

LESSON 14.1 Injury Prevention and Safety at Home Note-Taking Guide

Safety First

1. Injuries are the leading cause of death in youth 19 years of age and younger. There are two types of injuries that may occur, unintentional and intentional. Define each and provide two examples.

Unintentional injuries:

Intentional injuries:

Staying Safe at Home

2. List the four most common incidents in homes.

1.

2.

3.

4.

CHAPTER 14 Injury Prevention, Safety, and First Aid

Lesson 14.1

3. For falls, poisoning, and fire list two ways to prevent each one.

Falls	
_____	_____

↓

Poisoning	
_____	_____

↓

Fire	
_____	_____

4. List four firearm safety tips to stay safe in your home.

1.	
2.	
3.	
4.	

5. List and explain the three fire triangle elements.

Fire triangle

Natural Disasters

6. What are three things you should do to prepare for a natural disaster?

7. Define the term *natural disasters*.

Natural disasters:

CHAPTER 14 Injury Prevention, Safety, and First Aid

Lesson 14.1

8. List the three natural disasters described in the lesson. For each disaster, explain how you could prepare and stay safe.

1.

2.

3.

LESSON 14.2 Safety in the Community Note-Taking Guide

Community Safety

1. What three concepts are involved in community safety?

Community Safety		

School Safety

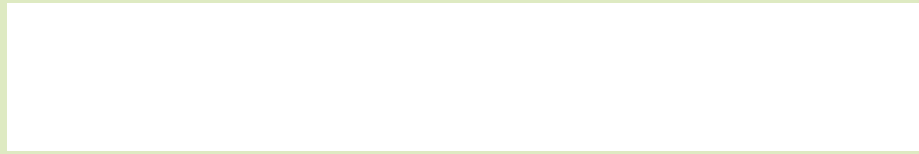
2. Complete the sentences in each box below regarding the actions schools are taking to be safer and more prepared for unsafe situations.

Teaching _____ solving and _____ skills to help students handle _____ better.	→	Having well-lit _____ with convenient _____ _____.	→	Centrally located _____ _____ _____.	→	Locking _____ doors so visitors must enter through the _____ door and show _____ _____.
--	---	--	---	---	---	---

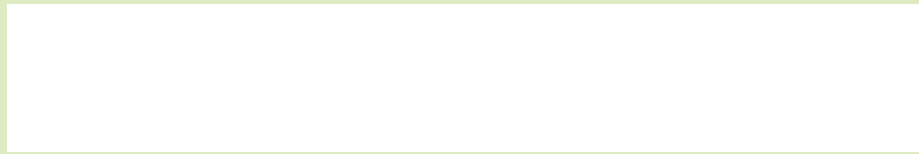
Active Shooter Situations

3. The FBI suggests you run, hide, or fight when there is an active shooter. Explain what it means to run, hide, or fight in an active shooter situation.

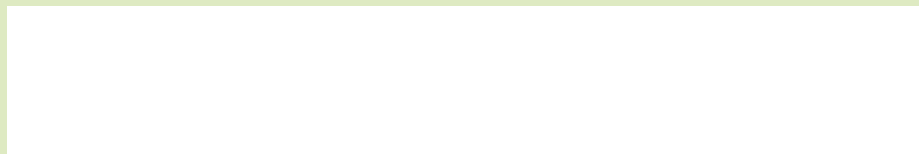
Run:



Hide:

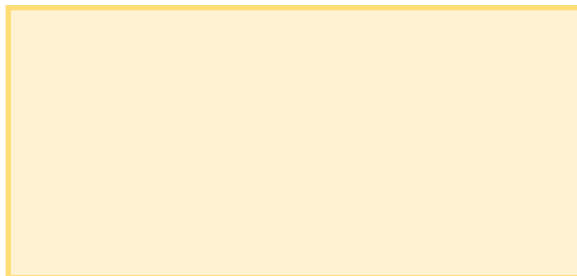
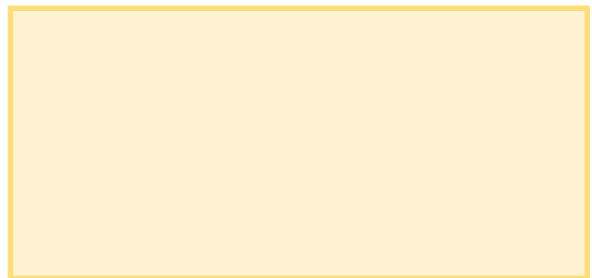
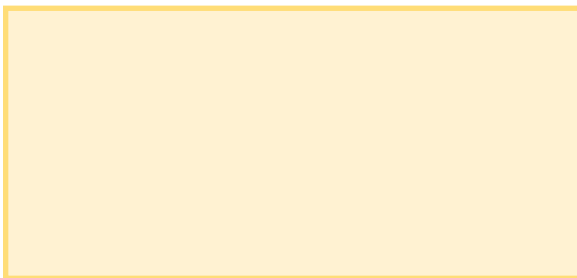


