

## LESSON 1

# Safety at Home and School

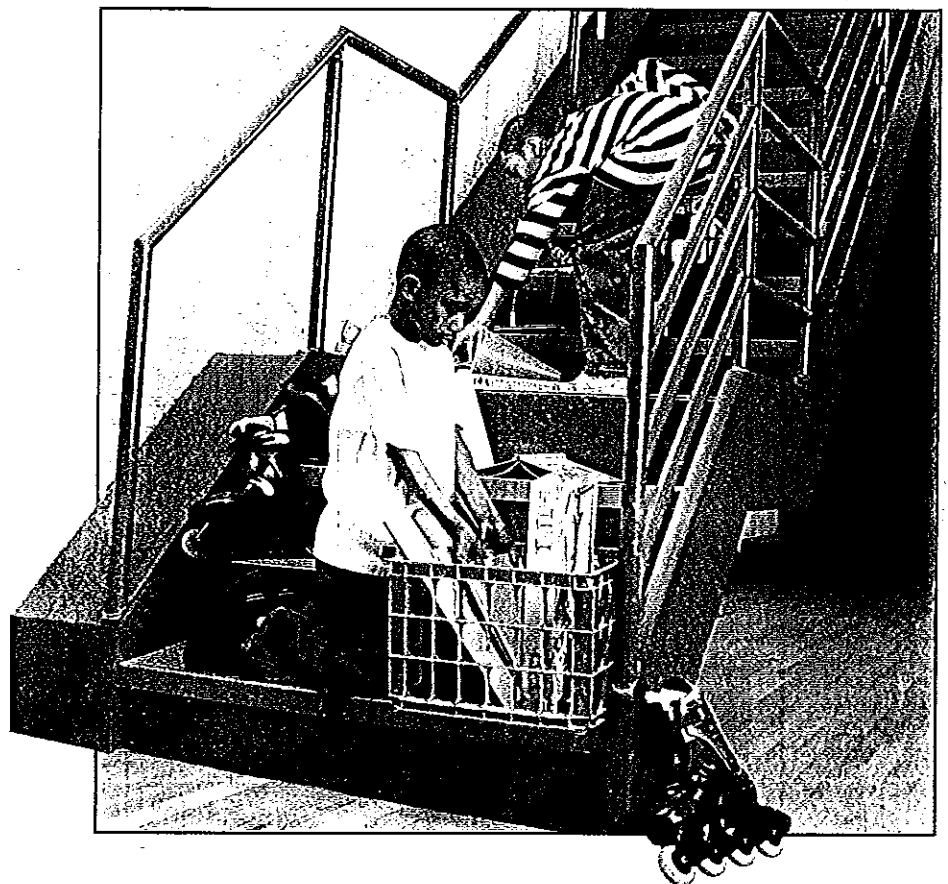
You will learn . . .

- safety rules to prevent falls.
- safety rules to follow in a fire and how to make a fire escape plan for your family.
- safety rules in case of an earthquake.
- ways to prevent poisoning.

### Vocabulary

- injury, C47
- accident, C47
- earthquake, C49
- poison, C50

**Have you ever tripped over an object and hurt yourself? Maybe you've been hurt while lifting a heavy box. More people are injured at home than at any other place. You can take action to stay safe at home and at school, too.**



# Prevent Falls

Suppose you step on a toy that has been left on the stairs or slip on a wet spot on the kitchen floor. You could fall and be injured. An **injury** is harm done to a person. Injuries are often the result of accidents. An **accident** is an unexpected event. Many accidents can be prevented. Learn to prevent falls at home and at school.

## At Home


- Keep stairs and floors clear of objects.
- Keep electric cords close to walls, not out where people can trip over them.
- Put non-slip mats in the bathtub and shower.
- Turn on the lights before you enter a room or climb a stairway.
- Do not stand on a chair to reach high objects.
- Don't lean against window screens or windows.
- Ask your parents or guardian to fasten loose rugs to the floor with carpet tape.

## At School

- Walk in the halls, don't run.
- Keep halls and classroom aisles free of objects.
- Report a wet floor, or other dangerous conditions, to a teacher.
- Follow playground rules, and use equipment safely.



What is an injury?



### Physical Education

#### LINK

## How Athletes Fall

Watch a professional sporting event on TV to see how athletes fall, to make injuries less likely. For example, a soccer player rolls into a fall instead of onto an outstretched arm. Rolling may help make a fall softer and may help prevent broken bones. Describe how the athletes that you observe fall safely.



# Fire Safety

## ACTIVITY

### On Your Own

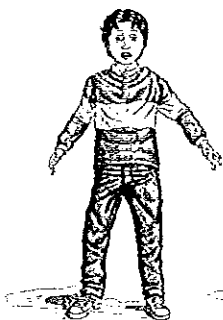
FOR SCHOOL OR HOME

#### Develop a Family Fire Escape Plan

Make a fire escape plan for your home. Share it with all family members.

1. Make a map of your home. Draw two ways to escape from each room. Memorize each escape plan.
2. Plan where to meet outside your home.
3. Practice the plan.

▼ STOP where you are.



▼ DROP to the ground.



▲ ROLL to put out any flames. Cover your face.

