

## Chapter 17 Lesson 3 Safety on the Road

### Objectives

- **Describe** seven ways to protect yourself while walking.
- **Explain** why you should use a helmet while cycling and skating.
- **Describe** how seat belts and air bags protect you.
- **List** four bus safety practices.



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## Chapter 17 Lesson 3 Safety on the Road

### Start Off Write

Why do you think it is important to wear a bicycle helmet every time you ride your bike?



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## Chapter 17 Lesson 3 Safety on the Road

### Safety While Walking

Follow these tips to stay safer:

1. Use sidewalks when they are available.
2. Walk facing the traffic.
3. Cross the street only at crosswalks.
4. Look both ways before crossing a street.
6. Try to avoid walking at night.
7. Don't wear headphones when walking.



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## Chapter 17 Lesson 3 Safety on the Road

### Safety on Wheels

Follow these tips to stay safer:

1. Wear your safety equipment.
2. Pay attention to traffic.
3. Follow the rules of the road.
4. Wear the right clothes.
5. Ride and skate only in designated areas.
6. Always ride and skate with friends.
7. Avoid riding and skating at night.



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## Chapter 17 Lesson 3 Safety on the Road

### Vehicle Safety

- Wear your seat belt every time you ride in a car, truck, or SUV.
- Air bags, along with seat belts, keep passengers from hitting the dashboard or windshield. But air bags are made to protect larger people. They may hurt a smaller person.
- For the best protection, anyone under age 12 should ride in the back seat.



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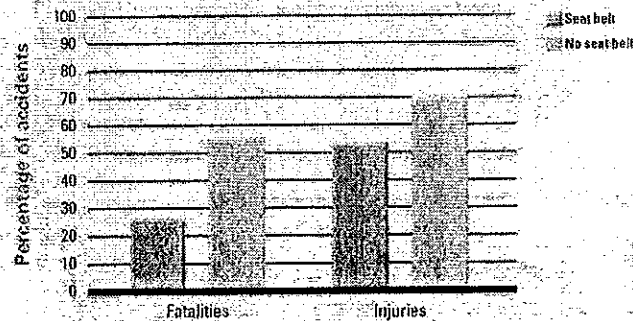
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## Chapter 17 Lesson 3 Safety on the Road

Many people die or get hurt in auto accidents because they are not wearing seat belts.

Automobile Fatalities and Injuries in the United States for 2000



Source: National Highway Traffic Safety Administration

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## Chapter 17 Lesson 3 Safety on the Road

### Bus Safety

Follow these tips to stay safer:

1. Don't distract the driver.
2. Sit down while the bus is moving.
3. Make sure the driver can see you when you get off the bus.
4. Learn where the emergency exits are located.



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## Chapter 17 Lesson 4 Safety Outdoors

### Objectives

- List two injuries caused by cold weather.
- Identify two injuries caused by hot weather.
- Describe three ways to protect yourself while doing outdoor activities.



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## Chapter 17 Lesson 4 Safety Outdoors

### Start Off Write

How can you avoid heat-related injuries when you exercise on a hot day?



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## Chapter 17 Lesson 4 Safety Outdoors

### Safety on a Cold Day

- **Hypothermia** People who have hypothermia shiver uncontrollably, feel sleepy, have slurred speech, and seem confused. A hypothermia victim should be kept warm. Remove any wet clothes, and wrap the victim in dry blankets. Call for help.
- **Frostbite** Frostbitten skin is pale, stiff, and numb. If someone has frostbite, call for help. Put the affected area in lukewarm water until help arrives.



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## Chapter 17 Lesson 4 Safety Outdoors

### Safety on a Hot Day

- **Heat Exhaustion** Signs of heat exhaustion include headache, dizziness, nausea, and clammy skin. If you have heat exhaustion, go inside and drink cool fluids. If the symptoms do not improve, call for help.
- **Heatstroke** The signs of heatstroke are high fever and dry skin. A heatstroke victim should be taken to a doctor right away. Heatstroke can be life threatening.



