquids?
Suggestion: You should not allow the children to assist you with cooking. Remember, they can still get burned by touching the stove after you have finished using it. Keep handles of pots turned in so they can't pull them down on themselves. Also, keep hot beverages and food out of the children's reach so they don't pull them down on themselves or drink them.

- ❑ What will you do if a fire occurs?
Suggestions: If the fire is in a pot or pan, you can try to cover it with a lid if the flame isn't too big.
- ❑ Do not carry the pot to the sink, as you could spill it and burn yourself or a child.
- ❑ Use baking soda on the flame to put it out.
- ❑ Don't turn the stove fan on, as it will make the fire larger.
- ❑ If the fire is too big, leave the kitchen, take the children and go to the neighbor's house for help.



In the bathroom...

- ❑ Will you be bathing the children?
Suggestions: You should be the one to run the water and check the temperature.
- ❑ You can use any thermometer to check the temperature. It should be less than 120 degrees.
- ❑ Always check the water before placing the children into the tub.
- ❑ Immediately remove the children if they complain of the water being too hot or their skin starts turning red.
- ❑ Never leave children unsupervised in the tub.
- ❑ Don't allow the children to turn on the water while in the tub, as they could burn themselves.

Babysitter's Information Sheet



Fill out this information sheet when you arrive at the home. You should keep a copy by the phone for emergencies, and one in your pocket at all times in case you need to get out of the house quickly.

Name of family: _____

Address: _____

Phone numbers where parents can be reached:

#1 _____ #2 _____

Name and phone number of a neighbor: _____

Police Department Phone Number: _____

Names and ages of each child:

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Medical History (write in child's name):

Child #1: _____

Child #2: _____

Child #3: _____