

ARISE SAFETY EVENT WEEKS VOLUME 2

INSTRUCTOR'S MANUAL

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AUTO SAFETY WEEK (FEBRUARY)

Auto Safety Rhyme

Auto Safety is the way to go.
I fasten my seat belt and don't say no!
Safety first is a smart rule.
I get in the back seat, I'm no fool.
Sitting up front in the passenger seat
Is something kids should avoid,
Because air bags blow when cars get hit
And I wouldn't like that one little bit.
One more thing I want the world to know,
No matter how I go,
I'm playing it cool and following the rules.
That is my new motto!



Day 1

Distribute one Safe, Snug and Secure poster (page 6) to each student and/or hang a copy in your classroom to introduce Auto Safety Week.

Recite the Auto Safety Rhyme.

Test your students' current auto safety knowledge by having them check the correct answer to the questions found on the Auto Safety Pre-Quiz (Page 7). (See Answer Key, page 143.)

Use the Auto Safety Discussion Sheet (pages 8 and 9) to teach your students important safety measures to observe when riding in an automobile. Have students take home a copy of the discussion sheet for their parents to review.

Distribute one copy of the Family Activity (pages 11 and 12) to each student. They are to review the safety guidelines with their parents and return the signed activity sheet on Day 2, noting their parent's commitment to safe travel! Also send home a copy of the More Information Sheet (page 13) for parents and children to learn more together about auto safety.

Day 2

Recite the Auto Safety Rhyme.

Review with your students their homework assignment (Family Activity pages 11 and 12). Ask students how many parents determined their child should be using a booster seat when riding in a car.

Now, ask how many parents signed the Auto Safety Family Activity Sheet and pledged to take the necessary precautions to ensure their children's safety while riding in cars.

Give students a Safety Is For Me! Certificate (page 14) recognizing their pledge to safety.

Use the Air Bag Safety Discussion Sheet (pages 15 and 16) to teach your students about the dangers of air bags and other safety devices found in motor vehicles.

Give each student a copy of the Poster Activity (page 17) and have them make a poster that symbolizes automobile safety. If possible, hang your students' posters throughout the classroom as a reminder of the week's activities.

Day 3

Recite the Auto Safety Rhyme.

Remind students that part of riding safely in an automobile includes recognizing signs and signals that apply to motor vehicles. Give each student a copy of the Signs and Signals Discussion Sheet (pages 18 and 19). Work as a class and have them follow the instructions, drawing and coloring each sign as indicated. Discuss the different meanings and purposes for each.

Day 4

Recite the Auto Safety Rhyme.

Ask your students if they know what public transportation means. If they do not, explain it is a way to move a lot of people from place to place very effectively, without causing a lot of traffic problems. Your whole class can ride at one time in one bus and your whole school can ride at one time in a four-car train. Ask students to think of the benefits of using public transportation instead of a private car. Some answers may include traffic is reduced which also lessens the possibility of car accidents; air quality is improved because less car exhaust is polluting the air; and we save fuel because people are riding together rather than everyone taking their own cars.

Explain though public transportation is needed more than ever, there are safety measures that need to be taken when using this form of transportation. Use the Public Transportation Discussion Sheet (page 20) to teach students about the precautions and safety measures to be taken when riding on buses or subways.

To reinforce safety measures learned throughout the week, have your students complete the Auto Safety Guide (page 21). (Answer Key, page 143.)

Day 5

Recite the Auto Safety Rhyme.

Ask your students what are some of the safety measures they learned this week. Remind them that there are many precautions to be taken with automobile safety, far beyond just wearing our seat belts.

Have your students complete the Auto Safety Post-Quiz (page 7) as a review of all they learned this week. (Answer Key, Page 143).



**Remember:
the back seats
are for kids!**

SECTION 1: AUTO SAFETY

PRE POST

Directions: Test your knowledge on auto safety by circling the correct answer.

1. It is not necessary to wear a seatbelt on every ride.
 True False
2. Always cross the street at a crosswalk and wait for the light to turn green.
 True False
3. Air bags are designed to protect, but they can be deadly to small children.
 True False
4. For comfort, the shoulder harness can be placed behind you rather than across your chest.
 True False
5. Children should always sit in the back seat.
 True False
6. If a child is tired, it's okay to lie down on the car seat with just a lap belt for protection.
 True False
7. Children should never ride in the back of a truck or the cargo area of a station wagon.
 True False
8. Using public transportation is good for the environment.
 True False
9. You should never sit in someone's lap while riding in a car.
 True False
10. It's okay to have lots of toys and loose items in the car.
 True False

AUTO SAFETY DISCUSSION SHEET

Directions: Use the following information to teach students the auto safety rules.

