



Safety Unit (3)

Name _____

Teacher _____

Letter to Parents

Dear Oak Brook Parent,

In the next few weeks during health and physical education class your child will be learning about safety at home and outdoors, as well as ways to respond to any accidents or emergency situations. We want to encourage you to take some time to talk to your child about ways that you can keep your family safe by going over a fire escape plan or helping identify things in your house that make it safe or unsafe. For more helpful information please visit our website at www.tinyurl.com/OakBrookHPE and click on the *Parent Information* link in the left-hand menu.

Please sign below that you have seen this packet and are aware of the health topics for this unit.

Parent Signature

Date

Keep Safe Indoors



Directions: Read *Keep Safe Indoors* in your Health and Wellness health book (C42-C43). Complete the lesson outline by filling in the blanks with the correct answers.

1. An _____ is something that is not supposed to happen.
2. Most _____ are caused by accidents.
3. _____ can help prevent accidents.
4. You can take steps to help make your home a safe place by
 - a. Putting away _____ so they don't become trip hazards.
 - b. Not walking on _____ floors where you might slip.
5. Tell a(n) _____ if you know of a hazard in your house.
6. To prevent a _____ don't put too many plugs in an outlet.
7. If you see and/or smell _____, crawl on your hands and knees to keep below the _____.

WORD BOX

Injuries

Smoke

Safety Rules

Toys

Adult

Wet

Parent

Fire

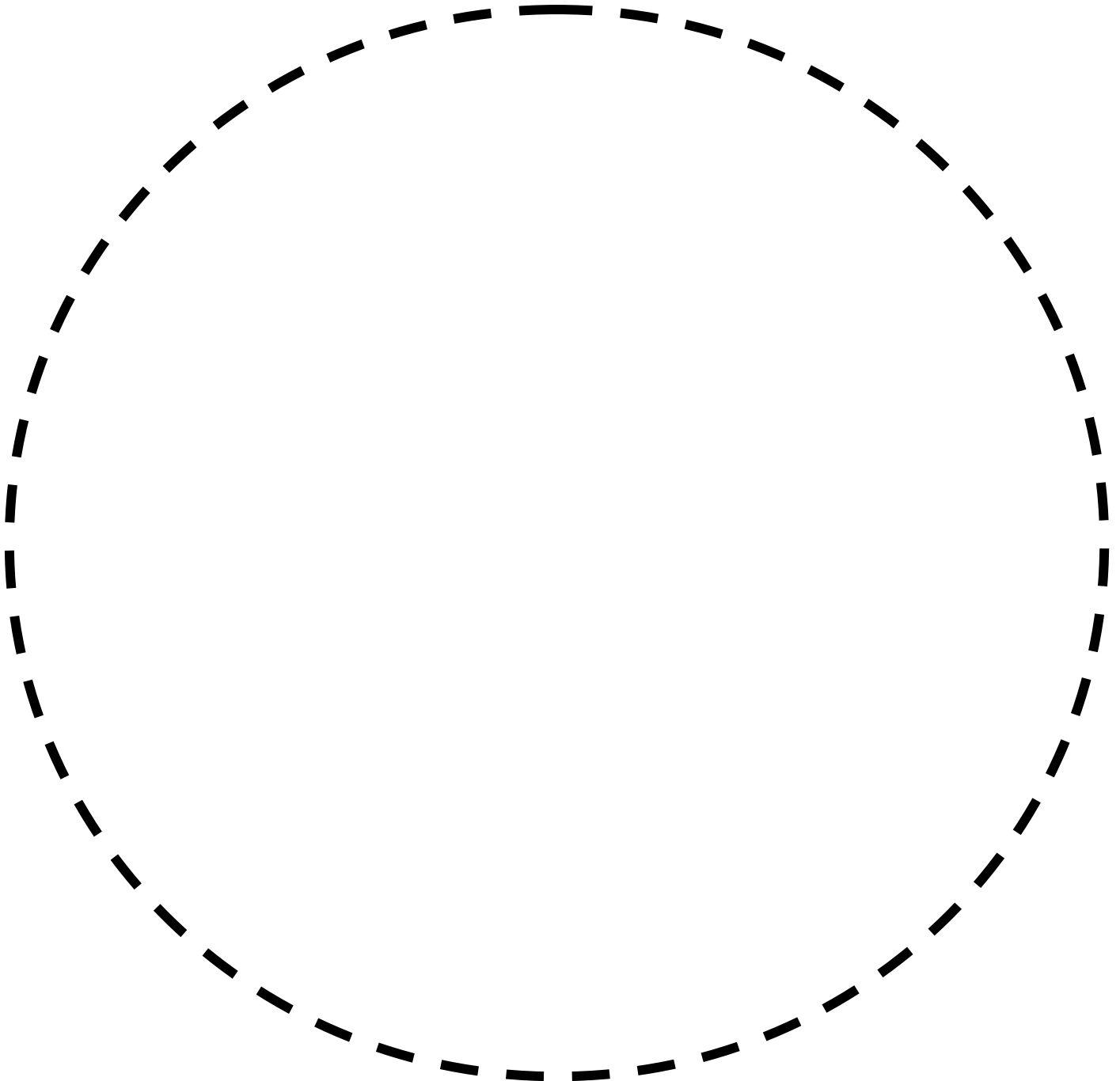
Accident

Hazards

Independent Assignment

Home Safety Reminders

Make a safety sign for something at home that could be a hazard. Cut out and post the sign by the possible hazard.



Safety on the Go



Directions: Read *Safety on the Go* in your Health and Well-ness health book (C48-C51). Complete the lesson outline by filling in the blanks with the correct answers.

1. Always wear a _____ when you ride in a car.
2. Always wear a _____ when riding a bike to protect your brain during a fall.
3. Use _____ when riding a bike to let others know what you are going to do.
4. Ride your bike on a _____ whenever possible.
5. Stop and look both ways when you cross the _____.
6. Ride or skate only in the _____ when people can see you.
7. If you need to ride your bike on the street, ride on the _____ side of the road, or with the traffic. If you are riding with a friend ride _____ - _____.
8. To signal a right turn on a bike, put your _____ arm out and _____.

WORD BOX

Sidewalk	Street	Seat Belt	Helmet	Hand Signals
Daylight	Left	Right	Up	Down

BIKE SAFETY

Identify the following hand signals for riding a bike.

