PASSPORT TO HEALTH ~ 4th Grade
APRIL TAKE HOME MESSAGE

Know the facts before you ride without a helmet or seat belt:

- It is PA State Law that children under the age of 12 wear a bike helmet when riding.
- Three out of four bike crashes result in some kind of injury to the head.
- Each year over 1,200 bicyclists have serious accidents resulting in death. More than half of these deaths occur to school-age children (ages 5-15).
- Wearing a seat belt is the number one way to protect yourself in a car.
- If the car you are riding in has a passenger air bag, it is essential for children under 12 years of age to ride in the back seat.

Fire Safety Tips:

- If your clothing ever catches on fire, Don't run...STOP - DROP - and ROLL to extinguish the fire.
- Don't ever play with matches.
- Check your home to ensure there is a smoke detector on every level and that the batteries are working.

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Fact -or- Fiction

Do you wear a helmet when you ride your bike? Do your friends? When it comes to wearing helmets, just use your head!

Myth 1: Helmets aren’t cool.
Fact: Helmets are designed to help prevent injuries to your skull and your brain. A serious fall or crash can cause permanent brain damage or death. PERMANENT BRAIN DAMAGE OR DEATH?! That’s definitely not cool.

Myth 2: Helmets just aren’t comfortable.
Fact: Helmets today are lightweight and well ventilated. They’re actually a lot more comfortable than they have ever been. Just make sure to look for a standards sticker inside the helmet. Standards have been taken care of by a Government regulation requiring all helmets to meet the Consumer Product Safety Commission standard after 1999. In short, look for a CPSC, ASTM or Snell B-95 sticker.

Myth 3: I have never worn a helmet and nothing has happened to me so far.
Fact: Bike crashes or collisions can happen at any time. Even professional bike racers get in serious collisions. More importantly, studies show that in three out of every four bike crashes, bikers get some sort of injury to the head.

Myth 4: I just don’t want everybody to see me wearing a helmet.
Fact: Wait! That’s just the point! Helmets make it easier for motorists, pedestrians, and other bikers to see you. If everyone can see you, they won’t run into you.
Safety Tips for Walkers

1. Always walk on the sidewalk. If there is no sidewalk and you have to walk in the road, always walk FACING traffic, so you can see any car that might go out of control.

![Image of a traffic light]

2. Dress to be seen. Brightly colored clothing makes it easier for drivers to see you during the daytime. At night, you need to wear special reflective material on your shoes, cap or jacket to reflect the headlights of cars coming towards you.

![Image of a stop sign]

3. Tips for Crossing the Street.
   - Cross only at corners or marked crosswalks.
   - Stop at the curb, or the edge of the road.
   - Stop and look left, then right, then left again, before you step into the street.
   - If you see a car, wait until it goes by. Then look left, right and left again until no cars are coming.
   - If a car is parked where you are crossing, make sure there is no driver in the car. Then go to the edge of the car and look left-right-left until no cars are coming. Keep looking for cars while you are crossing, and remember, walk. Don’t run.
Playing it Safe

EMERGENCY
NOTICETOR
LYNEWCRASU
ATJMANOCES
TEULRAPCAE
IFREMELSTIL
PAYHUUDBU
SSDAPBOER
OFAIRMONGLF
HRAEGAGTTV

ACCIDENT
AMBULANCE
EMERGENCY
FAIR
GEAR
GOODSPORT
HELMET
HOSPITAL

INJURY
PADS
PROTECTION
RULES
SAFETY
SEATBELT
WARMUP
Name:______________

# Pedestrian Safety

Match the words in the first column to the best available answer in the second column.

| __ Curb or edge of the road | 1) When crossing the street wait for this sign. |
| __ Crosswalk               | 2) They help us cross the street. |
| __ Look left, right, left again | 3) Something that blocks your view of oncoming cars. |
| __ Walk                    | 4) Before you cross the street stop here. |
| __ Crossing guards         | 5) When there are no sidewalks, walk in the street. |
| __ Facing traffic          | 6) One of the safest places to cross the street. |
| __ Visual screen           | 7) Before stepping into the crosswalk do this. |
Fire Safety

Write a T for True and an F for False.

1. It is okay to sleep with your bedroom door open. _____
2. It is okay to break my window if I have to escape from a burning house. _____
3. Hiding under my bed will keep me safe from fire. _____
4. I should stop, drop, and roll on the ground if my clothes catch on fire. _____
5. I should try to put out a fire first, and then get out of my house. _____
6. Before leaving a burning house, you have to make sure that everybody else is out. _____
7. I should not stop for pets or toys when escaping a burning house. _____
8. I can cook by myself as long as I’m careful. _____
9. It takes a long time for a house to burn down. _____
10. I should not try to call 911 from inside the burning house. _____
Design Your Own Poster for Fire Safety:
STOP, DROP, and ROLL
Stop, Drop, and Roll!

Color me and my STOP, DROP, and ROLL