

PRESENTER – *Optional* Materials for Module 7

- ❖ **Copy of “How to Be Fire Safe” Curriculum (Link in Presenter’s Supplements)**
- ❖ **Copies of Risk Assessment Tools(PDF)**
- ❖ **Copies of MSDS Sheets(Link in Presenter’s Supplements)**
- ❖ **Copies of “Small Group Activity”(Link in Module)**

PRESENTER - A Quality Home Activity

You may do this activity individually or in a small group. If you decide to do it in a small group, follow the instructions listed below.

- 1. Divide trainees into groups of 3-5.*
- 2. Ask group members to follow the instructions in their notebooks.*
- 3. Ask each group leader to give the characteristics their group used to describe a quality home.*
- 4. Note those that are related to environmental health and safety.*
- 5. Responses should suggest that a quality home:*
 - involves appropriate choices;*
 - provides shelter;*
 - is free from hazards;*
 - meets individual needs (e.g., mobility)*
 - etc.*

PRESENTER - Accommodations

We all have a role in making sure that all individuals have quality homes to live in. It cannot be a quality home unless it is environmentally safe and appropriate to the needs of the individual.

What may be safe for one individual may not be safe for another. Environmental accommodations may be needed to make a living situation appropriate.

What might these accommodations include?

Hold a brief discussion on this question.

Possible responses include:

- ❖ ***ramps***
- ❖ ***silent alarms***
- ❖ ***wider door frames***
- ❖ ***hand rails/grab bars***
- ❖ ***automatic door openers***
- ❖ ***roll-in showers***
- ❖ ***plumbing adaptations to allow for cutouts; toilet/sink adaptations***
- ❖ ***cabinet/shelving adaptations***
- ❖ ***lighting modifications (visual impairments)***
- ❖ ***acoustic treatments such as acoustical ceiling tiles, wall hangings to decrease reverberation (hearing impairments)***

Universal Sign for Emergency

The following information is based upon (National Council on Disability) NCD's 2009 report entitled Effective Emergency Management: Making Improvements for Communities and People with Disabilities

For individuals who are deaf-blind, receipt of an emergency message often involves diverse communication needs. Large-print and tactile cues are preferred when available. Communication with individuals who are deaf-blind can range from sign language near the person's face to sign language in the palm to words written on the palm with a finger.

The universal symbol for an emergency is a tactile symbol "X," "drawn" on the back of the deaf-blind individual by an individual who is alerting him or her.

This symbol is understood to mean that an emergency has occurred and that it is imperative for the individual receiving the message to follow directions and not ask questions. However, few preparedness materials or trainings include this information

PRESENTER Fire Safety

Supplemental Material

This curriculum is designed to teach people with disabilities about home exit plans and smoke detector maintenance so that they can respond independently to fire emergencies in their homes. The *Fire Safe* curriculum has been pilot tested in California, Minnesota and North Dakota with measurable success. All of these training materials are currently accessible and can be downloaded to use for training.

- [Fire Assessment](#)
- [How to Be Fire Safe](#)
- [How to Be Fire Safe - Trainer's Guide](#)
- [How to Be Fire Safe - Visual Guide; Snow](#)
- [How to Be Fire Safe - Visual Guide; Rain](#)
- [How to Be Fire Safe - Visual Guide; Sunny](#)
- [How to beFire Safe, Part II](#)

<http://www.seedseducation.org/firesafety.htm>

Presenter may wish to copy one of the curricula above to discuss in class regarding safety programs that may be developed for individuals supported.

Presenters MSDS

- ❖ **Presenter should explain where MSDS sheets are located at each building or residence**
- ❖ **Explain scope of duties at your agency for maintaining current MSDS sheets at each location**
- ❖ **Print and make copies of an MSDS sheet and discuss in class**

A blank MSDS can be found at:

<http://www.ehso.com/images0407/msds%20form%2016-section.pdf>

Presenters Carbon Monoxide Detectors

Effective January 1, 2007, every Illinois home is required to have at least one carbon monoxide alarm in an operating condition within 15 feet of every room used for sleeping purposes. Homes that do not rely on the burning of fuel for heat, ventilation or hot water; are not connected to a garage; and are not near a source of carbon monoxide (as determined by the local building commissioner) are not required to install carbon monoxide detectors. (Public Act 94-741)

PRESENTER Know the Person's Risk Management Plan

Knowing the risk management plan for potential behaviors would entail some form of a functional assessment to help understand the individual's behaviors. These behaviors maybe to escape, avoid, or to obtain something, most behavior intervention plans stem from the knowledge of why an individual has maladaptive behavior and should be based on a functional assessment.

Presenter may wish to discuss agency risk assessment tool or use handouts of sample risk assessment tools.

