



# Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES



## Power Safety

### A Family Mini-Guide

INSIDE YOU'LL FIND:

- ♥ Parent Tips and Safety Strategies
- 🔧 Child-Friendly Interactive Pages

[Sesame.org/Emergencies](https://Sesame.org/Emergencies)

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PLANNING TOGETHER FOR EMERGENCIES

A creation of



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A special thank you to  
advisor Andrew Roszak, JD,  
MPA, EMT-P, Institute for  
Childhood Preparedness.

Produced in partnership with and funded by



**The PSEG Foundation** (501c3) is the philanthropic arm of Public Service Enterprise Group (NYSE: PEG). The Foundation generally supports and invests in programs in three areas: community and the environment, education, and safety. The Foundation provides grants to organizations in communities served by PSEG and its subsidiaries. PSEG (NYSE: PEG) is a diversified energy company based in Newark NJ. PSEG has three main subsidiaries: PSE&G, NJ's largest and oldest combined gas and electric delivery company, PSEG Power, a merchant power generation company and PSEG Long Island, operator of the Long Island Power Authority's transmission and distribution system.

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## Dear Caregivers,

Of your many jobs, keeping your family safe is naturally your most important concern. Whether it's helping your child buckle their seat belt or changing the batteries in your smoke detector, your child's safety is never far from your mind—and sometimes it's literally in your hands.

Electricity helps us do amazing things: write e-mails, keep a nightlight on, and cook dinner. But it can also be dangerous.

### In this guide you will find...

- » strategies to keep your home power-safe for children
- » ways to talk about power safety with little ones
- » exploration of the special helpers that keep our power sources safe
- » tips for keeping the whole family safe during a power outage



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## Creating a Power-Safe Home

### Use Safety Covers

Cover stove knobs and electrical outlets that children may be tempted to touch or play with.

### Keep electricity and water apart

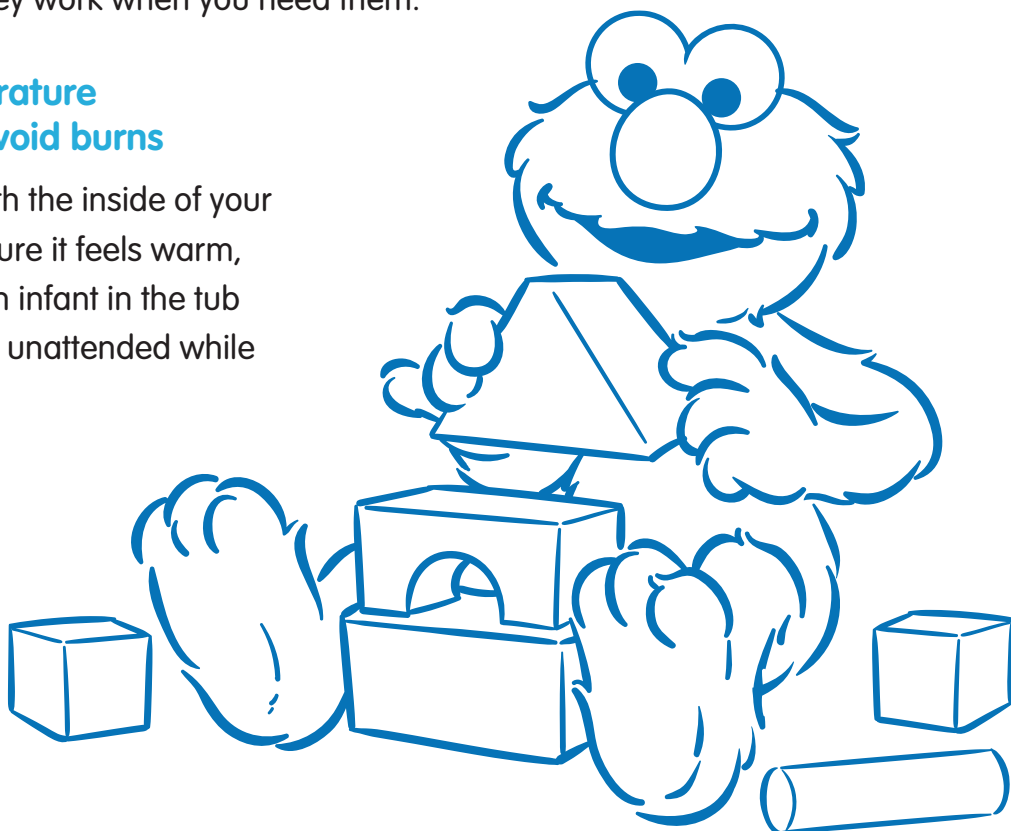
Radios, phones, hair dryers, or any plugged-in device should stay far from sinks, tubs, pools, or puddles.

