

# Mastering the 10-Minute Mini-Lesson

SAMPLE  
LESSON  
PLAN

## Educational Messages to Review:

- 3.4 Inside the Home
- 3.5 The Garage
- 3.6 Appliances
- 3.7 Portable Generators

**Topic:** Preventing CO (Carbon Monoxide) Poisoning

**Audience:** Parent PTO meeting

**Lesson Objective:** By the end of the mini-lesson, audience members will be able to identify at least 3 actions to take to help prevent CO poisoning.

### Step 1: Introduction (2 Minutes)

- Greet the audience. Let them know you appreciate the invitation to speak for 10 minutes.
- Introduce yourself. Share your connection to the community.
- **HOOK** — ASK: Which of these kills more people in the U.S. each year?
  - a) Shark attacks
  - b) Lightning strikes
  - c) CO poisoningThe answer is: C! CO poisoning

a) shark attacks  
(about 1 each year in the US)  
*Source: Oceana*

b) lightning strikes  
(about 32 each year in the US)  
*Source: National Weather Service, NOAA*

The Centers for Disease Control and Prevention (CDC) reports that more than 400 people die each year, in the US, from unintentional CO poisoning from different products and motor vehicles.

CO is poisonous gas known as the invisible killer. You can't see it or smell it, but it can hurt people who breathe it. CO poisoning can happen fast or over a long period of time. It can lead to death.

### Step 2: Body of the Presentation (7 minutes)

- Inform the group the topic of the mini-lesson: Ways to prevent CO poisoning in and around the home.  
CO can come from many things in and around your home.  
**ASK:** What are some things around your home that could produce CO?
  - Faulty fuel-burning appliances such as furnaces, ranges, water heaters and room heaters
  - Cars
  - Engine-powered tools like generators
  - Burning charcoal in fireplaces or in barbeque grills inside
- Inform the group about steps they can take to help prevent CO poisoning:
  - Have heating equipment and chimneys checked by a professional each year before cold weather starts. Make sure the system is working properly. The inspector should check for proper exhaust ventilation through chimneys and flues.
  - Open the damper when using a fireplace for proper ventilation.
  - Never use your oven or stove to heat your home.**ASK:** What are some things that could block your dryer, stove, furnace or fireplace vents? Lint, snow, leaves...
  - Clear all things from dryer, furnace, stove, and fireplace vents.**ASK:** Who has warmed your vehicle up in the garage? Who has lost track of time after turning it on?
  - When warming a vehicle, move it out of the garage. Do not run a fueled engine inside, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked.



Your Source for SAFETY Information

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[www.nfpa.org/education](http://www.nfpa.org/education)

## — Mastering the 10-Minute Mini-Lesson: **Preventing CO Poisoning** —

**ASK:** Why might someone use a grill inside a garage? Raining, snowing...

- Always use barbecue grills outside and away from doors and windows. Never use grills inside the home or garage, even if the doors are open.
- A generator should be used outside only! NEVER use inside a home or garage.
- Keep generators at least 20 feet away from your house. Make sure they are far from windows, doors, and vent openings.

### **Step 3: Conclusion** (1 minute)

- Review: Ask for volunteers to share something they can do to prevent CO poisoning at home. Ask for a variety of responses.
- Remind participants that simple steps will help increase safety.
- Share your contact information and encourage the attendees to contact you if they have any questions or concerns about other home safety issues.
- Thank everyone for their time and for inviting you to speak.

