# Lesson 14.1 Injury Prevention and Safety at Home

## Vocabulary Review Worksheet

1. Unintentional
2. intentional injuries
3. safety conscious
4. natural disaster
5. home; relative; friend
6. oxygen; heat; fuel

## Note-Taking Guide

**Safety First**

1. Unintentional injuries are accidental or unplanned events. Example include: motor vehicle crashes, drowning, poisoning, fires, and falls.

Intentional injuries are injuries that are caused by another person or are self-inflicted to cause injury. Examples include: violence, suicide, self-injury, and homicide

**Staying Safe at Home**

2. falls; poisoning; firearms; fire

3.

Falls (two of the following): clear items off the floor to avoid tripping; make sure there is good lighting; don’t stand on chairs or tables to reach something high; if using a ladder, make sure someone else is there to steady it for you

Poisoning (two of the following): keep detergent pod containers and button batteries closed, sealed, and stored out of the reach of children; only take prescription medicines that are prescribed to you and take them as prescribed; have a working carbon monoxide detector in your home

Firearms (two of the following): keep all firearms unloaded; use a firearm safe or lockbox to store firearms and keep it locked; add gun locks to each firearm; keep the ammunition locked separately from the firearms; when using a gun for hunting, keep the safety lock in place until you are ready to fire; treat every gun as if it were real and loaded

4.

Four of the following: have working smoke alarms in your home; never leave a hot cooking surface unattended; don’t trap electrical cords under a rug or between furniture and the wall; place candles in tip-proof holders and extinguish them before leaving the room or going to sleep; keep items that can catch on fire at least three feet away from anything that gets hot, such as wall heaters, space heaters, and fireplaces.

5.

* Heat: What starts the fire and keeps the fire burning
* Fuel: The substance that burns. This can be anything that is flammable.
* Oxygen: What the burning fuel reacts with in the air

**Natural Disasters**

6.

Students should list three of the following:

* Listen to a radio, or look online for information and instructions as to what is happening and what to do.
* Sign up for your community’s warning system or your state’s emergency alert system.
* Make sure you have food that will keep if the power goes out, water, first aid supplies, medications, and flashlights and batteries in case you are stuck at home for several days. Think about having supplies in your family cars also in case you are stuck somewhere and cannot get home.
* Make sure you have food and water for your animals also.
* Plan how you will communicate with family members after a disaster. Many times, the phone lines will be too busy to get through, so texting may be a better option.

7. All types of severe weather with the potential to be a significant threat to human health, safety, and property.

8.

**Lightning Strikes**

* Avoid open areas and stay away from tall objects.
* Unplug appliances and other electric devices such as TVs and computers.

**Tornadoes and Hurricanes**

* Go to a basement, storm cellar, or small interior room without windows. Cover yourself with blankets or a mattress if possible to help protect you from flying debris or items falling on top of you. Only go to a basement area during a hurricane if flooding is not an issue.
* If in a vehicle: Do not park under an overpass or a bridge because they may collapse.
* Stay in the car with the seat belt on and put your head down below the windows. Cover yourself with blankets or coats if possible to help protect you from flying debris or items falling on top of you.
* If there is a ditch that is lower than the roadway, leave your car and lie in the ditch, covering your head with your hands, blankets, or coats.

**Earthquakes**

* Drop to your hands and knees under a desk or table if possible. Cover your head and neck with your arms if possible. Hold onto any furniture you may be under.
* If you are outdoors, watch out for possible falling objects.

# Lesson 14.2 Safety in the Community

## Vocabulary Review Worksheet

1. Active shooter
2. inexperience
3. Distracted driving
4. DUI; driving under the influence
5. Drowsy
6. public transportation
7. ride-hailing service
8. run; hide; fight

## Note-Taking Guide

**Community Safety**

1. reducing injuries; practicing safe behaviors; working to change unsafe situations

**School Safety**

2. Box 1: problem; communication; emotions

Box 2: hallways; exits

Box 3: office

Box 4: outside; main; identification

**Active Shooter Situations**

3.

Run: run away from the shooter if there is a way out; help people escape if possible.

Hide: hide out of the shooter’s view and behind large objects that could provide protection if escape is not possible; be very quiet, turn off lights, close shades, lock and barricade the door; silence your cell phone and use text messages or social media to communicate where you are; stay in place until law enforcement tells you to come out.

Fight: fight as a last resort and only if your life is in danger; act as aggressively as possible and improvise weapons; try to severely injure the shooter so they can’t move.

**Public Safety**

4. Three of the following:

Always tell your guardian where you are going, how you are getting there, and whom you are going with; never accept rides from strangers; be alert for suspicious people or vehicles; avoid walking alone at night; always have your cell phone with you and make sure it is fully charged; carry only as much cash as you need; trust yourself, and if you feel uncomfortable in a location, leave as quickly as you can.

**Pedestrian Safety**

5. When pedestrians try to cross the road where there isn’t an intersection.

When it is dark.

**Bicycle Safety**

6. With; traffic

**Motor Vehicle Safety**

7. Male teens; teens driving with teen passengers; teens who have just obtained their license

8.