### Have tools checked and ready

Keep a flashlight with extra batteries, a charged battery pack for phones or tablets, and a multipurpose Type ABC fire extinguisher (effective for wood, liquids, and electrical fires), and working smoke alarms and carbon monoxide alarms on every floor. Check these tools monthly to make sure they work when you need them.

### Set hot-water temperature to 120 °F / 49 °C to avoid burns

Always test the water with the inside of your wrist or elbow to make sure it feels warm, not hot, before putting an infant in the tub and never leave children unattended while bathing or showering.



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## Talking to Your Child About Power Safety

You are your child's first teacher! What you say makes a big difference in helping your child stay safe around electricity:

### Electricity is...

The energy that helps us turn on lights, use stoves, charge our phones, and much more.

### Keep your fingers away!

Never put your fingers or objects into outlets. Don't play with electrical cords, wires, knobs, or switches.

### Water and electricity don't mix!

If you're wet (like after a bath), never touch anything that uses electricity, like a light switch or phone charger.

### Grown-ups are great helpers!

Always ask a grown-up for help before using anything that plugs in (like a charger or a toaster).

### See a wire on the ground outside? Stay far away!

And tell a grown-up. The wire is broken, and it could hurt you.

### Hot things burn.

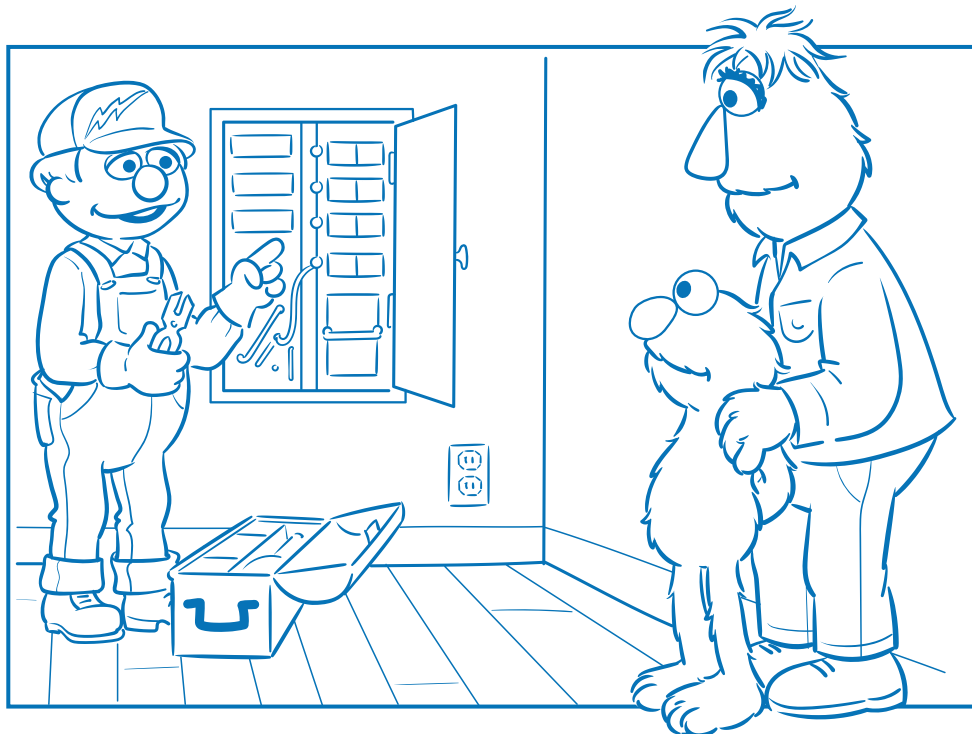
Stay away from hot places like stoves, grills, and water heaters.



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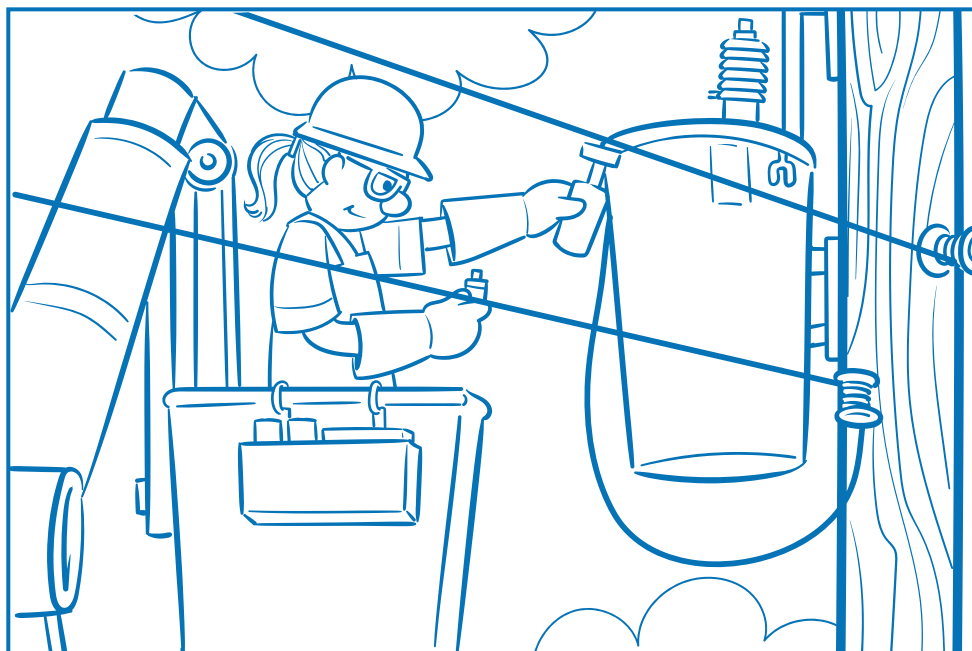
## Power-ful Helpers!

