

RISKS

AND MORE RISKS
BUT I NEED A LIFE





Risks are all around us. We all take risks everyday. This workbook will help us all to think about our daily risks and what we can do to keep safe.

There are also film clips that help us to think about risks and how to prevent them. A link to the film clips can be found on our Friendly Resources website:

www.friendlyresources.org.uk

Let's list some of these risks here and talk about them together:

We think you will have thought about quite a lot of risks. Here are some of the big risks we thought about:

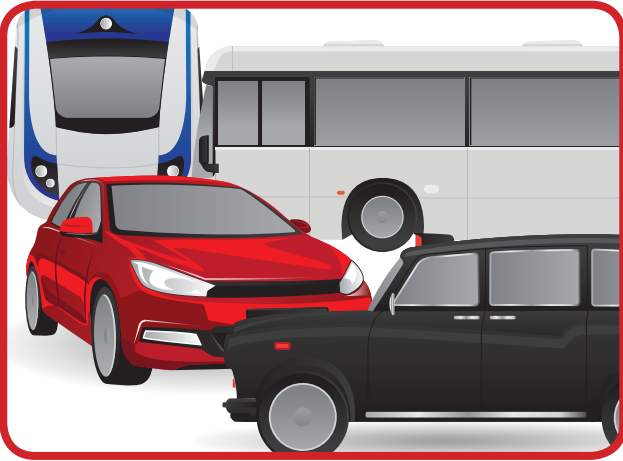
Crossing the road, tripping and falling

Travelling on public transport

Cleaning products in the home

Using a cash machine

Walking in quiet places at night that are unlit



All of the risks that we have thought about can happen everyday and we cannot know when they will happen.

But here are some ideas about how you can keep your risks low and do some positive risk taking.

This means that you take risks, but you take them in the safest possible way.

Here are our five examples and some ways you can keep risks low:

Crossing the road, tripping and falling

- Always use a crossing whenever you can
- Wear sensible shoes when out and about

Travelling on public transport

- Always sit as near to the driver as you can
- Tell someone where you are going before travelling

Cleaning products in the home

- Wear rubber gloves
- Keep cleaning products out of reach of children and in a higher cupboard

Using a cash machine

- Make sure there is no one around before you put your pin in
- Put money in your purse or wallet straight away

Walking in quiet places at night that are unlit

- Never walk in unlit spaces and if you really have to take a bright torch
- Always walk with a friend if you can, tell someone where you are going

Homes can be risky



Homes are where we relax, but can still be risky.

Let's list some of these risks here and talk about them together:

Here are our five examples and some ways you can keep risks low:

Cleaning products in the home -

We are reminding you here:

- Wear rubber gloves
- Keep cleaning products out of reach of children and in a higher cupboard

Electrical equipment

- Check plugs and wiring regularly
- Do not use a phone charger overnight

Tripping and falling

- Keep your home tidy
- Keep stairs tidy and wear sensible shoes

Burning and scalding

- Test hot water and mix with cold to keep it to a nice temperature
- Run burns and scalds under cold water straight away and keep the water running; ask someone to ring for help if a burn is bad

Knives and kitchen equipment

- Keep knives in a safe place and covered
- Carry knives with the sharp end pointing down

Travelling can be risky



Travel is risky for everyone.

Let's list some of these risks here and talk about them together:

Here are our five examples and some ways you can keep risks low:

Travelling in a taxi

- Always sit behind the driver so that the driver cannot reach you
- Never get in a vehicle without knowing that it is a taxi

Travelling on a bus

- Always sit as near to the driver as you can
- Keep your wallet or purse safely in your bag

Riding a bike

- Always wear a helmet
- Give your bike a full check before travelling and make sure your brakes and lights are working

Travelling by train

- Do not stand near the automatic doors of the train
- Do not talk to strangers

Travelling by car

- Always wear a seatbelt
- If it's your car make sure it's in good working order before your journey and do not get into a car if you feel unsafe

Taking medication can be risky



Lots of us have to take medication and it can be risky.

Let's list some of these risks here and talk about them together:

Here are our five examples and some ways you can keep risks low:

Dates on medicines

- Always check that your medicine is in date
- If you are worried or unsure ask at your pharmacy or GP

How to take your medicine

- Make sure you know how much of your medicine to take
- If you are worried or unsure ask at your pharmacy or GP

Taking tablets

- Make sure you know how many tablets to take, how to take them and the time you need to take them
- If you are worried or unsure ask at your pharmacy or GP

Injecting medication

- Make sure you know how to use your injection safely and what time you need to do this
- If you are worried or unsure ask at your pharmacy or GP

How to dispose of your medicine

- Take your old or out of date medicine to the pharmacy
- Never re-use a needle if you use these as part of your medical routine

Being on your computer, tablet, or phone can be risky



Using your computer, tablet or phone is a good way to find information but there are risks.

Let's list some of these risks here and talk about them together:

Here are our five examples and some ways you can keep risks low:

Keeping your passwords safe

- If your computer is password protected do not tell anyone your password
- Change your passwords often using numbers, symbols and letters

Pop ups

- Don't click on pop ups
- Don't believe what they say if you get a message saying for e.g. congratulations you have won £1 million, this is called a scam and may contain viruses

Emails

- Don't click on emails from people you don't know they may contain viruses, **delete them**
- Don't click on any email from a bank that is asking for personal details and account numbers. Banks don't do this; banks may send an email but will not ask for personal information.