Box 1: maximum; nighttime

Box 2: 47; not

Box 3: distracted

9. Three of the following: speeding; tailgating; weaving in and out of traffic; passing where prohibited; driving too fast for the conditions

10. Person who has been drinking alcohol; is under the influence of drugs (OTC, prescription, and illicit); driving while drowsy

11. driving; sleepiness; fatigue

12. 37; 69

**Public Transportation Safety**

13. Public transportation charges a set fare and runs on fixed routes. Ride-hailing services pick you up wherever you are and take you wherever you want to go.

**Staying Safe at Work**

14. safety; properly; hazards

**Water Safety**

15. friend; lifeguards

dive; feet

cold; currents

# Lesson 14.3 Safety Online

## Vocabulary Review Worksheet

1. digital footprint
2. identity theft
3. phishing attacks
4. Malware
5. hacker
6. Antivirus software
7. numbers; symbols

## Note-Taking Guide

**Internet Safety**

1. 7; 9

2. digital footprint

3. Answers could include:

Social media sharing: tagging your current location when posting photographs and other content and checking in to a specific building or events makes it easy for criminals to see and track where you are, the people you are with, and what you are doing.

Identity theft: identity can be stolen as a teen and you may not know it until you are applying for student loans or a credit card.

Phishing attacks: clicking on a fraudulent website, app or email can give the attackers access to your personal information including usernames, passwords, and credit card information. Phishing attacks can also corrupt files and cause you to lose all the information on your computer.

**Importance of Passwords**

4. numbers; letters; symbols

5. Student response

**Technology Safety Tips**

6. malware; apps

7. Hackers; hacks

8. privacy

9. antivirus

10. upload; email; post

11. People aren’t always who they say they are and you could be meeting someone who is there to hurt you, steal from you, or other bad things.

# Lesson 14.4 First Aid and Emergency Procedures

## Vocabulary Review Worksheet

1. cardiopulmonary resuscitation (CPR)
2. automated external defibrillator (AED)
3. Anaphylaxis
4. cardiac arrest
5. wound
6. Concussion
7. Universal precautions

## Note-Taking Guide

**Preparing for Emergencies**

1. Basic medical care to someone experiencing a sudden injury or illness.

**Emergency Action Steps**

2.

Check: Check the scene to make sure it’s safe and the victim to determine the injury or illness

Call: Call 911

Care: Care for the person to your level of knowledge and training until EMS arrives

**Universal Precautions**

3. Universal precautions are used to reduce the risk of transmitting pathogens from one person to another through close physical contact or through a contaminated surface or object.

**Cardiac Emergencies**

4. Heart attack: occurs when blood flow to part of the heart muscle is blocked.

Cardiac arrest: occurs when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs.

**Cardiopulmonary Resuscitation**

5.

Step 1: place the heel of one hand in the center of the chest and place the other hand on top of the first hand.

Step 2: give 30 chest compressions

Step 3: open airway and give 2 rescue breaths

Step 4: repeat chest compressions and rescue breaths until:

* person is breathing on their own
* an AED is ready to use
* EMS arrives

6. chest

**Sudden Illness**

7. 911; comfortable; breathing; hot/cold; changes

**Other Types of Emergencies**

8. Give five back blows and then five abdominal thrusts.

Continue giving five back blows and five abdominal thrusts until the person can cough forcefully, speak, or breathe or becomes unresponsive.

9. Two causes of shock: severe bleeding, allergic reactions (anaphylaxis), aftereffects of any serious injury or illness

Two signs and symptoms of shock: restlessness, altered level of consciousness, pale or grayish skin color, rapid breathing

10. Heat cramps; heat exhaustion; heat stroke

11. frostbite; hypothermia

**Burns**

12.

A first-degree burn is a superficial burn in which there is pain, redness, and mild swelling.

A second-degree burn is a partial thickness burn that has pain, blisters, splotchy skin, and severe swelling.

A third-degree burn is a full thickness burn, and the skin is white or charred. Nerve endings are destroyed, so there may be no pain at the site. But surrounding tissue that has first- or second-degree burns will still be painful.

13.

Stay in the shade to limit your sun exposure.

Put on sunscreen, and reapply it throughout the day.

Wear a hat with a brim that shields your face and neck.

Wear sunglasses to protect your eyes.

**Wounds**

14.

Closed wounds are bruises and internal bleeding.

Open wounds consist of abrasions, lacerations, avulsions or amputations, and punctures. There is often bleeding with each of these wounds.

**Injuries to the Face**

15. Nosebleeds; knocked out

**Muscle, Bone, and Joint Injuries**

16. Sprains; strains; dislocations; fractures

17. rest; immobilize; cold; elevate

**Head, Neck, and Spinal Injuries**

18. consciousness; blood; movement; pain; helmet

**Concussions**

19. Four of the following:

Difficulty thinking and remembering: difficulty remembering new information; difficulty thinking clearly; difficulty concentrating; difficulty remembering events that occurred just prior to and just after the incident

Physical signs and symptoms: headache; blurry vision; nausea or vomiting; dizziness; sensitivity to noise or light; balance problems; lack of energy

Emotional signs and symptoms: irritability; sadness; overwhelming emotions; nervousness or anxiety

Behavioral signs and symptoms: sleeping more or less than usual; difficulty falling asleep

# Test Your Knowledge

1. c. check, call, care

2. c. earthquake

3. d. 12

4. b. dislocation

5. a. suicide

6. d. malware

7. c. heat cramps, heat exhaustion, heat stroke

8. b. 30 to 2

9. c. fall

10. d. rest, immobilize, cold, elevate