

STAYING SAFE

There are many safety tips that can help keep you from getting hurt or getting into trouble. There are safety tips for when you are at home and for when you are outside and around your neighborhood. There are probably rules in your house that adults have made for your safety. Be sure to know your house rules and follow them. For example, maybe you are not allowed to have friends over unless an adult is home. Following rules like this is important for your safety and for your friends' safety as well.

One important thing to know is how to prevent electric shocks and fires. Metal and water conduct electricity and can cause a spark that starts a fire. For this reason, you should never put something made of metal into an electric socket. Also be sure not to use electrical appliances in or near water. An adult should show you how to use an electrical appliance before you try it on your own. There should also be smoke detectors and fire extinguishers in your home in case a fire does start.

You can protect yourself from falling and getting injured by following some safety rules as well. For example, when you are in the bathtub, you should stand on a rubber mat so you will not slip. There should also be a secure bath mat to step onto when you get out of the tub so you won't slip and fall. Another way to prevent injuries from falling is to be sure there is enough light when you are walking at night, and remember to take only one step at a time when you go up or down stairs.

Another important way to stay safe is to be careful around poisons that might be in your home. Accidentally swallowing a poison can cause you to get very sick. Some poisons may even cause death. Cleaning products, glue, paint and even some kinds of plants can be poisonous and should be kept away from children. If there are younger children in your home, be sure that things that could be poison are kept away from them. If someone does accidentally swallow something that could be poison, call 911 or poison control immediately.

If you are outdoors, be sure to stay away from animals or insects that may bite. Also avoid plants like poison ivy and poison oak which can cause a painful rash. Wear sunscreen whenever you are outdoors in the sun to protect your skin from sunburn. Also be sure to dress for the weather. If it is very cold, wear a coat, hat and gloves to protect your skin from frostbite.

QUESTIONS

1. What is one house rule in your home?

2. Which of the following statements is false?
 - a. Water conducts electricity.
 - b. Most electrical appliances can be used safely in water, but it's best to check with an adult.
 - c. Metal conducts electricity.
 - d. It would be dangerous to put the prong of a metal fork into an electric socket.

3. Name two things that should be in your home to protect you from a fire if one starts.

4. You can prevent an injury from falling in the bathtub by standing on a _____ when you are in the tub.

5. What is an important safety measure if you are walking at night or in the dark?

6. List four things that may be in your home that could be poison.

Name _____



Date _____

ANSWERS

1. Answers will vary.
2. b
3. smoke detector, fire extinguisher
4. rubber mat
5. Make sure there is enough light.
6. cleaning products, glue, paint, some plants
7. b
8. animals or insects that may bite, plants like poison ivy and poison oak
9. by wearing sunscreen
10. by wearing a coat, hat and gloves