PRESENTER MAY USE THE FOLLOWING OPTIONAL ACTIVITY

Presenter will need to ensure a sufficient number of copies are provided for the small groups.

Small group activity for use with "Food Safety Guidelines" Section

PRESENTER'S Small Group Activity (Presenter copy)

Your group home has decided to invite several people over for Thanksgiving dinner. You have a large kitchen and dining room, so this will work out well. Including individuals, families, friends, and staff, there will be approximately 27 people at this get together. The individuals in your group home have chosen the following foods to comprise the menu:

Turkey
Stuffing
Giblet gravy
Ham
Candied Sweet Potatoes
Fresh Green Beans
Cranberry Sauce
Rice
Hot Dinner Rolls
Butter
Iced Tea

Banana Cream Pie
Pumpkin Pie
Coffee

Six individuals live in your group home and you will assist three of them in purchasing the foods while the other three will assist in food preparation.

Using the principles of food sanitation and safety, identify important principles in the preparation of this meal. Discuss food purchasing, preparation and storage of leftovers.

Here are the facts which you need to consider in your groups:

You purchase frozen turkeys. Discuss storing and thawing as well as cooking the turkey you purchased.

Frozen Turkey

Keep frozen until you're ready to thaw it.

Turkeys can be kept in the freezer indefinitely. However, cook turkeys within 1 year for the best quality.

Thawing Your Turkey

There are three ways to thaw your turkey safely:

Thawing in the Microwave Oven:

Check your owner’s manual for the minutes per pound and the power level to use for thawing.

Remove all outside wrapping.

Place on a microwave-safe dish to catch any juices that might leak.

Cook your turkey immediately after thawing in the microwave.

Do not refreeze.

Thawing in the Refrigerator:

Keep the turkey in its original wrapper.

Place it on a tray to catch any juices that may leak.

A thawed turkey can remain in the refrigerator for 1 to 2 days.

If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

Thawing in the refrigerator	Time to thaw (allow 24 hours for every 4 to 5 pounds)
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Thawing in Cold Water:

Wrap your turkey securely, making sure water is not able to leak through the wrapping.

Submerge the wrapped turkey in cold tap water.

Change the water every 30 minutes.

Cook the turkey immediately after it is thawed.

Do not refreeze.

Thawing in cold water	Time to thaw (allow 30 minutes per pound)
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

(Answer Key)

1. John, who lives in the group home, is assisting with cooking this dinner. He has cooked about three times the amount of rice needed. Discuss storage of the left over rice.

You can store cooked rice for about 6 days in the refrigerator or up to 6 months in the freezer. To reheat it, add 2 tablespoons of water for each cup of cooked rice and put it over very low heat in a covered pan on the stove or reheat it in a microwave oven.

There is a form of bacteria (bacillus cereus) that occurs naturally in many samples of uncooked rice. It can survive the cooking process and multiply to harmful levels if the rice is allowed to cool for an extended period without refrigeration. Leftover cooked rice should be placed in a shallow container to allow it to cool quickly, and stored in the refrigerator for up to a week or in the freezer for half a year or more.

2. Martin lives in the group home and his mother has insisted on stuffing the turkey the night before. She always does that with her turkeys and bakes them early in the morning. That way, she says the oven is free for other baking. She just called you and is on her way over to the group home to stuff the turkey. She won't take no for an answer. What would you recommend?

The USDA does not recommend buying retail-stuffed, uncooked turkeys from a store or restaurant. DO NOT THAW a commercially pre-stuffed frozen turkey before cooking. If this product has been placed in the refrigerator, and it has completely thawed, discard both the turkey and the stuffing

If you plan to prepare stuffing using raw meat, poultry, or shellfish, you should cook these ingredients before stuffing the turkey to reduce the risk of food borne illness from bacteria that may be found in raw ingredients. The wet ingredients for stuffing can be prepared ahead of time and refrigerated. However, do not mix wet and dry ingredients until just before spooning the stuffing mixture into the turkey cavity.

If stuffing is prepared ahead of time, it must be cooked immediately and refrigerated in shallow containers. Do not stuff whole poultry with cooked stuffing.

Cook Immediately! Immediately place the stuffed, raw turkey in an oven set no lower than 325 °F.

3. Instead of making iced tea as the dinner menu calls for, Bob decided to make lemonade and he poured it into an unlined decorative copper pitcher rather than the plain glass pitcher which you had asked him to use.

Acid can cause the metal to leach out into the liquid and contaminate the food.

4. The gravy was made two hours ago and left in a covered pot sitting on the kitchen cabinet. Is the gravy safe to serve?

No, unless it was kept heated to 140 degrees during that time.