Fight:



Public Safety

4. What are three ways you could stay safe in public places?



Pedestrian Safety

5. When do most pedestrian deaths occur?

Bicycle Safety

6. When riding a bicycle it is important that you ride _____ traffic and follow all _____ signs and signals just like a motorized vehicle.

Motor Vehicle Safety

7. List the three groups of people who are at the highest risk for a motor vehicle crash.

1.

2.

3.

CHAPTER 14 Injury Prevention, Safety, and First Aid

Lesson 14.2

8. Complete the sentences within each box.

GDL laws include the number of passengers in the car and driving restrictions.	 percent of teen drivers and passengers who die in vehicle crashes are wearing a seatbelt.	 driving is any activity that takes the driver's attention away from driving.
---	--	---

9. List three aggressive driving behaviors.

CHAPTER 14 Injury Prevention, Safety, and First Aid

Lesson 14.2

10. List the three situations in which a DUI citation can be given.

1.

2.

3.

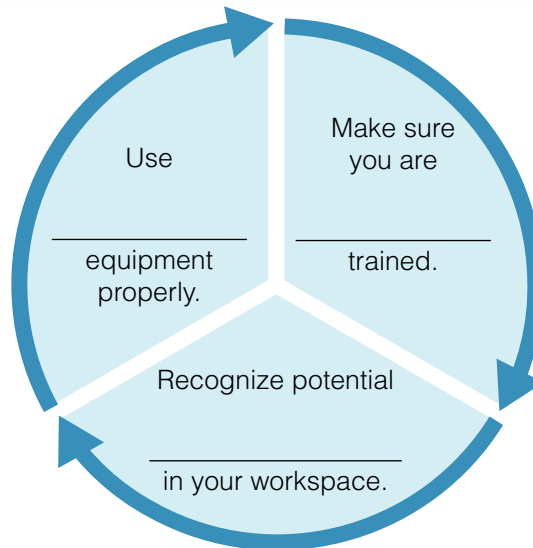
11. Drowsy driving is the combination of _____ and _____ or _____
12. Motorcycle helmets reduce the risk of death by _____ percent and the risk of head injuries by _____ percent.

Public Transportation and Ride-Hailing and Ridesharing Services

13. What is the difference between public transportation and a ride-hailing service?

Staying Safe at Work

14. Complete the sentences.



Water Safety

15. Complete the sentences below.

1.

Always swim with a _____ and in areas
with _____.

2.

Do not _____ in shallow water or water you can't see into.
Enter the water _____ first for your safety.

3.

Avoid swimming in really _____ water and watch out
for _____.

LESSON 14.3 Safety Online Note-Taking Guide

Internet Safety

1. The average teen spends approximately _____ to _____ hours online each day posting, chatting, purchasing, and searching for information.
2. The information you leave behind on the Internet is known as your _____.
3. List one risk involved in social media sharing, identity theft, and phishing attacks.

Social media sharing



Identity theft

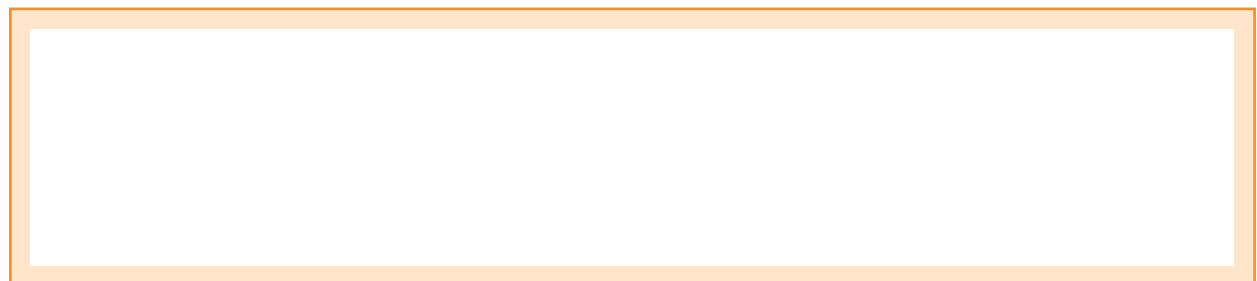


Phishing attacks



Importance of Passwords

4. What three things make your password complex?
 1. _____
 2. _____
 3. _____
5. Do you have a strong password according to the Password Tips suggestions? Why or why not? What could you do to make your password stronger?



