

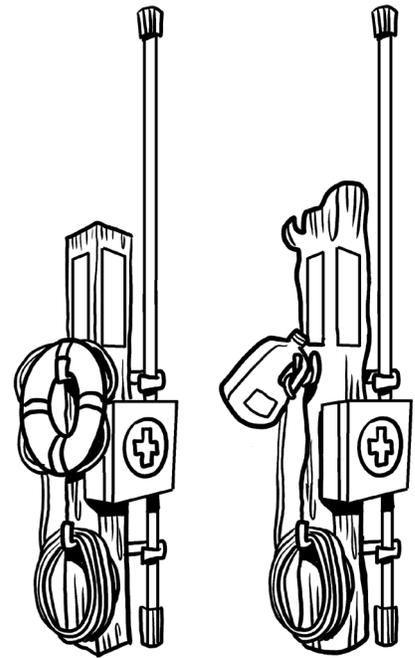
Make a Safety Post

Name: _____

A safety post holds safety equipment, such as a heaving jug and a reaching pole. It is a useful piece of equipment for a home pool or a pond that is used for swimming or ice skating.

To make a safety post, you will need:

- 4-inch × 4-inch post, 6 feet long
- Screw-in hanging hook large enough to hold the throwing equipment
- Throwing equipment, such as a ring buoy or a heaving jug*
- Reaching equipment, such as a 10- to 12-foot reaching pole
- Clips to secure the reaching equipment OR two 6-ounce cans with both ends removed and a hammer and nails
- Plastic zipper bag
- First aid kit
- Emergency contact information, including phone numbers for summoning help and information that will help responders find your location (i.e., the street address and the names of the nearest cross streets)
- Safety poster or first aid booklet (optional)



*To make a heaving jug, you will also need a 1-gallon plastic jug with a cap, 40 to 50 feet of lightweight rope and sand or water.

Instructions

1. On one side of the post, screw in the hanging hook about 1 foot from the top of the post.
2. On the other side of the post, secure the clips or nail the two open-ended cans, one about 1 foot above the other, no lower than 2½ feet from the bottom of the post.
3. Set the post 2 feet in the ground.
4. To make a heaving jug, put ½ inch of water or sand in the 1-gallon plastic jug and screw the cap on tightly. (If the jug has a snap-on cap, secure it with very strong glue.) Tie the rope to the handle of the jug.
5. Hang the ring buoy or heaving jug and line on the hanging hook.
6. Secure the reaching pole with the clips or put the reaching pole through the cans.
7. Put emergency contact information, the first aid kit and the first aid booklet or poster (if you are including one) in the plastic zipper bag and attach it to the top of the post.