Fire in a home can destroy property and sometimes kill. Some common causes of fire in the home are burning candles, bad electric cords, matches, smoking, and space heaters. All homes need a smoke alarm for every floor and a fire extinguisher in the kitchen and in the garage. In case of fire, use the following tips to keep safe.

#### At Home

- Yell loudly to others in the house. Get out fast! Don't pick up anything. Don't go back inside.
- Feel a door if it is closed. If a door feels hot, do not open it. There is probably fire on the other side. Find another way out.
- Close the door when you leave a room.
- Crawl on your hands and knees to keep below the level of the smoke.
- Stop, Drop, and Roll if your clothes catch fire. The pictures show you how.
- Close the door and place a towel or clothing against the bottom of the door if you get trapped inside. Bang on or open a window and yell "Fire."
- Plan ahead where to meet outside.

#### At School

- Stay in line and stay quiet.
- Stay outside.
- Stay with your class so that your teacher knows that you are safe.



What should you do if your clothes catch fire?

# Avoid Poisons



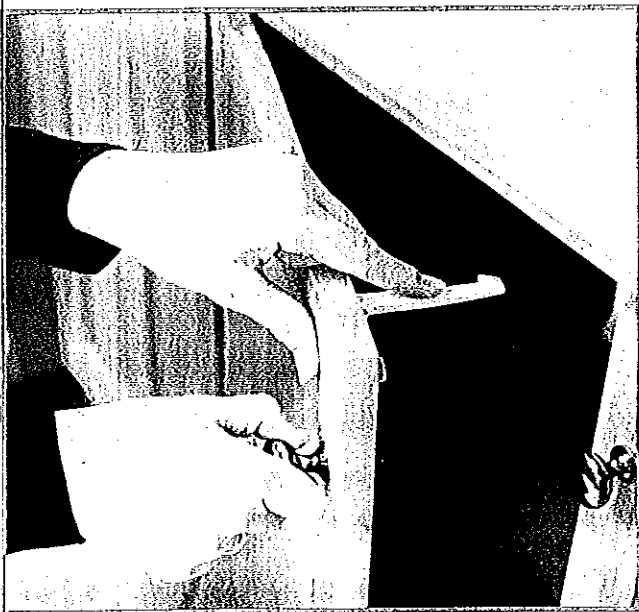
## Are These Plants Poisonous?

Investigate why you should be careful with poinsettias, daffodils, and holly berries. Make a poster warning people of the dangers of these common yard and house plants.

Many products used at home contain chemicals that dissolve grease and kill germs. These products can be harmful to humans and pets if they are swallowed, inhaled, or splashed into eyes or onto skin. Many of these products are poisonous. A **poison** is a substance that can harm you if it is swallowed or gets on your skin. Some causes of poisoning at home include cleaning products, plants, pesticides, paints, and solvents. Misuse of medicines and cosmetics also cause poisonings. You can be safe from poisons by following some simple rules.

## Prevent Poisonings

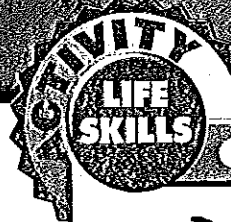
- Never eat or drink anything unless you are certain that it is food or drink.
- Do not eat spoiled food.
- Do not eat any mushrooms or berries unless you are told by a responsible adult that they are safe to eat.
- Ask a responsible adult when you are not sure whether something is poisonous.
- Keep small children and pets away from houseplants. Parts of many houseplants are poisonous.
- Keep windows open when you are using products that give off strong odors or vapors.
- Wear gloves or goggles if the label on the product tells you to do so.



▲ Cabinet locks help prevent poisonings at home.



What are two steps you can take to prevent poisonings?



## CRITICAL THINKING

### Poison Proof Your Home

Here are some actions your parents or guardian can take to make your home poison proof.

- Keep the number of the local Poison Control Center near the phone.
- Store poisons in a locked cabinet. Get rid of old medicines.
- Keep medicines and cleaning products in their original labeled containers.
- Do not store medicines or cleaning products with food.
- Use products that have safety or tamper-resistant caps.



### Be a Health Advocate

More than half of the poisonings in the United States happen to children under the age of six.


1. **Choose a healthful action to communicate.** Suppose you want to help raise awareness about the number of children under six in your community who are poisoned.
2. **Collect information about the action.** Talk with a volunteer at a Poison Control Center. What actions does the center advise people to take to reduce poisonings?
3. **Decide how to communicate this information.** How will you tell classmates about what you have learned? You might make a brochure that states your message clearly.
4. **Communicate your message to others.** Give your brochure to everyone in your class to take home.

## LESSON REVIEW

### Review Concepts

1. **List** four rules to prevent falls at home and two rules to prevent falls at school.
2. **Describe** six safety rules for escaping fire in your home.
3. **List** three ways to be safe in an earthquake.
4. **Identify** five ways to prevent poisoning at home.

### Critical Thinking

5. **Apply** Explain how you would develop an emergency fire escape plan for your home.
6.  **Be a Health Advocate** Suppose you learn that earthquakes can occur in your community. There is no information about how to stay safe if one occurs. How can you help prepare your community for an earthquake?