5. Tim's aunt came for dinner and brought macaroni salad. She said that she came directly from her daughter's home where she was for about 3 hours and left the salad in her car feeling that it was cold enough. The high temperature today was 37 degrees F and it was very sunny. Should you serve the salad? You wonder did it get warmer than 37 degrees in the car.. You hate to hurt her feelings by not serving the salad.

Leftovers should be stored in the refrigerator within 2 hours after cooking is completed. Why just 2 hours? Because bacteria that cause food poisoning can multiply to undesirable levels on perishable foods left at room temperature for longer than that.

The "Danger Zone"

Bacteria, or other germs, need time, food and moisture (or wetness) to grow; but they won't grow when the temperature of the food is colder than 41° F or hotter than 140° F. The temperatures in between 41° and 140° are in the "Danger Zone." Keep potentially hazardous foods out of the "Danger Zone!" For example, when food is left in the "Danger Zone", bacteria can grow fast, and make poisons that can make your customers and family very sick.

6. Most of your dinner guests ate the pumpkin pie. By the time food was put away, that banana cream pie had been out of the refrigerator for 1 ½ hours. Do you think that it will be safe to eat tomorrow?

Yes since less than 2 hours. Refrigerate immediately.

7. You just noticed an empty, opened can of green beans in the wastebasket. The can is severely dented and soiled. You asked did someone just open the can and Harry says that he did and added the contents to the fresh green beans because he didn't think there would be enough beans for all of the guests. Are the beans safe to eat?

The number one way to tell if a can is potentially dangerous is to push on the top and bottom of the can. If the top or bottom of the can moves in any way or makes a popping sound, the can's seal has been broken and air has made its way inside. Popped cans should be discarded or returned to the store where they were purchased for replacement. On the other hand, if the can does not make a noise or move, it is most likely safe to eat despite any dents

Another way to tell if a can is safe to eat is by simply looking at the can. If the can is bulging and bloated it is most likely unsafe. Cans will bulge and bloat when bacteria begins to produce gasses which push the can outward. You can also tell by looking at the dented can if it rusting. Rust can weaken the integrity of the can and allow air and bacteria to enter it.

8. The ham which you purchased for this dinner is a canned ham and you bought it in the refrigerated section of the meat counter. The can says "refrigerate" till used. Unbeknownst to you, when Mark was unpacking the groceries, he put the ham on the pantry shelf. You went shopping two days ago. Is this ham going to be safe to use?

There are two kinds of Canned Ham. One that can be stored on a shelf (aka shelf-stable), and one that must be stored refrigerated. The shelf-stable one is good for up to 2 years on a shelf, at room temperature. It is sterilized in the can during processing. It is usually packed for family-size in what the industry calls "pear-shape cans" (the ones that are flat at the bottom, rounded on top), but for institutions, they may be packed in larger cans called "pullman cans."

The ones that must be stored refrigerated are good unopened for 6 to 9 months. They are pasteurized, but not sterilized. Often ham packed in "pullman cans" requires refrigeration.

Small Group Activity (Trainee copy)

Your group home has decided to invite several people over for Thanksgiving dinner. You have a large kitchen and dining room, so this will work out well. Including individuals, families, friends, and staff, there will be approximately 27 people at this get together. The individuals in your group home have chosen the following foods to comprise the menu:

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1. John, who lives in the group home, is assisting with cooking this dinner. He has cooked about three times the amount of rice needed. Discuss storage of the left over rice.
2. Martin lives in the group home and his mother has insisted on stuffing the turkey the night before. She always does that with her turkeys and bakes them early in the morning. That way, she says the oven is free for other baking. She just called you and is on her way over to the group home to stuff the turkey. She won't take no for an answer. What would you recommend?
3. Instead of making iced tea as the dinner menu calls for, Bob decided to make lemonade and he poured it into an unlined decorative copper pitcher rather than the plain glass pitcher which you had asked him to use.
4. The gravy was made two hours ago and left in a covered pot sitting on the kitchen cabinet. Is the gravy safe to serve?
5. Tim's aunt came for dinner and brought macaroni salad. She said that she came directly from her daughter's home where she was for about 3 hours and left the salad in her car feeling that it was cold enough. The high temperature today was 37 degrees F. and it was very sunny. Should you serve the salad? You wonder did it get warmer than 37 degrees in the car.. You hate to hurt her feelings by not serving the salad.
6. Most of your dinner guests ate the pumpkin pie. By the time food was put away, that banana cream pie had been out of the refrigerator for 1 1/2 hours. Do you think that it will be safe to eat tomorrow?
7. You just noticed an empty, opened can of green beans in the wastebasket. The can is severely dented and soiled. You asked did someone just open the can and Harry says that he did and added the contents to the fresh green beans because he didn't think there would be enough beans for all of the guests. Are the beans safe to eat?
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