



# Safety Unit (4)

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](http://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



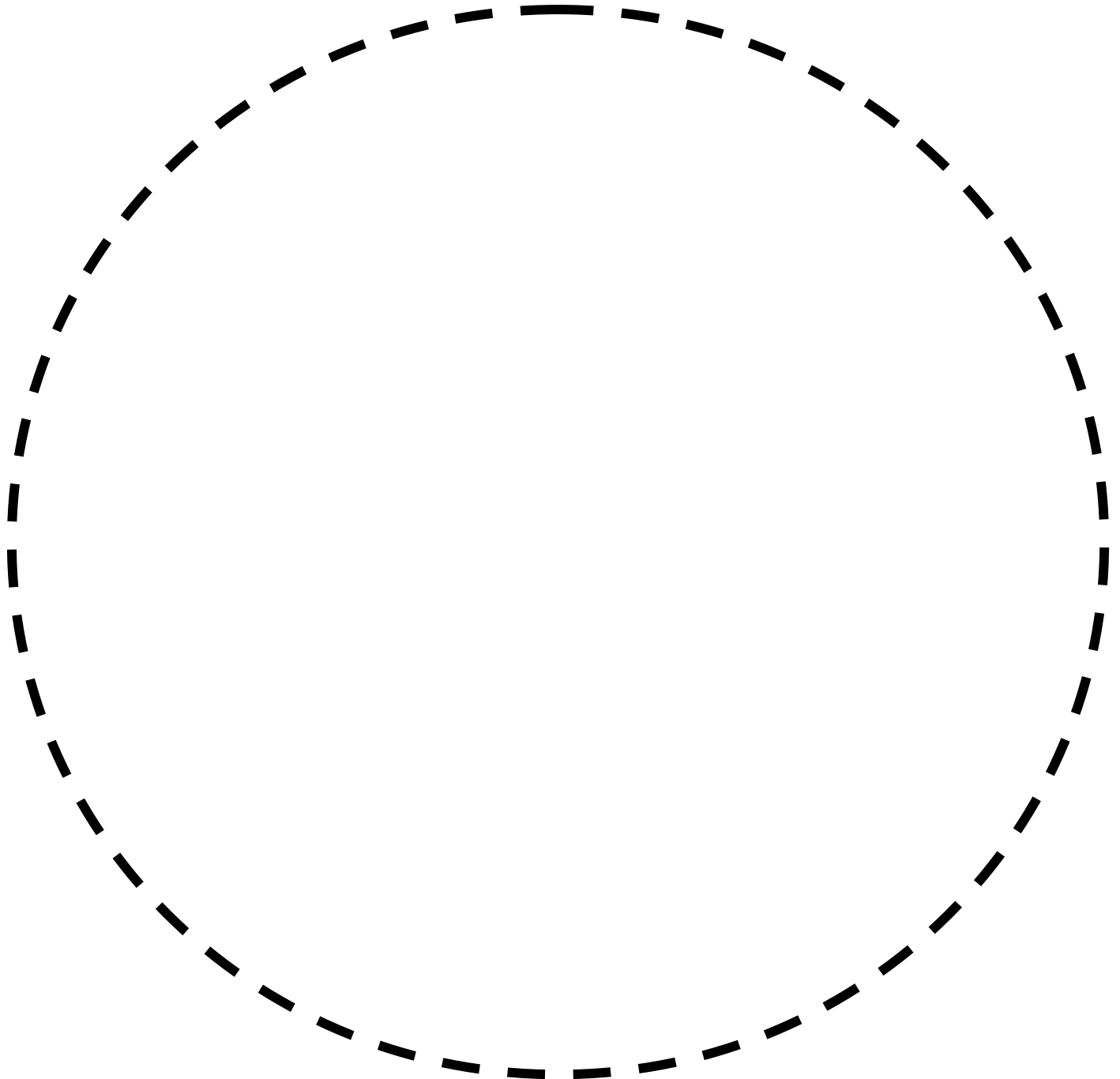
Directions: Read *Safety at Home & School* in your Health and Wellness health book (C46-C48). Complete the lesson outline by filling in the blanks with the correct answers.

1. An \_\_\_\_\_ is something that is an unexpected event.
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. Keeping stairs and floors clear of \_\_\_\_\_ so they don't become trip hazards.
  - B. Turning on \_\_\_\_\_ before you enter a room or stairway.
5. Tell \_\_\_\_\_ 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 \_\_\_\_\_.

## 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 *Being Safe Outdoors* in your Health and Wellness health book (C52-C53 & C58-C63). Complete the lesson outline by filling in the blanks with the correct answers.



1. Always walk on the \_\_\_\_\_, not on the street. If there are no \_\_\_\_\_, walk facing \_\_\_\_\_.
2. Wear \_\_\_\_\_ - \_\_\_\_\_ clothing at night so that others can see you.
3. Cross street at the corners of an intersection or where there is a \_\_\_\_\_ and traffic signal.
4. Follow the \_\_\_\_\_, \_\_\_\_\_ way to check for cars when crossing an intersection.
5. Don't \_\_\_\_\_ to beat a "Don't Walk" signal.
6. Wear an approved \_\_\_\_\_ when riding a bike or scooter.
7. Ride or skate only in the \_\_\_\_\_ when people can see you.
8. 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 \_\_\_\_\_ - \_\_\_\_\_.
9. To signal a right turn on a bike, put your \_\_\_\_\_ arm out and \_\_\_\_\_.
10. \_\_\_\_\_ your bike across busy streets.

# BIKE SAFETY

Identify the following hand signals for riding a bike.