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## Chapter 17 Lesson 4 Safety Outdoors

### Playing Safe

- **Outdoor Tips** Remember the following tips whenever you go outside:
  1. Drink plenty of water.
  2. Use sunscreen, even on cold or cloudy days.
  3. Watch the weather.



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## Chapter 17 Lesson 4 Safety Outdoors

### Outdoor Safety

#### Hiking and Camping Safety

- ✓ Don't camp or hike by yourself. For more remote areas, go with at least three other people.
- ✓ Leave a plan of your activities with friends and park headquarters.
- ✓ Plan for emergencies. Carry emergency signal devices, know where you can find ranger stations or telephones along your route.
- ✓ Carry a first aid kit.
- ✓ Carry plenty of food and water.
- ✓ Carry bug repellent and sunscreen.
- ✓ Become familiar with the area. Carry a map and compass.
- ✓ Be aware of dangerous wildlife.
- ✓ Make sure all campfires are properly contained and extinguished.

#### Water Safety

- ✓ Learn to swim.
- ✓ Swim with a buddy.
- ✓ Swim in designated areas.
- ✓ Avoid waves that aren't supervised.
- ✓ Obey posted warning signs.
- ✓ Don't run near water.
- ✓ Don't dive into unfamiliar bodies of water.
- ✓ Swim parallel to shore instead of away from shore.
- ✓ When at the beach, check surf conditions before getting in the water.
- ✓ Watch out for water plants and animals that may be dangerous.
- ✓ Wear a life jacket when boating.

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# Chapter 17

## Lesson 4 Safety Outdoors

### Skiing and Snowboarding Safety



- ✓ Learn how to use skis and a snowboard.
- ✓ Ski and snowboard on slopes within your skill level.
- ✓ Ski and snowboard in designated areas.
- ✓ Control your speed.
- ✓ Pay attention to fellow skiers and snowboarders.
- ✓ When you exit on the trail, move to the side. Avoid blocking the trail.
- ✓ Use safety equipment such as wrist guards and goggles.
- ✓ Make sure equipment is in good shape and fits correctly.
- ✓ Wear warm clothes. Dress in layers and wear a hat and gloves.

### Mountain Biking Safety



- ✓ Wear a helmet. Make sure it fits correctly.
- ✓ Don't maintain.
- ✓ Don't take trails that are too difficult for you.
- ✓ Develop your bike-handling skills.
- ✓ Watch where you're going.
- ✓ Learn safe riding practices. Watch out for other cyclists and hikers on the trail.
- ✓ Carry plenty of water.
- ✓ Make sure your bike is the right size for you.
- ✓ Tune up your bike regularly. Make sure brakes work correctly and tires are inflated.

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## Chapter 17

### Lesson 6 Deciding to Give First Aid

#### Objectives

- **Describe** the three steps of handling an emergency.
- **List** four things you need to say during an emergency phone call.



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## Chapter 17

### Lesson 6 Deciding to Give First Aid

#### Start Off Write

What information do you need to provide when you make an emergency phone call?



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## Chapter 17

### Lesson 6 Deciding to Give First Aid

#### Handling an Emergency

Follow these steps in an emergency:

1. Check out the situation.
2. Call for help.
3. Care for the victim.



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## Chapter 17

### Lesson 6 Deciding to Give First Aid

#### Making an Emergency Phone Call

- The operator will need the following information when you call:
  1. your name and location
  2. the type of emergency
  3. the condition of anyone who is hurt
  4. what you've done to help the victim