Introduce children to some of the helpers who keep us safe. Invite them to color each picture as you read aloud.



A licensed **electrician** can fix your wires, outlets, or fuse box.

**Wiring inspectors** check that everything is done safely.



**Utility workers** or **line workers** fix the power lines that carry electricity to your home. They know how to handle electricity safely.

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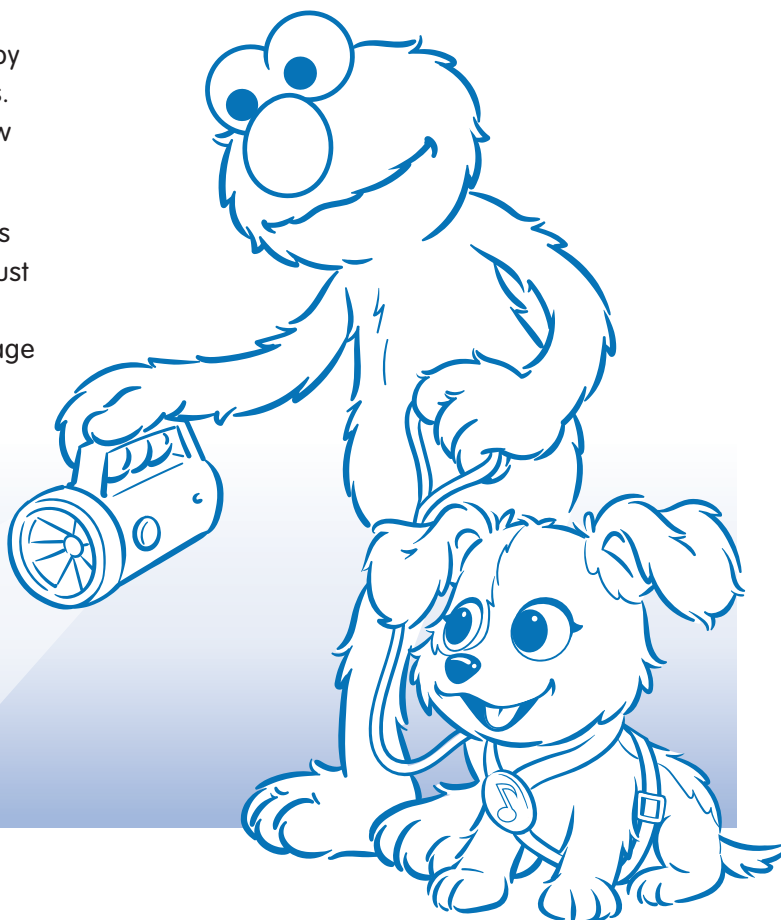
## Our No-Power Plan

Whether it lasts for hours or days, a power outage (blackout) can be challenging for the whole family.

- ☐ 🍏 Eat perishable food first.
- ☐ 📺 Keep freezers and refrigerators closed as much as possible. A full freezer will hold its temperature for about 48 hours if unopened.
- ☐ 📱 To save the battery on your devices, lower screen brightness, text instead of calling, and save them for essentials.
- ☐ 🍴 Check in on friends and neighbors. You might share food and supplies.
- ☐ 📻 Stay updated! If your phone runs out of battery, a battery-powered or hand-cranked radio works well. Keep children busy and calm by playing soothing games or reading stories. Use your flashlight to make simple shadow puppets with your hands!
- ☐ 🚚 **Important Safety Note:** Keep generators at least 20 feet from the house, with exhaust pointing away from doors, windows, and vents. Never run a generator inside a garage or enclosed area.

### HAVE THESE READY!

- » flashlights and extra batteries (avoid candles to reduce fire risk)
- » battery-powered lantern or headlamps for children
- » battery-powered or hand-cranked radio
- » fully-charged power banks or portable chargers
- » foods that do not need refrigeration (such as canned or packaged items)



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