

**Chapter 27****Vocabulary**

unintentional injury

accident chain

smoke alarm

fire extinguisher

Occupational Safety and

Health Administration (OSHA)

heat exhaustion

hypothermia

vehicular safety

graduated driver's

license

road rage

defensive driver

severe weather

hurricane

flash flood

tornado

blizzard

earthquake

emergency survival kit

**Directions:** An analogy compares two words or ideas in a way that shows some similarity or relationship between them. An *analogy sentence* is an analogy in which one of the terms is missing and must be inferred. For example, in the analogy sentence *accident is to injury as \_\_\_\_\_ is to safety*, the missing term, *prevention*, might be arrived at using the following logic: "In just the way that accidents can lead to injury, so can prevention lead to safety." Complete each analogy sentence below by writing one of the words or phrases from the above list in the space provided.

1. A \_\_\_\_\_ is to the home as a personal flotation device is to a boat.
2. An accident chain is to unintentional injury as uncontrolled emotions is to \_\_\_\_\_.
3. A funnel-shaped windstorm is to a \_\_\_\_\_ as wind, rain, and lightning are to a thunderstorm.
4. Snow is to blizzard as rain is to \_\_\_\_\_.
5. \_\_\_\_\_ is to the workplace as safety precautions are to the home.
6. Shade during hot weather is to \_\_\_\_\_ as layered clothing is to \_\_\_\_\_.
7. Movement of the earth's plates is to \_\_\_\_\_ as severe thunderstorms and heavy rainfall are to \_\_\_\_\_.

**Activity 99****Applying Health Skills**

FOR USE WITH CHAPTER 27, LESSON 1

# Reducing Accidents

**Directions:** According to the Centers for Disease Control and Prevention, there were 97,900 accident-related fatalities in 2000. Taking precautions can help break the accident chain. Review the statistics below, answer the questions, and offer suggestions to help reduce the chance of some of these types of accidents.

<b>Leading Causes of Unintentional-Injury Deaths</b>	
Motor vehicles accidents	43,354
Falls	13,322
Poisoning and exposure to noxious substances	12,757
Choking	3,589
Drowning	3,482
Exposure to smoke, fire, and flames	3,377

*Source: CDC; National Vital Statistics Report 2000; Leading causes of death*

1. What percent of accidental deaths are fire related?

\_\_\_\_\_

2. How might fire-related fatalities be reduced?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3. What two life-saving devices should be present in every home?

\_\_\_\_\_

4. Falls are the second leading cause of accidental death. List three ways to prevent falls. \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

5. Ninety percent of poisonings occur in the home. How many deaths would that be? \_\_\_\_\_

**Applying Health Skills, Activity 99** *(Continued)*

FOR USE WITH CHAPTER 27, LESSON 1

6. About half of such poisonings involve children under six years of age. How many children, age six or less, are accidentally killed by poison? \_\_\_\_\_

7. List three ways to prevent poisonings.

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**Activity 100****Applying Health Skills**

FOR USE WITH CHAPTER 27, LESSON 2

# Common Sense and Recreational Safety

**Directions:** Read the scenarios below. Using the information found in the lesson, identify aspects of each situation that should be amended to ensure recreational safety.

1. Alison was excited about her planned hike. Her family was playing cards near the campfire, giving her the rare opportunity to explore the nearby caves alone. Because it was warm, she wore shorts and sandals. She carried two water bottles in her backpack, as well as her cell phone. When she reached the caves, which were right off the path, she discovered they were hardly big enough to crawl into. Having heard of another set of caves, deeper into the woods and well away from the trail, Alison ventured off, content with exploring unknown areas.

**Safety suggestions:** \_\_\_\_\_

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2. There is nothing Tom enjoys more than cross-country skiing. On a visit to his grandparents, Tom decided to go on a long ski in the late afternoon. As the day was reasonably warm, Tom chose to wear his light jacket and lightest gloves, even though they were damp from his earlier run. As Tom had left his ski equipment at home, he elected to use a set of his grandfather's old skis that had been stored in the barn. Because his grandfather was busy, Tom went off alone, heading into the forest that bordered his grandfather's land. The temperature began to drop. Unconcerned, Tom pushed deeper into the woods, hoping to reach the frozen river before turning back.

**Safety suggestions:** \_\_\_\_\_

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3. Taking her powerboat out on the river was one of Alisha's passions. She always got a kick out of veering the boat in front of water-skiers and watching them try to ski through her boat's wake. She always promised her mom that she would wear her personal flotation device; but Alisha found the device too cumbersome, so she stored it in the compartment beneath her seat. Today, her allergies were really bothering her, so she took two allergy tablets; she had promised to take a couple of friends to the rock overhang and wasn't going to let her allergies ruin the day. Alisha had heard that there is a great diving spot near the overhang; today she would impress her friends by finding the highest overhang and jumping first.

**Safety suggestions:** \_\_\_\_\_

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**Activity 101****Applying Health Skills**

FOR USE WITH CHAPTER 27, LESSON 3

# Safety First

**Directions:** Read the following questions and choose the appropriate response. Write the letter of the correct response in the space provided.

