

Skills Worksheet

Directed Reading

Lesson: Safety Around Home

1. What is an accident?

FALLS

2. List four things you can do to prevent falls.

FIRES

3. A _____ is a small, battery-operated alarm that detects smoke from a fire.
4. A _____ is a device that releases chemicals to put out a fire.

ELECTROCUTION

5. What is electrocution?

CYCLING AND SKATING SAFETY

6. List five things you can do to stay safe while you cycle or skate.

Directed Reading *continued*

VEHICLE SAFETY

- _____ 7. Which of the following is the leading cause of injury and death for children and teens?
- a. drowning
 - b. vehicle accidents
 - c. fires
 - d. falls

Lesson: Safety at School

8. Define *violence*.

VIOLENCE

- _____ 9. Which of the following can lead to violence at school?
- a. anger
 - b. illegal drugs
 - c. prejudice
 - d. All of the above

STAYING SAFE

10. Name four ways you can avoid violence.

Lesson: Seven Ways to Protect Yourself

THINK BEFORE YOU ACT

11. Why is it important to think before you act?

Directed Reading *continued*

PAY ATTENTION

12. How does paying attention keep you safe?

KNOW YOUR LIMITS

13. Describe how knowing your limits can keep you safe.

PRACTICE REFUSAL SKILLS

14. How can you practice refusal skills?

USE SAFETY EQUIPMENT

15. How can safety equipment help you if you have an accident?

CHANGE RISKY BEHAVIOR

16. List two examples of risky behavior.

CHANGE RISKY SITUATIONS

17. What should you do if you see a risky situation?

Lesson: Safety in the Water

18. A _____ is a vest that keeps you floating in the water.

Directed Reading *continued*

BOATING SAFELY

19. List four things you can do to make boating safe.

SWIMMING SAFELY

20. List seven ways to stay safe while swimming.

DIVING SAFELY

21. What could happen if you dive into shallow water?

AVOID DROWNING

22. Name three things that increase your chance of drowning.

Directed Reading *continued*

SAVING A DROWNING PERSON

23. Describe how to save a drowning person.

WATER SURVIVAL

24. You can use the _____ if you get too tired when you are swimming.

Lesson: Weather Emergencies and Natural Disasters

25. A _____ is a natural event that causes widespread injury, death, and property damage.

RECOGNIZING WEATHER EMERGENCIES

26. What system warns people about weather emergencies?

THUNDERSTORMS

27. Describe a thunderstorm.

TORNADOES

28. What is a tornado?

29. A _____ is a weather alert that lets people know that a tornado may happen. A _____ is a weather alert that lets people know that a tornado has been spotted.

Directed Reading *continued*

HURRICANES

30. Describe a hurricane.

FLOODS

31. A _____ is a flood that rises and falls with very little warning.

EARTHQUAKES

32. Name three possible effects of earthquakes.

Lesson: Dealing with Emergencies

WHEN TO GIVE FIRST AID

33. Why should you give first aid only if you have taken a first-aid class?

MAKING EMERGENCY PHONE CALLS

34. In case of an emergency, dial _____.

Lesson: Giving First Aid

35. An _____ is the process of applying pressure to a choking person's stomach to force an object out of their throat.

GIVING ABDOMINAL THRUSTS

36. How do you know if someone is choking?

Directed Reading *continued*

GIVING RESCUE BREATHING

37. An emergency technique in which a rescuer gives air to someone who is not breathing is called _____.

CARING FOR VICTIMS OF POISONING

38. Name three things around your home that could cause poisoning.

TREATING WOUNDS

39. What should you wear when you help someone treat a cut?

TREATING BURNS

40. List and describe the three types of burns.
