

LESSON 2

Safety on the Go

You will learn . . .

- how to keep safe around cars and buses.
- safety rules when walking, biking, skating, and riding a scooter.
- how to keep safe around water.

Vocabulary

- seat belt, C49
- personal flotation device, C52

A common way to travel is by car. Another way is by bus. Do you ride a bus to school? Do your parents or guardian drop you off in a car? There are safety rules for each of these ways to travel.



Safety on the Go

People use buses and cars to travel from one place to another. Some people take a bus to work. Others use a car. You might ride on a bus to go on a school field trip. Maybe you ride in a car with your family to the grocery store. You should follow safety rules when you ride in buses and cars.

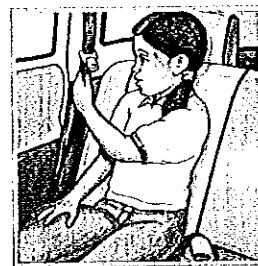
Always wear a seat belt when you ride in a car. A **seat belt** is the lap and shoulder belt worn in a car. Ride in the back seat. It is safer than riding in the front seat. Lock the door when you are seated. Get out on the curb side of the car.

Follow these safety rules when taking a bus.

- **When waiting for a bus** try to take at least four giant steps away from the curb.
- **Never walk behind a bus.** The bus driver can't see you.
- **Cross only in front of the bus.** Wait for the driver to signal that it is okay to cross the street.
- **On the bus, sit quietly in your seat.** Keep aisles clear.



What can you do to keep safe while riding on a bus?



- ▲ **Find the Right Seat Belt.** Each seat in a car has its own belt. Make sure that you have the right belt for your seat.

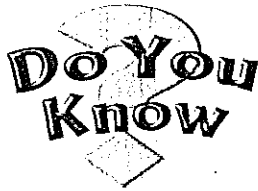


- ▲ **Pull the Belt Across Your Lap.** Sit up straight. Pull the belt from your shoulder down to the opposite hip.



- ▲ **Snap the Belt Tight Around Your Hips.** Snap the two sections of the belt together. Make sure that the belt is tight around your hips.

Safety and Sports Vehicles



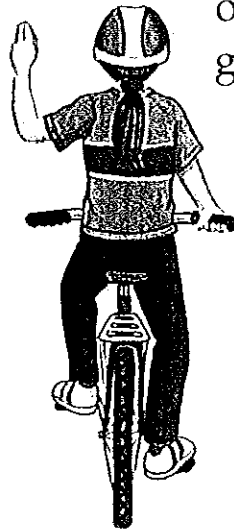
Bike Safety

If everyone wore a helmet when biking, one death each day could be prevented. One brain injury every four minutes could be prevented.

Skating and Riding Scooters

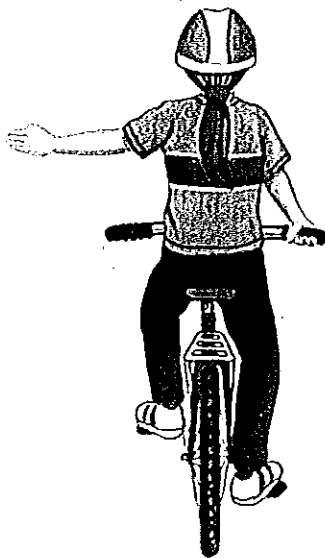
When you walk, skate, bike, or ride a scooter, you should follow safety rules to stay safe.

Wear a helmet, elbow pads, wrist guards, and knee pads when you skate or ride a scooter. Do not skate or ride in traffic. Skate or ride on smooth areas. Do not skate or ride at night. Use hand signals so that other people will know what you are going to do.



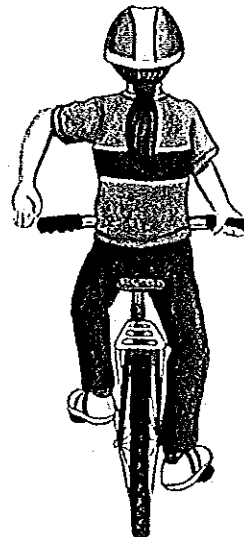
Right Turn

Stretch out your left arm, bend at the elbow, and point your forearm up.



Left Turn

Stretch out your left arm, with your forearm extended out.



Stop

Use your left arm. Bend your elbow down. Your palm faces the back to show stop signal.

Riding a Bike

You might ride a bike to school. Or, you might ride your bike with your friends for fun. Follow these rules to stay safe.

- **Always wear a helmet flat on the top of your head.** Make sure that the helmet fits you.
- **Ride your bike on a bicycle path when possible.** If you ride on a street or road, ride on the right hand side.
- **Ride only in daylight.** People cannot see you at night.
- **Stop and look both ways when you cross a street with your bike.** Walk your bike across the street.
- **Don't wear long pants that are loose at the ankle.** They could get caught in the bike and cause you to crash.



Describe a safe area to skate.

▼ **Always follow safety rules when you ride bicycles and skate.**



ACTIVITY

On Your Own

FOR SCHOOL OR HOME

Make a Poster

Make a poster showing safety rules for riding a bike. Ask for permission to display your poster at home.

Water Sports

Playing in or near water can be fun. Follow these safety rules when you swim and boat.

Swimming

Follow these safety rules when you swim.

- **Learn to swim.** Take swimming lessons. A swimming teacher can show you how to swim.
- **Wear sunscreen when you swim outside.** Sunscreen will protect your skin from the Sun.
- **Swim with a lifeguard on duty.** Do not swim by yourself. Swim with a parent, guardian or trusted adult.
- **Swim only where signs say that swimming is allowed.** It is not safe to swim in every area.
- **Do not go in deep water.** Do not go in water that is above your head.



▲ Always wear a personal flotation device when you are on a boat. What other safe practices do you see here?

Riding in a Boat

Follow these rules when you ride in a boat.

- **Always wear a personal flotation device (PFD),** an object that helps you stay afloat in water.
- **Do not hang over the side of the boat.** You could fall out.
- **Stay seated.** It is easy to tip a small boat if you stand up in it.



How can you swim safely?