

Attainment's Focus on Safety

by

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Student Reader



Contents



Introduction

1



Community

11

Pedestrian Safety	13
Passenger Safety.	19
Bicycle Safety.	25
Getting Lost	31
Work Safety.	37



Home

43

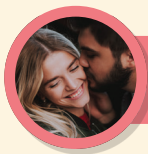
Fire Safety.	45
Bathroom Safety.	51
Medicine Cabinet Safety.	57
Kitchen/Dining Room Safety . . .	63
Mealtime—Eating Safety.	69
Putting Food Away/ Doing Dishes	75
Doing Dishes by Hand	79
Dishwasher Safety.	83
Garbage Disposal Safety	87
Clothes Washer/Dryer Safety. . .	93
Strangers at Home	99
Hand/Power Tool Safety	105
Electrical Safety	111



Recreational

11

Swimming Safety	119
Sun Safety.	125
Cold Weather Safety	131
Sports Safety.	137
Bug Safety.	143



Personal

149

Free Time Safety.	151
Relationship Safety	157
Internet Safety.	163
Pet Safety	169



Glossary

175



Pedestrian Safety



Vocabulary

pedestrian a person who travels by foot

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crosswalk a place where pedestrians cross the street

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reflective a surface that reflects light

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crosswalk signal a sign to help pedestrians cross the street at intersections with traffic lights





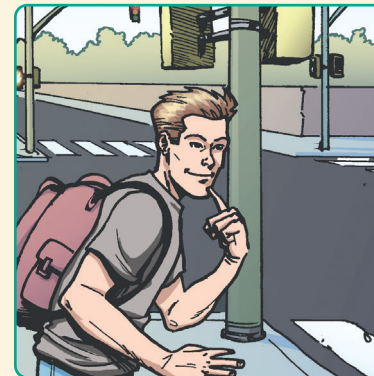
Walking is a fun way to see sights and a good way to get exercise. But it is important to walk the streets safely because accidents can happen there.



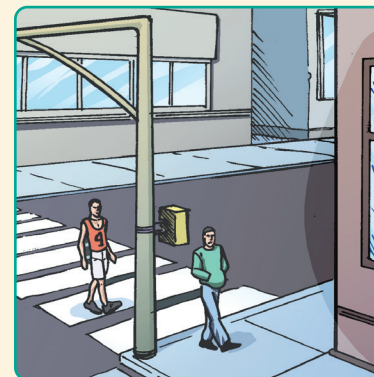
People who walk the streets by foot are called pedestrians.



When you cross the street, first look left, right, then left again. Keep looking until you reach the other side.



Cross streets only at corners. Use crosswalks and traffic lights if you can.





When you cross the street, make eye contact with drivers so you can see what they are doing, and to make sure they see you.



Wear something that glows in the dark when walking at night. Buy clip-on reflective red lights to wear after dark.



When there is no sidewalk, walk facing traffic on the edge of the road. Stay as far to the left of the road as you can.





Fire Safety



Vocabulary

precaution an action taken to prevent a problem

.....

electrician skilled tradesman who works with electrical equipment

.....

flammable objects that easily catch on fire

.....

smoke alarm a device that detects and gives a warning if there is smoke





There are many reasons why you may need to start a fire. But if you do, take these safety precautions.



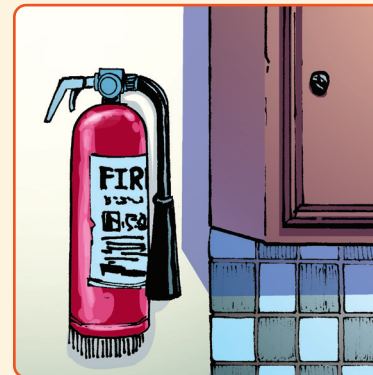
Make sure your home has as many smoke alarms as it needs. Test them often and replace batteries twice a year.



Matches and candles should be kept in safe places, out of the reach of small children.



Keep a fire extinguisher where it is easy to find and near to fire sources. Make sure it rates for grease and electrical fires.

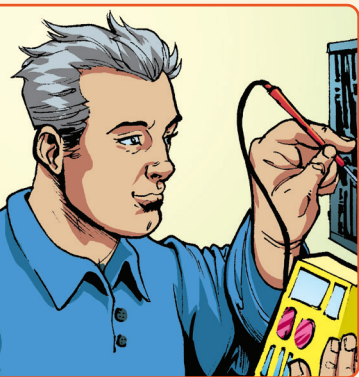




If you allow people to smoke, make sure cigarettes are put out before you dump the ashes.

