

**1040 TAGI TAGI SANGAM SCHOOL**  
**WORKSHEET FOR WEEK 7 (12<sup>TH</sup> - 16<sup>TH</sup> JULY, 2021)**  
**HEALTHY LIVING YEAR 8**

**STRAND:** Safety

Name:

**SUB-STRAND:** Personal safety and community safety

**CLO:** Judge safe and unsafe environments for personal safety.

**Reference:** Healthy Living Text book page: 30 - 33.

**LESSON NOTES**

**Safe Environment**

1. The environment that we live in everyday must be safe.
2. Our homes and schools must be protected from hazards, abuse, intruders, or harm.
3. In school, we can identify unsafe areas and make recommendations to our teachers and school Head Teacher so it can be made safe for us. At home, we can help our parents to identify unsafe areas and assist them in making our home environment safe as well.
4. Our safety is our priority so we need to take care of the environment we live in.

**Safety in Motor vehicle**

1. When travelling in a car or bus, follow these simple rules to keep yourself safe.
  - ✓ Be seated at all times.
  - ✓ Always keep your hands, arms and head inside the vehicle.
  - ✓ Do not play with door handles.
  - ✓ Wear a seat belt if there is one.
  - ✓ If you are travelling in an open van or truck, sit more towards the cab away from the tail end.
  - ✓ Never lean over the sides.
  - ✓ Get off the vehicle only when it has stopped completely.
  - ✓ Always get off the vehicle on the footpath side of the vehicle.
2. Overloading vehicles can lead to damages to the vehicle and as a result accidents may occur.
3. Over-speeding by drivers is one of the major causes of road accidents in Fiji.
4. Drivers over-speed to get to their destination in time or they may think it is fun to drive faster. This can end in accidents and cause serious injuries and even death.

5. Disturbing drivers, either from the road side or when inside the vehicle is also very dangerous. When a driver is distracted, He/She may lose concentration while driving and can cause an accident.
6. Always wear a seat belt while travelling in a car and keep them on throughout the journey.
7. Loss of life and belongings can occur if care is not taken while travelling in boats and rafts.
8. Small children should always travel with older people in a boat. It is important to learn swimming so that drowning can be avoided.

**Activities**

1. Inspect your home environment to see that it is safe for you and your family.

Complete the following table

Inspected Area	Safe / Unsafe	Comment	Recommendation
E.g. Door	Unsafe	Hinge is broken – door is hanging to one side	Repair the hinge- buy new one, get a carpenter to repair it.
Ground			
Drains			
Water taps			
Incinerator			
Flower gardens			

2. Give two safety rules you need to follow while travelling in a motor vehicle.

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3. Why shouldn't you disturb the driver when travelling in a motor vehicle?

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4. Why should you wear seat belts?

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**ALL THE BEST**