



Safety Unit (5)

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-C45). Complete the lesson outline by filling in the blanks with the correct answers.

1. A _____ is something that can cause harm or injury.
2. Accidents at home can cause _____, or harm, to a person.
3. A scraped knee is a minor injury and doesn't cause a big threat to a person's health. However if a person gets a _____ injury, he or she may need to get extra care from a trained adult or medical person.
4. Some of the most common examples of hazards at home that can cause harm are _____, _____, and _____.
5. _____ are guidelines that help prevent accidents and reduce the risk of injuries.
6. _____ can help protect your home and family if there is a fire.
7. Don't leave _____ running with no one nearby.
8. If there is smoke in the house or room you in, _____ on your hands and knees as smoke usually _____.

Independent Assignment

Home Safety Check

Use the sheet of paper to list up to four safety hazards that you identify in the following areas of your home or another family member's home.

What was the hazard?	What recommendations would you make to have it fixed?

What three goals would you make for your home to keep it safe?

- 1) _____
- 2) _____
- 3) _____

Keep Safe Outdoors



Directions: Read *Keep Safe Outdoors* in your Health and Wellness health book (C48-C51). Complete the lesson outline by filling in the blanks with the correct answers.

1. A person who walks on the sidewalk or in the street is called a _____.
2. When walking along the street use _____ and _____. Don't cross the street between _____.
3. Whether you are walking or biking along the street obey _____.
4. Wear _____ - _____ or reflective clothes if you are walking or biking at dusk or at night so that others can see you.
5. When crossing a street, look _____, and _____, then _____ again before you start to cross.
6. Always wear a _____ when you skate, ride a bike, or skateboard.
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 _____.

SAFETY & EMERGENCY SCENARIOS

What precautions would you take in the following situations?

1. You are in extremely cold weather.

2. You are in extremely hot weather.

How would you respond to the following situations?

1. You get a small cut which begins to bleed.

2. You get hit in the nose and it starts to bleed.

3. There is smoke in your house and you suspect a fire.

4. You suspect your baby brother or sister is having trouble breathing.