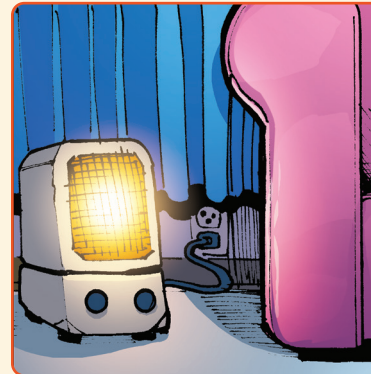


Make sure your electrical wiring has been checked recently by an electrician.



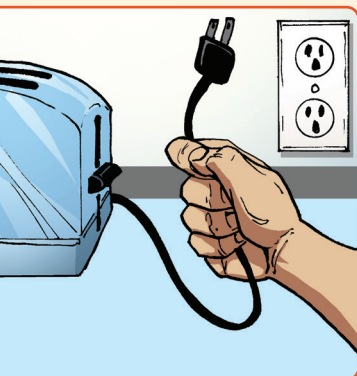


Use space heaters with caution. Keep flammable objects away from them. Never leave them on when you are sleeping.

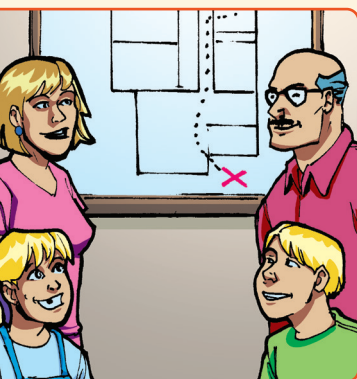


If you use a fireplace, have the chimney and fireplace checked and cleaned on a regular basis.





Unplug appliances when you are not using them.



Plan an escape from each part of your house. Make a map of this plan and practice it once a year.



Swimming Safety



Vocabulary

drowning when lungs fill with water, causing suffocation and death

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shock a sudden disturbance

.....

cramp a painful muscle contraction

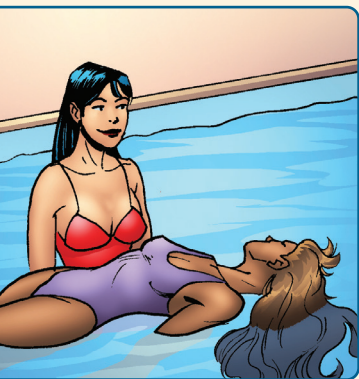
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lifeguard an expert swimmer employed to rescue people





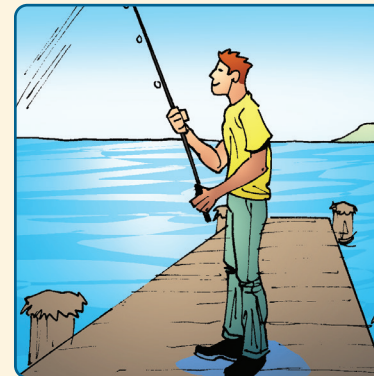
Nothing is more fun than relaxing in a lake or a pool.
But keep safety in mind.



If you don't know how to swim, take lessons.
Everyone should know how to swim.

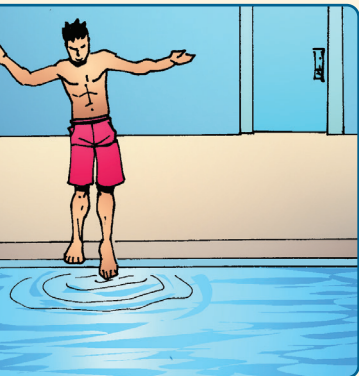


Drowning happens when your lungs fill with water. It can take less than two minutes. Be aware when you are near water.



Never dive off the side of the pool. Don't dive in the water when you are outdoors, unless swimmers are allowed to.





Test the water before going in. If it's cold, it can make muscles stiff, or cause you to open your mouth and swallow water.



Never go swimming by yourself.



When swimming, know what's on the bottom. Walk in slowly. Look for grass and weeds because they can trap you.



When in the ocean, be sure there is a lifeguard. Be careful with strong waves because they can knock you down.





Don't go swimming in the dark or during a storm.
If you get a cramp, get out of the water right away.



Even if you are a good swimmer, always be careful.
Many things, besides sharks, can put you in danger.