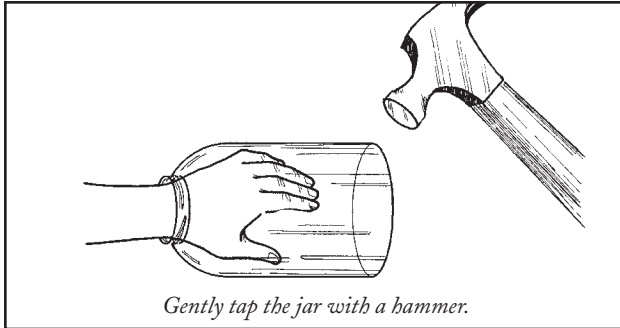


## WORST-CASE SCENARIO®

# HOW TO REMOVE A HAND STUCK IN A JAR

- 1 Slather grease.**  
Spread cooking oil, butter, margarine, mayonnaise, or other greasy substance on the part of the hand that is accessible.
- 2 Try to slide out the hand.**  
Gently pull with steady, even pressure. Wedge the jar under your arm or have a third person hold the jar as you pull.
- 3 Submerge the hand and jar in ice water.**  
The combination of the greased hand and the cold, which reduces swelling, may release the hand.
- 4 Try to slide out the hand.**
- 5 If the hand is still stuck, raise the hand.**  
Elevate the hand (and jar) above the level of the child's heart for five minutes to reduce swelling.
- 6 Try to slide out the hand.**
- 7 Break the vacuum seal.**  
Slide a straw, eating utensil, or plastic tubing in between the hand and the edge of the jar. Do not use a knife with a sharp blade.



**8 Try to slide out the hand.**

**9 Break the jar.**

If all else fails, shatter the jar by tapping with a hammer. Tell the child to retract his hand to the opposite end.

**10 Clear the debris.**

Tell the child not to move his hand around until the task is finished and the hand is rinsed free of glass splinters.

## HOW TO EXTRACT A FOOT STUCK IN SINKING MUD

**1 Tell the child not to struggle and flail.**

Calm the child and explain that she will not be swallowed up.

**2 Instruct the child to let go of heavy objects.**

Loaded backpacks, bags of gear, pockets filled with rocks, or other heavy items could drag her down farther.

**3 Stabilize the surface around the hole and child.**

Place planks, boards, or tree limbs on the ground so that you can approach the child. Use a walking stick, pole, or branch to test the ground's stability as you approach.

**4 Grab the child and pull with steady upward momentum.**

Approach the child from behind and grab the child's torso under the arms. Drag backwards. If her torso is not available for grabbing, pull the child by her hands, feet, or whatever is exposed.

## HOW TO RETRIEVE A CHILD STUCK IN A TREE

**1 Ask for directions.**

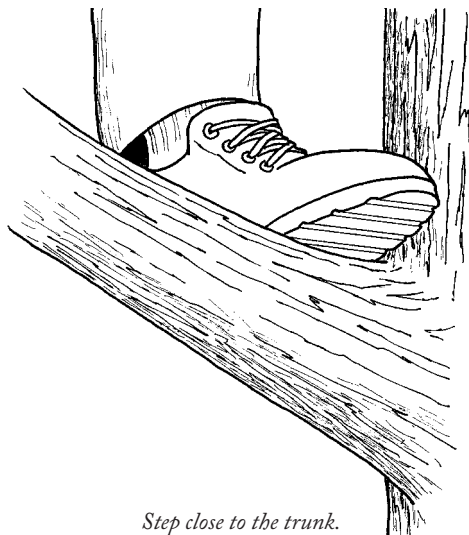
Request that the child explain step by step how he got to where he is. This will focus his thoughts, calm him, and may provide a map as to how to climb back down.

**2 Direct the descent.**

From the ground, tell him where to put his hands and feet at each stage of the descent. Explain that if he was able to climb up, he should be able to climb back down.

**3 Demonstrate how to climb down.**

Select sturdy branches close to the ground and show him how to step on the part of the limb closest to the trunk.



*Step close to the trunk.*



*Call for help.*

**4** **Climb to his aid.**

Grab a branch at its base and use your legs, not your arms, to power yourself up the tree. Make sure that three of your limbs are in contact with the tree at all times. Once you have reached your child, hold his hand and say soothing things to calm him.

**5** **Slowly talk your child down as you descend.**

Your arms should bear your weight on the way down. To increase your grip on the branches during your descent, turn your palms toward you when gripping the branches. Do not carry your child down the tree.

**6** **Call for help.**

If you both get stuck, shout to attract a passerby who can get help. If you have a mobile phone, call the fire department.

**Be Aware**

Do not allow a child to jump from the tree or try to catch a jumping child. If a 50-pound child jumps just 10 feet into your outstretched arms, he exerts about 300 pounds of force, enough to injure both of you on impact.