Materials Needed:

Scale to weigh students

Seat belt design (Page 13)

Explain to your students motor vehicle accidents are the leading cause of unintentional injury-related death among children. More children die every day from car accidents than childhood diseases. And, what is worse, though children cannot prevent vehicular accidents, they could often walk away without an injury if the proper safety measures and rules are observed.

Ask your students what is the most important rule they should observe while riding in an automobile. They should answer, "Wear my seat belt." Let your students know that it is the law in every state for all passengers to wear seat belts whenever they are in a car. **Explain by wearing seat belts on EVERY ride, risk of injury or death is reduced by 71 percent.**

Ask them if they think it matters how their seat belt is worn. (The following questions will prompt this discussion.)

1. Can the shoulder harness be placed behind their back because it is more comfortable?
Answer: No, this could cause neck and back injuries if the car is involved in an accident or stops suddenly.
2. Can the lap belt be worn loosely around the hips? Answer: No, your body could be pulled out of the seat should the car be involved in an accident or stop suddenly.
3. Is a lap belt without a shoulder harness safe enough? Answer: No, a shoulder harness provides necessary protection to the back and neck.
4. If you are tired, is it okay to lie down on the car seat while strapped into your seat belt?
Answer: No, the seat belt will not be able to prevent your body from being pulled forward in the event of an accident or if car stops suddenly.

After each response given by students, teachers should reinforce that an improperly worn seat belt will not prevent a child or adult from an injury if the vehicle stops suddenly or is involved in a car accident. Remind children that many adults are unaware their children may be in danger because their car's seat belt is not properly protecting them.

Tell your students that you are now going to review how a seat belt should be worn. Using the Seat Belt Design (Page 10), make a seat belt out of felt, paper, or ribbon. Affix it to a wooden classroom chair, using both a shoulder harness and lap belt as instructed. Ask for a student volunteer to sit in your seat belt safety chair.

As you review the following seat belt safety measures with your students, show them the proper usage, using your created seat belt and volunteer as an example. (Your safety chair will be used again on Day 2.)

Please explain these seat belt safety measures to your class.

1. The seat belt is the most important safety device in the car. In order to provide the maximum amount of protection, the shoulder harness should sit snugly and rest close to the neck, not too far out over the shoulder.
2. Ensure that the lap strap is pulled properly across the hips and not over the stomach or caught in thick layers of loose-fitting clothing.
3. Always stretch the seat belt by pulling the strap that crosses your shoulder for a tight fit.
4. Avoid reclining in the seat too far backward, as the seat belt should always be pulled across your shoulder.

Help your students determine if they are old enough to sit in a car using just the car's seat belt. Experts have determined that children from 40 pounds to at least 60 or even up to 80 pounds should ride in a car with a booster seat. If possible, bring a scale and have each of your students weigh themselves. Distribute the Parent Page Family Activity to each student and have them write their weight on the activity sheet where indicated. When your students take this activity home, this will inform parents of possible dangers they may be unaware of.

Ask your students if they know where in the car they should ALWAYS sit. Their response should be in the back seat. Now ask them why. Answer: A vehicle's back seat is the safest place for any passenger, even adults, because it's farther from the point of impact in a head-on crash.

Review the following additional safety reminders with your students, discussing each as you go.

1. Always use an approved child safety seat or seat belt, even for the shortest ride. Ask students if they think it is necessary to wear their seat belts if they are just going down the street. Reinforce that most accidents occur just minutes from home!
2. Never allow your parents to hold you on their lap when riding in a car. This is dangerous for you and your parents; neither one of you will be protected in an accident.
3. Never ride in the back of a truck or in the cargo area of station wagons or other vehicles. These areas are not meant for passengers. There are no safety restraints and if an accident should occur, you could be thrown from the vehicle and injured.

SEAT BELT DESIGN

Directions: Make a seat belt out of felt, paper, or ribbon by cutting two long strips from the chosen material. Attach them to a chair by taping one strip to the top, crossing diagonally to the opposite, bottom side of the chair back. Tape the second strip to both sides of the bottom of the chair back. Leave the strips loose enough so that you can have a volunteer sit in the chair and strap himself in as if he was in an automobile. Draw a child with a seat belt.

