

1075 LOVU SANGAM SCHOOL

SUBJECTS: HEALTHY LIVING

YEAR: 6

WORKSHEET#1

STRAND	SAFETY
SUB – STRAND	Personal Safety
CONTENT LEARNING OUTCOME	Discuss safety procedures and safety skills that will address the situation.

Lesson Notes

1. Personal Safety is the study of how you can identify, describe and discuss risks and hazards in your environment that may pose a threat to your health and safety.
2. Safety skills that you can practice in order to have a safe and peaceful time with your family:
 - Avoid playing on the stairs or other high places such as roof or trees.
 - Watch out for loose wires, cables, rugs or even things that scatter around in order for you to avoid tripping, slipping or falling.
 - Do not play with fire or heat. Fire is essential in your home for warmth and cooking your food but it is also dangerous if you play with it. It can burn you and your home
 - Avoid playing with matches, candles, electrical sockets as these can start fire and burn your home.
 - Watch out for sharp objects in your homes and do not play with them. These include scissors, knives, razor blades and needles.
 - There are a lot of things in your house that can be poisonous if you touch, breathe and swallow them. Examples of these are bleaches, shampoos, insect spray, gels and lotions.
 - Always go with trusted adult when going to the supermarket or the market.
 - Do not go swimming alone. Always have an adult accompany you while swimming.
 - Always walk on the right hand side of the road. Never play on or near the road.
 - Take safety precautions while using sharp tools example knife, fork and spade. Hold the tools pointing downwards.
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ACTIVITY -Answer the following questions.

1. What are some of the safe activities you can think of when looking after your younger brother or sister at home?
2. Identify some household chemicals that you can use to clean your homes.
3. Which of the household chores that you do is the hardest for you, why is that?
4. Read the passage below and use the words in the box to correctly complete the sentences.

follow	don't	advise	not	under
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We must _____ the safety rules at home so that we _____ get hurt.
We must seek _____ from our parents if we are handling things near a fire. We must help our younger brothers and sisters _____ to play near or _____ tall trees.

EMERGENCY NUMBERS

1. In case of any emergency you need to know the phone contact of relevant authorities.
2. It is important to know these numbers so that it will make our work easier during any emergency.
3. The government is responsible for maintaining these emergency services.
4. These services are available 24 hours a day and 7 days a week.
5. Police officers or Crime Stoppers- when there is robbery, fighting or any social issues.
Crime stoppers – **919**
Police – **917**
6. Fireman- they provide service when there is a fire.
Fire brigade- **910**
7. Ambulance – when any person is badly injured during an accident or fire or is very sick.
They take the person directly to the hospital.
Ambulance- **911**
8. Child Help Line- help you when you are having problems like bullying or physical abuse.
Child Help Line - **1325**

Activity.

1. Why is it important for you to remember the emergency numbers?
2. Who is responsible for maintaining these emergency services?
3. At what times would you need the help of :
 - a) Police officers?
 - b) Fireman?
 - c) Ambulance?
 - d) Child Help Line?