

LESSON 2

Keep Safe Outdoors

You will learn . . .

- what safety precautions pedestrians should follow.
- what safety rules to follow when you ride in a car or bus or ride bicycles, scooters, or skateboards.
- what safety rules to follow in severe weather conditions and in the water.

Do you like to spend time outdoors? Do you like to walk in your city or town? There are many fun things to do outside. There can also be dangers. Following safety rules, such as waiting at crosswalks, can help keep you safe as you enjoy these activities.

Vocabulary

- pedestrian, C49
- seat belt, C50
- frostbite, C52
- heatstroke, C52



Walk Safely

Have you ever walked to school or to a friend's house? A **pedestrian** (puh•DES•tree•uhn) is a person who walks on the sidewalk or in the street. Here are some safety rules for pedestrians.

- **Use sidewalks and crosswalks.** Don't enter the street between parked cars.
- **Obey traffic signals.** Wait for the "Walk" sign. Then look left, right, and left again before you cross.
- **Walk facing traffic if there are no sidewalks.** That way you can see cars that are coming toward you.
- **Wear light-colored or reflective clothes if you are out at dusk or at night.** This makes it easier for drivers to see you.
- **Walk with a friend or responsible adult.** Don't hitchhike.

Stranger Danger

One important safety rule for pedestrians is to be careful around people you don't know. A stranger might ask you for directions or to help him or her find a lost pet. A responsible adult would ask another adult for help, not someone your age. If someone you don't know asks you for help or invites you into a car, say "no" in a loud, firm voice. Then get away as fast as you can. Run in the direction opposite from the one the car is traveling in. Tell your parent, guardian, or a responsible adult what happened.



Explain why you need to pay attention when you are a pedestrian.



▲ How are these people being safe pedestrians?

MAKE a Difference

Students at Skinner Middle School in Colorado decided to do something about pedestrian safety near their school. They worked with the police, other schools, and community leaders. They took pictures of traffic. They drew maps showing traffic patterns. They pressured their community to put a stop sign at a dangerous intersection. Can you think of any ways to help make a community safer?

Safety on the Road



Write a Persuasive Essay
Suppose a friend doesn't wear a seat belt. He says it is uncomfortable. Write an essay to persuade him to wear a seat belt. Explain how the belt can keep him safe.

In a Car

Always wear a seat belt. A **seat belt** is the lap belt and shoulder belt worn in a car. It keeps you from being thrown out of the car in a crash. People age 12 or younger should ride in the back seat. This way they won't be injured by the air bags. Air bags inflate when a car hits another object. They prevent a person from hitting the dashboard of the car. But air bags are designed to protect adults. The force of the air bags can harm smaller people.

Keep doors locked while the car is moving so that they don't open accidentally. When the car has stopped, get out on the side of the car next to the curb. This way you won't step out into traffic.



▲ Wear a seat belt every time you are in the car.



▲ Technology can save lives. Air bags and power brakes are two kinds of technology used to save lives in cars.

On the Bus

Whenever you ride the bus, sit still and don't yell or fight. Be ready to get off when the bus is at your stop.

When you get off the bus, hold the handrail so that you don't trip on the stairs. Cross the street in front of the bus, not behind it. Check to make sure the driver sees you before you cross.

Bikes, Skates, and Scooters

Bicycles, scooters, skates, and skateboards are fun to ride and good exercise. Wear a helmet for all these activities. When you skate or use a skateboard, wear elbow and knee pads and wrist guards along with your helmet. When you ride a scooter, wear elbow and knee pads with the helmet.

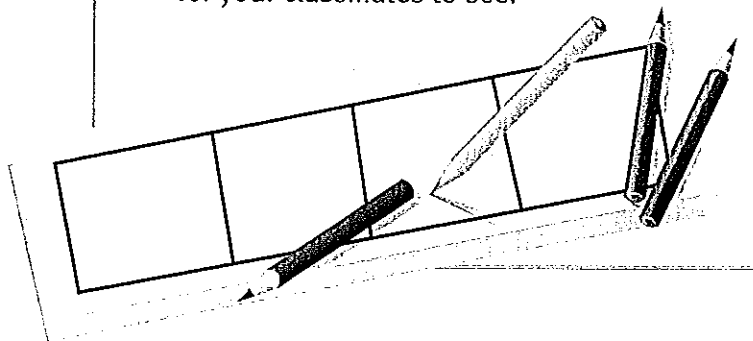
Always ride on a path and avoid holes and bumps. Ride during the day. Wear bright clothing so drivers can see you. When you ride a bicycle, use hand signals before you turn or stop.



List two safety rules each for riding in a car and on a bus.

Be a Health Advocate

- ① **Choose a healthful action to communicate.**
It is important to wear safety equipment when you ride a bicycle, scooter, or skateboard and when you skate.
- ② **Collect information about the action.** How can safety equipment protect you from injury? What injuries can the equipment help you avoid? Test your ideas out on a friend.
- ③ **Decide how to communicate this information.** Plan a cartoon to help convince your friends to wear safety equipment.
- ④ **Communicate your message to others.** Draw your cartoon. Post it in your classroom for your classmates to see.



Bicycle Signals



▲ **Left turn** Put your left arm straight out.



▲ **Right turn** Put your left arm out. Bend it at the elbow so that your hand is up.



▲ **Stop** Put your left arm out. Turn your forearm down.

Do You Know

Up to two-fifths of your body's heat is lost through your head. A hat can help keep that heat in.

Weather and Water

When It's Cold

The right clothes can help protect you from the cold. A good strategy is to wear several layers of clothes. Wear a hat, a scarf, mittens or gloves, a coat, and shoes or boots that keep out water. Keep moving. Moving your body produces heat.

People who don't take precautions in extremely cold weather can be injured. **Frostbite** is an injury caused by exposure to extreme cold. Symptoms include numbness and white, gray, or yellow skin. If you see signs of frostbite, get the person into a warm room. Get medical help right away.

When It's Hot


When you go out in hot weather, wear loose, protective clothes. These protect you from the sun's rays. Stay out of the sun at midday. Wear sunscreen, sunglasses, and a hat. Drink extra water. If you do get sunburned, run cool water over the burn. Don't break blisters.

Heatstroke is harm to the body due to being exposed to high temperatures. Symptoms include hot, dry skin and a very high temperature. If you have these symptoms, get into the shade right away. Sprinkle water on your body to cool it.

In the Water

Learning to swim is the best water safety precaution you can take. That way you will feel more comfortable in the water. Here are some additional tips for staying safe in the water.

- **Never swim alone.** Swim with a buddy. Be sure there is a lifeguard or another responsible adult watching. If you have a problem while swimming, the adult can get help.
- **Don't run or push other people.** You could knock a person who can't swim into the water.
- **Never dive into any lake or river.** The water may be shallow or have rocks hidden beneath the surface.



▲ How are these people protecting themselves from the heat?