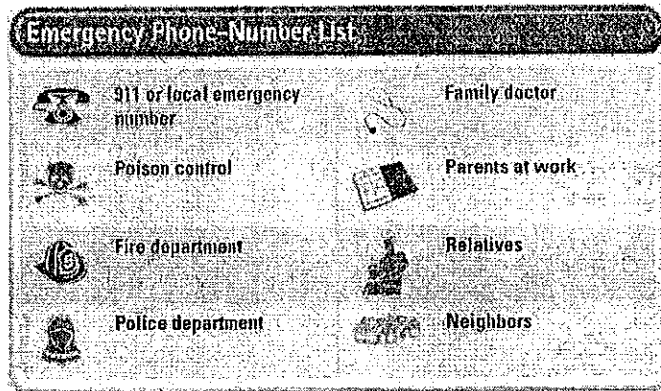
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## Chapter 17 Lesson 6 Deciding to Give First Aid

Your family should keep an emergency phone-number list next to every phone in the house.



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## Chapter 17 Lesson 8 First Aid for Injuries

### Objectives

- **Describe** the treatment for bleeding.
- **Explain** how to care for burns.
- **Describe** how to care for a poisoning victim.
- **Describe** how to care for broken bones and dislocations.
- **Explain** how to care for someone who has a head, neck, or back injury.



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## Chapter 17 Lesson 8 First Aid for Injuries

### Start Off Write

What is the proper first aid for a third-degree burn?



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## Chapter 17 Lesson 8 First Aid for Injuries

### Bleeding

- Stop the bleeding right away.
- Put a piece of sterile gauze over the cut.
- Use your hand to put pressure on the cut.
- If the cut is on an arm or a leg, elevate the limb above the heart. But don't elevate the limb if doing so may cause more injury.
- Don't remove the gauze if it is soaked. Just add more gauze and apply more pressure.
- If the bleeding doesn't stop within a few minutes, or if the wound is very large, call for help.



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## Chapter 17 Lesson 8 First Aid for Injuries

### Burns

- **First Aid for Burns** The severity and location of a burn determine whether you should go to the hospital.

Treating Burns		
Type of burn	Description	Treatment
First-degree burns	The burned area is red. Only the top layer of skin is affected.	Run cool water over the burn. Use a sterile piece of the burn until it heals. If the burn covers most of the body, call a doctor.
Second-degree burns	The top two layers of skin are affected. The skin blisters. The burns are very painful.	Run cool water over the skin to ease the pain. Cover the burn with a sterile bandage. If the burn is larger than 2 inches, go to the emergency room.
Third-degree burns	All three layers of skin are affected. Some muscle and bone may also be burned. Skin will look dark, dry, and leathery. There may be little pain because nerve endings have been damaged.	Call for help immediately. Cover the burn with a clean wet cloth. Do not remove any clothing stuck in the burn.



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## Chapter 17 Lesson 8 First Aid for Injuries

### Poisoning

- How a victim is cared for depends on the poison.
- If you find someone who has been poisoned, try to find out what the poison is. Ask the victim or look for bottles and packages in the area.
- Call 911. Then, call your local poison control center.



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## Chapter 17 Lesson 8 First Aid for Injuries

### Fractures

- If you find someone who has a fracture, call for help.
- In the meantime, avoid moving the injured bone. Moving a broken bone can make the injury worse. Don't try to straighten the fracture.
- You can use ice to reduce swelling, but be careful.
- For some fractures, you can use a splint.



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## Chapter 17

### Lesson 8 First Aid for Injuries

#### Dislocations

- Victims who have dislocations should go to the emergency room.
- Call for help, or ask an adult to take the victim to the hospital.
- Don't move the dislocated limb.
- Make sure the victim is as comfortable as possible.
- Stay calm, and wait for help to arrive.



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## Chapter 17

### Lesson 8 First Aid for Injuries

#### Head, Neck, and Back Injuries

- Don't move the victim. Moving a victim can make the injury worse.
- The victim may be unconscious. Check to make sure the victim is breathing.
- Call for help.
- Keep the victim warm.
- If the victim is conscious, do your best to keep him or her awake until help arrives. Tell the victim not to move.



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