Social media (e.g. Facebook)

- Do not talk to strangers on your computer, tablet or phone
- Do not arrange to meet anyone you don't know

Anti virus software

- Always download anti virus software to keep your computer, tablet or phone safe
- Ask someone you trust if you are not sure or worried about anything we have talked about on this page

Let's have a Quiz



1) What can you do to be less risky in the home?

- a) Leave shopping all over
- b) Leave pots and washing all over
- c) Leave your bins overflowing
- d) Keep your home clean and tidy



2) Where should you store your cleaning products?

- a) In a low down cupboard
- b) On the floor
- c) In a higher cupboard that you can reach
- d) In the bathroom next to the bath



3) What should you do to keep your electrical equipment safe?

- a) Check for frayed wires and have equipment regularly serviced
- b) Plug in electrical equipment near water
- c) Hang clothes over any fire or electric heater
- d) Plug in lots of equipment into one adapter

Let's have a Quiz



4) How do you charge your phone safely?

- a) Charge your phone overnight
- b) Use any charger you find in the house
- c) Charge your phone through the day with the original charger
- d) Charge your phone with a cheap charger



5) What should you do to keep your fire alarm and carbon monoxide alarm in good working order?

- a) Check them everyday
- b) Check them Weekly
- c) Check them monthly, and replace batteries if you need to once a year
- d) Check them everynight at 11:00 and annoy your neighbours



6) What can you do to keep yourself safe when out and about?

- a) Walk down dark alleyways
- b) Use subways and underpasses
- c) Go out on your own
- d) Go with a friend or group and stay in brightly lit places

Let's have a Quiz



7) Which of these things should you always take out with you?

- a) Energy drinks
- b) An expensive watch
- c) A charged phone with credit on it and enough money or credit card for what you need
- d) A wallet full of cash



8) What should you do to keep safe when using a taxi?

- a) Sit in front and talk to the driver
- b) Not wear your seatbelt, it's a taxi
- c) Sit behind the driver and fasten your seatbelt
- d) Get in a taxi without a licence plate



9) If you are drinking alcohol what should you do to keep safe?

- a) Drink 10 pints and sing your way home
- b) Become aggressive and put yourself and others at risk
- c) Make sure you have a taxi booked or a friend you can trust to go home with safely
- d) Fall over and be sick



Let's have a Quiz



10) How do you keep yourself safe from trips and falls?

- a) Wear high shoes or pointed shoes
- b) Walk down a rocky path in the dark
- c) Wear good shoes and use a torch and a walking aid if you need one
- d) Run down stairs or escalators



11) How do you make sure you take your medicine safely?

- a) Eat painkillers whenever you feel like it
- b) Make sure your pharmacy or doctor has told you how to use your medication
- c) Buy medication off the internet
- d) Buy it from a drug dealer



12) How do you keep safe on your computer, phone and tablet?

- a) Open emails even if you don't know where they're from
- b) Talk to people on the internet who are strangers
- c) Give your bank and personal details out to someone who tells you that you have won money
- d) Never give out personal details and only talk online to people you trust

Answer Page

1) What can you do to be less risky in the home?

d) Keep your home clean and tidy

2) Where should you store your cleaning products?

c) In a higher cupboard that you can reach

3) What should you do to keep your electrical equipment safe?

a) Check for frayed wires and have equipment regularly serviced

4) How do you charge your phone safely?

c) Charge your phone through the day with the original charger

5) What should you do to keep your fire alarm and carbon monoxide alarm in good working order?

c) Check them monthly, and replace batteries if you need to once a year

6) What can you do to keep yourself safe when out and about?

d) Go with a friend or group and stay in brightly lit places

Answer Page

7) Which of these things should you always take out with you?

c) A charged phone with credit on it and enough money or credit card for what you need

8) What should you do to keep safe when using a taxi?

c) Sit behind the driver and fasten your seatbelt

9) If you are drinking alcohol what should you do to keep safe?

c) Make sure you have a taxi booked or a friend you can trust to go home with safely

10) How do you keep yourself safe from trips and falls?

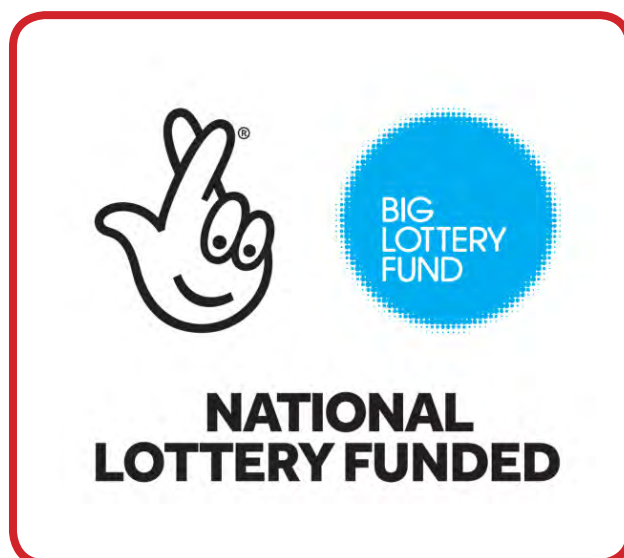
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11) How do you make sure you take your medicine safely?

b) Make sure your pharmacy or doctor has told you how to use your medication

12) How do you keep safe on your computer, tablet and phone?

d) Never give out personal details and only talk online to people you trust



With thanks to our self-advocates with learning disabilities and/or autism who have co-produced this work.

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www.friendlyresources.org.uk