PASSPORT TO HEALTH - 5th Grade
APRIL TAKE HOME MESSAGE

Road Smart Safety Information

• It is PA State Law that children under 12 years of age wear a bike helmet when riding.
• Head injuries are the most common cause of death among cyclists. More than half of all bicyclist deaths occur to school age children.
• Wear protective gear and reflective arm bands.
• Always wear a seat belt- even on short trips.
• Always stop, look and listen when crossing a street.
• Never walk between two parked cars- cross at designated crosswalks.

Wearing a seat belt, wearing a helmet and walking/riding on sidewalks are all good habits for maintaining a healthy safe life.

Fire Safety

• Have an escape plan so everyone can get out safely and quickly and make a meeting place where everyone can go when they get out of the house.
• Don't open a door if the doorknob is hot or if you see smoke.
• Stay low to the ground if there's a fire; you'll breathe less harmful toxins the lower you are to the ground.
• If you can't get out right away DO NOT hide, hiding makes it difficult for rescuers and firefighters to find you.
• Get out of the house quickly, don't stop for toys or pets.
• Call 911 from a neighbor's house.
• STOP DROP and ROLL if your clothes catch on fire.

Every year kids start more than 100,000 fires which hurt people and their homes. Do your part to prevent fires by not playing with fire.

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Road Smart

The summer months are a great time to be outside and even travel with friends and family. It’s important to remember some safety guidelines in order to stay safe and healthy.

Always remember to wear your seat belt, even for short trips. Make sure the seat belt is not twisted. The lap strap should rest over your thighs otherwise you could injure your abdominal area. The chest strap should be across your shoulder and not resting against your neck to avoid burns.

Be a model pedestrian. Stop, Look and Listen. Stop and make sure that you are crossing at a designated crosswalk. Look both ways and check to see that other vehicles have seen you. Listen for emergency vehicles or any oncoming traffic that may not be aware of you. Do not litter. Not only is it unsightly, but it can cause potential hazards for other pedestrians and cyclists. It is important that you be a careful pedestrian. You cannot count on drivers to always be alert of your presence. Following our four guidelines for becoming the model pedestrian.

1. Always walk on the pavement, if there’s no pavement, on the opposite side of the road to the traffic.

2. Always cross on a pedestrian crossing. If there are traffic lights, wait for the light to turn green before starting to cross.

3. Before crossing, look both ways. Be careful of cars overtaking (the driver may not see you on the road) and never cross in front of or behind a bus (if a car is passing the stationary bus, the driver will not see you).

4. Never step off the pavement onto the road, even to pass other pedestrians or bicycles.

When riding a bike, make sure you wear protective gear and reflective armbands. Ride well to the inside of the road and stretch out your arm in the direction you want to go before turning. Make sure you have a helmet that fits you correctly and then wear it every time you ride your bike.

Wearing your seat belt and helmet and being a model pedestrian are good habits for a healthy life. Get into the practice now so you can be sure to have a happy summer.
Quiz

1. You are rushing home from school and the light at the crosswalk is just about to turn red, what should you do?
   a. race across the street hoping you make it safely
   b. stand in the road by the curb and dash across the street once most of the cars have passed
   c. wait until the crosswalk blinks green again and the road is clear

2. What are some of the appropriate gear for bicycling, roller-blading, or skateboarding?
   a. socks, bracelets, and necklaces
   b. pads, backpack, MP3 player
   c. helmet, knee and elbow pads, reflective bands

3. What should you listen for when crossing the street?
   a. birds
   b. emergency vehicles and oncoming traffic
   c. car stereos

4. How should you wear your seat belt?
   a. lap belt resting across your thighs; chest strap across your shoulder
   b. loose against your body
   c. you don’t really need to wear a seat belt
Games

Unscramble the words to find out what the phrase is. You can rewrite the words in the boxes below. Then navigate “safely” through the maze.

BE
A
SAMTR
PIEREDSTAN
POTS
KOOL
NAD
LETNIS

[Diagram of a maze]
Across
3. Never walk behind or in front of this.
4. This is unsightly and can cause potential hazards to other pedestrians and cyclists.
5. Athletic fashion statement that never goes out of style.
6. Clicking this is the law.

Down
1. Someone who is walking.
2. Wearing these help other to see you.

Word Bank:

Seatbelt
Bus
Pedestrian
Litter
Helmet
Reflective bands
Word Search

Helmet
Seat Belt
Pedestrian
Walking
Traffic
Riding
Crosswalk
Bicycle

Stop
Drop
Roll
Fire
Matches
Escape Route
Safety
Draw a picture of you being a safe pedestrian or safe bike rider.

Explain how you can stay a safe pedestrian or bike rider.
School Fire Safety

Here are some Fire Safety Rules for a School Fire Drill

1.) Walk quietly, NEVER run.
2.) Listen quietly for directions.
3.) Stay with your group.

What are you supposed to do if there is a fire at your school?

Where do you line up?

Where do you go?

What do you take with you?
Draw where you live and explain the escape route you can take to get safely out if there's a fire.