

2034 NANUKU SANGAM SCHOOL
LESSON NOTES
WORKSHEET 2 -2021

Subject: Healthy Living

Year: 6

Name: _____

STRAND	Safety
SUB - STRAND	Personal Safety
CONTENT LEARNING OUTCOME	Distinguish the different ways available of raising alarms for safety

Lesson Notes

Personal Safety

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.

Develop and Display Safety Skills

1. Staying at home is fun especially when you are with your family and loved ones.
2. But it is also necessary that you take extra precautionary measures in order for you to avoid accidents that can harm yourselves or your loved ones.
3. Here are some basic and essential safety skills that you can learn in order to have a safe and peaceful time with your family.
 - ✓ You should watch out for loose wires or cables, carpets or rugs or even things that scatter around in order for you to avoid tripping, slipping or falling apart.
 - ✓ Avoid playing on the stairs and other high places such as the trees or roofs.
 - ✓ Do not play with fire or heat.
 - ✓ Do not play with candles, matches, cigarettes and electrical sockets as these can start fire and can burn your home.
 - ✓ Watch out for sharp things in your house and do not play with them.
 - ✓ 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 sprays, gels and lotions etc.

Activity

1. What **safe activities** can you think of that you can do when looking after your small brother or sister at your home?

2. Identify some **household cleaning chemicals** that you can use to clean your homes with.

3. Read the passage below and use the words in the box to correctly complete the sentences.

Follow don't advise not under

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.