

LESSON 1

Indoor Safety

You will learn . . .

- how to prevent falls.
- how to prevent fires.
- ways to avoid injury from poisons.
- what computer safety means.

Suppose you leave your toys in the middle of the floor. Someone could trip over them and get hurt. Remember to put your toys away to prevent injuries. This is an important safety rule. Following safety rules can help keep you safe.

Vocabulary

- accident, C43
- injury, C43
- hazard, C43
- fire escape plan, C45
- poison, C47



Follow Safety Rules

An **accident** is something that is not supposed to happen. An **injury** is damage or harm done to a person. Most injuries are caused by accidents.

Suppose someone leaves a skate on the floor. You trip on the skate. The skate is a safety hazard. A **hazard** is something that can cause harm or injury. The following safety rules can help you prevent accidents.

How to Prevent Accidents

At Home You can take steps to help your parents or guardian make home a safe place.

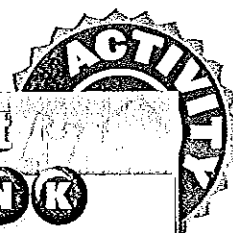
- **Put away toys, books, and other objects.** These items are tripping hazards.
- **Use a stepstool to reach things up high.** First get permission from an adult.
- **Try not to walk on wet floors.** Wet floors are slippery and dangerous.

At School You can follow safety rules in school, too.

- **Keep the floor free of objects.** That way you won't make a tripping hazard.
- **Walk in the hallways.** Watch for other people so that you don't bump into them.



Why is it important to follow safety rules?



Draw a Danger Sign

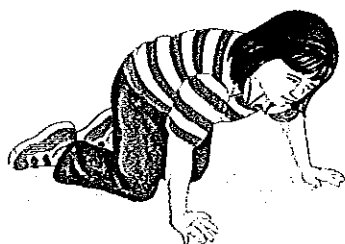
Cut a large circle out of a sheet of paper. Think of a safety hazard. Then draw a sign that warns people about the hazard. Color your sign and share it with your family and classmates.



▲ Try not to walk on wet floors.



▲ **STOP!** Do not run.
That can make
things worse.



▲ **DROP** to the ground.



▲ **ROLL** back and forth
to put out the flames.
Cover your face with
your hands.

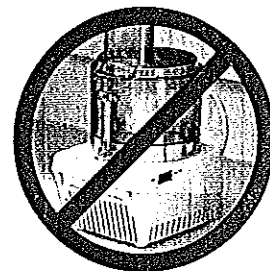
Safety Rules to Prevent Fire

You can help keep your home safe from fire.

- **Have your parents check smoke alarm batteries.** Smoke alarm batteries should be checked at least twice a year.
- **Call for help if you see a fire.** Dial 9-1-1.
- **Practice Stop, Drop, and Roll.** If your clothes catch on fire, you should stop, drop, and roll. This will put the fire out.

Electricity: Play it Safe

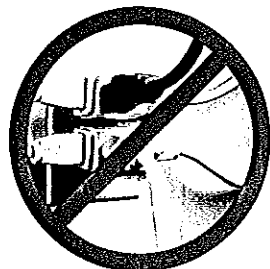
Use an electric appliance only if your parent or guardian is there to help you.



Electrical cords and extension cords should be used safely. Don't use appliances if their cords are damaged. Don't put them under carpets or across doorways.



Don't plug more appliances into an outlet than it can hold. The outlet could heat up and catch fire.

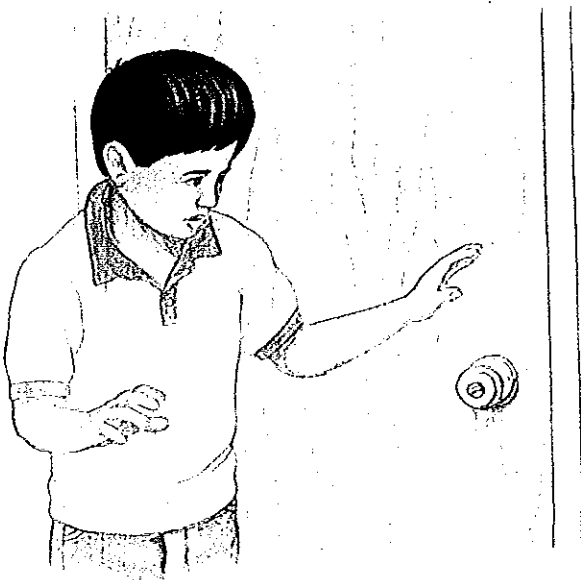


In Case of Fire

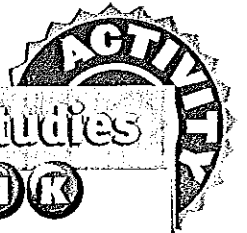
You and your family should have a fire escape plan. A **fire escape plan** is a map of your home that shows different ways out of every room. Your plan should include two ways out of each room and a place to meet your family outside.



What should you do if you are trapped inside a room during a fire?



- ▲ The first way out of a fire should be a door. Feel a door before you open it. If it is hot, don't open it. If the door is cool, open it a crack. Check for smoke.



Social Studies

LINK

Be a Role Model

Contribute to your school community. Teach younger students about fire safety. Make fire-safety materials to show them. The materials could be fire-safety coloring pages, fire-safety comic strips, or fact sheets for kids to take home. The information you give could save a younger student's life.

- ▼ If it is smoky, crawl on your hands and knees to keep below the line of smoke. Cover your mouth and nose. If you can't do these things, close the door and cover the bottom with a towel. Go to a window and yell for help.