Technology Safety Tips

6. _____ is a virus designed to invade your computer and perform damaging actions. It comes from links or _____ on social media.
7. These people try to create a rapport with you by acting as if they know you. _____ are skilled programmers who _____ your password or gain remote access to your computer system and steal information.
8. Adjust your _____ controls to limit who can see your information, including your location.
9. Always update your _____ software, which is used to detect, prevent, and remove malware.
10. Anything you _____, _____, message, or _____ has the potential to remain online indefinitely. Even if you delete it someone else may have saved a copy of it.
11. Why should you never meet someone you know only online in person by yourself?

LESSON 14.4 First Aid and Emergency Procedures Note-Taking Guide

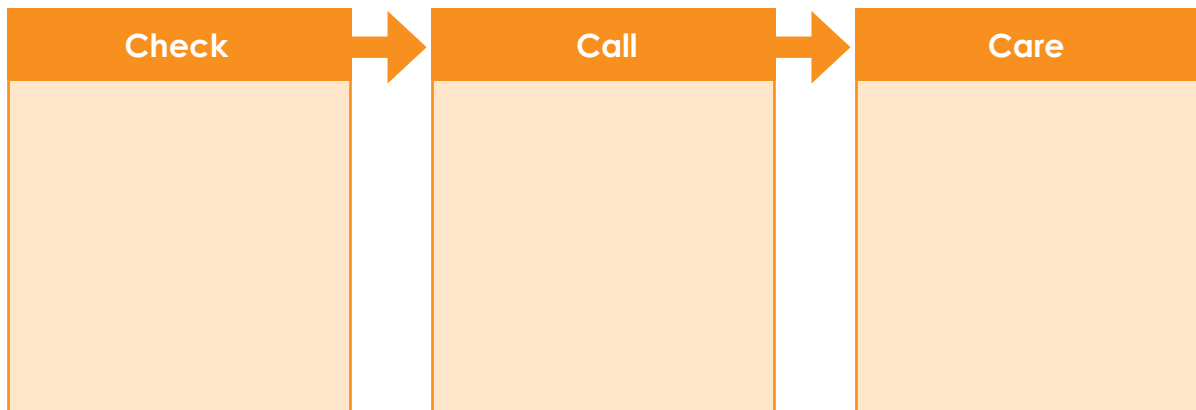
Preparing for Emergencies

1. Define the term *first aid*.

First aid:

Emergency Action Steps

2. Fill in the following boxes for each emergency action step with a short explanation of what you should do.



Universal Precautions

3. What is the purpose of universal precautions?

A large, empty rectangular box with a light yellow background and a thin yellow border, intended for the student's response to question 3.

Cardiac Emergencies

4. Complete the boxes below and explain what each term means regarding the two most common cardiac emergencies.

Heart _____	_____ arrest

Cardiopulmonary Resuscitation

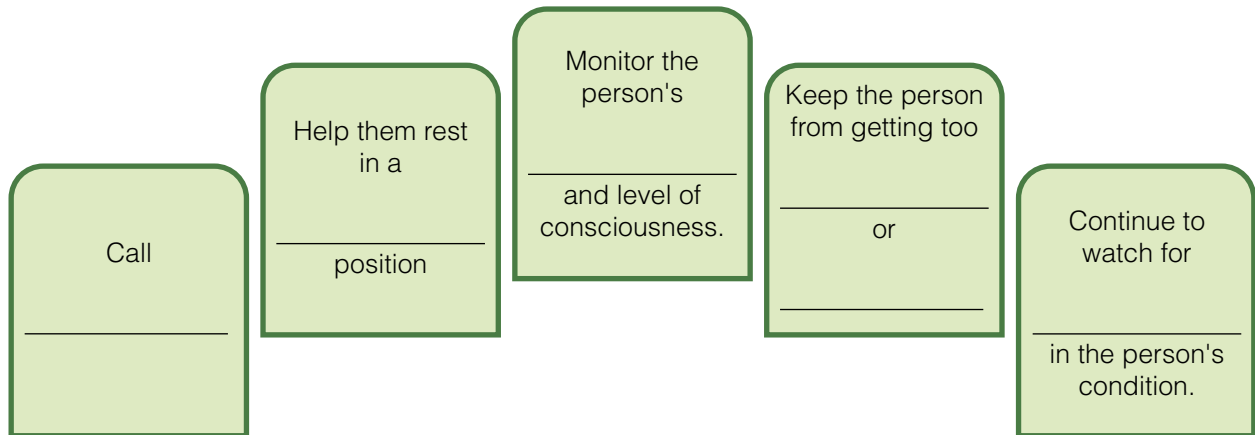
5. List the four steps to giving CPR.

1.
2.
3.
4.

6. In compression-only CPR, you give continuous _____ compressions, which is better than doing nothing and can save a person's life.

Sudden Illness

7. A sudden illness can strike with little to no warning and can include asthma, allergic reactions, diabetic emergencies, seizures, and fainting. Regardless of the sudden illness complete the general care steps you should follow.



Other Types of Emergencies

8. List the steps in caring for an adult or child who is choking.

9. Complete the boxes below for information on shock.

Two causes of shock	Two signs and symptoms of shock

10. Heat-related emergencies are caused by overexposure to heat and dehydration. List the three heat-related emergencies in order from least to most severe.

	→		→	
--	---	--	---	--

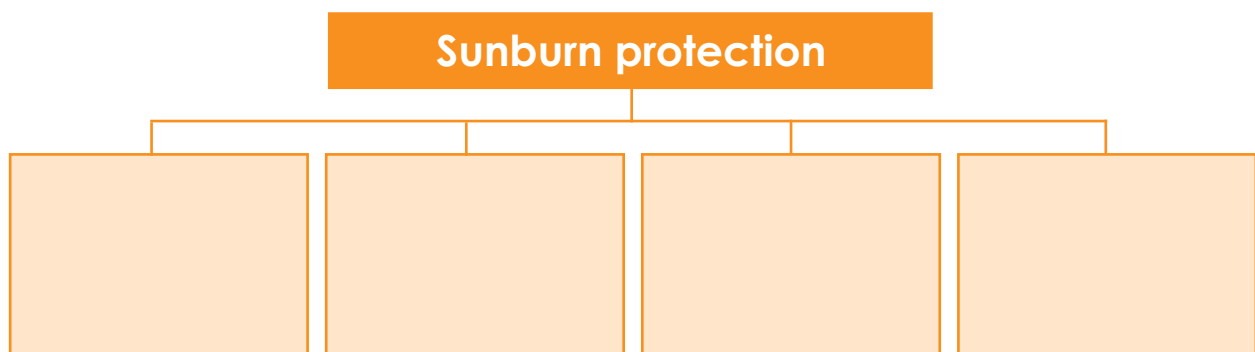
11. Cold-related emergencies occur from an overexposure to cold. List the two cold-related emergencies.

--	--

Burns


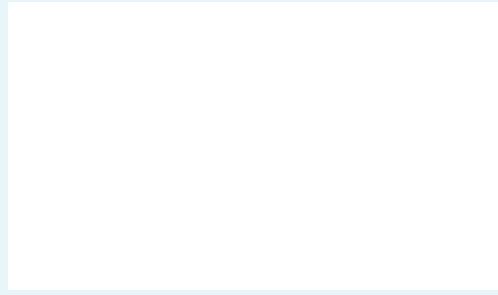
12. Explain how the three degrees of burns are different from each other.

13. Fill in the boxes with how you would protect yourself from a sunburn.



Wounds

14. Explain the difference between an open and a closed wound.

Open wound	Closed wound
	

Injuries to the Face

15. Two of the most common facial injuries are _____ and _____ teeth.

Muscle, Bone, and Joint Injuries

16. The four types of injuries to muscles, bones, and joints include

_____, _____, _____,
and _____.

17. What does the acronym RICE stand for?

R	
I	
C	
E	

Head, Neck, and Spinal Injuries

18. Complete the boxes below on the signs and symptoms of head, neck, and spinal injuries.

Changes in level of _____	_____ or other fluids in the ears or nose	Partial or complete loss of _____ of any body part	Severe _____ or pressure in the head, neck, or back	Broken or damaged safety _____
---------------------------	---	--	---	--------------------------------

Concussions

19. List four of the signs and symptoms of concussion.

--