1. On the way to pick up your brother from football, you notice two drivers exchanging angry words from their vehicles. One driver accelerates away, making quick and repeated lane changes; the other driver follows and seems to be trying to force the first driver over to the side of the road. What should you do? \_\_\_\_\_
  - a. Accelerate and try to run interference for the first driver.
  - b. Get the vehicle license number of the second driver and report it to the police.
  - c. Follow the drivers to see what happens.
  - d. Ignore the situation.
2. As you get in a friend's vehicle, you notice he's eating a hamburger, his CD is blaring, and he's talking on his cell phone. What preventive safety suggestions might you offer? \_\_\_\_\_
  - a. Don't eat while driving.
  - b. Turn the cell phone off before driving.
  - c. Turn the volume of the CD player down before driving.
  - d. All of the above.
3. You decide to ride your bicycle over to a friend's house. It's getting fairly dark, so you wear reflective clothing, turn on your bicycle headlight, and set off. It's a short trip, so you don't wear a helmet. Riding against the traffic, you reach your friend's home quickly. Name two bicycle safety measures you failed to use. \_\_\_\_\_
  - a. Never ride at night; obey all traffic rules.
  - b. Always wear a helmet; ride with the traffic, not against it.
  - c. Always wear a helmet; never ride at night.
  - d. Always use hand signals; always ride against traffic.
4. List three preventive safety measures that apply to skateboarding and in-line skating. \_\_\_\_\_
  - a. Ride with the traffic; wear safety equipment; skate only in approved parks.
  - b. Wear protective equipment; attempt only tricks that you have completed before; watch your speed.

**Applying Health Skills, Chapter 27 (Continued)**

FOR USE WITH CHAPTER 27, LESSON 3

- c. Watch for pedestrians; wear protective equipment; if you fall, curl and roll.
  - d. Skate only in areas with no pedestrians; wear protective equipment; use proper hand signals for turns.
5. You are considering buying a moped, motorcycle, or ATV. Which of the following statements about them are true? \_\_\_\_\_
- a. Motorcycles and mopeds require a license; safety equipment, including helmet and eye protection, is essential for operating these vehicles; extra caution should be shown in wet weather.
  - b. All these vehicles require a license; stunts using these vehicles are safe because of helmets and other safety measures; ATVs are also allowed on public roads.
  - c. Mopeds and motorcycles are just as safe as automobiles; only motorcycles require a license; safety equipment, including helmet and eye protection, is essential for operating these vehicles.
  - d. Caution in wet weather should always be shown; stunts should never be performed without experience, especially with ATVs; only motorcycles are subject to traffic laws.

**Activity 102****Applying Health Skills**

FOR USE WITH CHAPTER 27, LESSON 4

# Severe Weather Safety Precautions

**Directions:** Following are safety precautions for severe weather, hurricanes, floods, thunderstorms, tornadoes, blizzards, and earthquakes. In the space provided, indicate which weather condition(s) would apply to each precaution.

1. Seek shelter inside a sturdy building or lie down in a ditch. \_\_\_\_\_
2. If outdoors, stay away from tall structures. \_\_\_\_\_
3. Bring in loose objects and board up windows or doors. \_\_\_\_\_
4. Stay inside or wear protective clothing if you must go outside. \_\_\_\_\_
5. Move to higher ground. \_\_\_\_\_
6. Evacuate if National Weather Service so instructs. \_\_\_\_\_
7. Choose a storm cellar, basement, or crawl space. \_\_\_\_\_
8. Stay in the building and crouch in a supported doorway. \_\_\_\_\_
9. Do not take shelter under trees. \_\_\_\_\_
10. If you are indoors, find an interior room or go to the basement and stay away from windows. \_\_\_\_\_
11. Moor boats or move them to a safe location. \_\_\_\_\_
12. Cover yourself with bulky clothing, a mattress, or a blanket. \_\_\_\_\_
13. Brace yourself in an inside corner of the building. \_\_\_\_\_
14. Listen to radio broadcasts. \_\_\_\_\_
15. Stay away from streams, creeks, or storm drains. \_\_\_\_\_
16. Do not use computers, telephones, or televisions. \_\_\_\_\_
17. Drink only bottled water. \_\_\_\_\_
18. Use landmarks to find your way. \_\_\_\_\_
19. Get under a heavy piece of furniture and hold on to it, preferably in a basement or interior room. \_\_\_\_\_

**Chapter 27****Study Guide**

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
  - Look up the meaning of any unfamiliar vocabulary terms.
  - Read the questions below before you read the chapter.

**Directions:** As you read the chapter, answer the following questions. Later, you can use this guide to review the information in the chapter.

**Lesson 1**

1. What is an unintentional injury?

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2. Name the five steps of the accident chain.

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3. List three safety rules to avoid unintentional fire injuries.

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4. What are two fire safety devices that should be present in a home?

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5. What effect might keeping stairways well-lit, in good repair, free of clutter, and equipped with sturdy handrails and nonskid stair strips have?

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6. Why should you check outlets and extension cords?

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7. How should medications and other potentially poisonous substances be kept? \_\_\_\_\_

8. What are three recommendations for reducing the risk of injury from firearms?

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9. Name three injuries related to extended computer or video game use

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10. What do the letters OSHA stand for? \_\_\_\_\_

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**Study Guide, Chapter 27 (Continued)**

11. What is OSHA's role?

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**Lesson 2**

12. List three safety rules for recreational safety.

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13. List three recommendations for staying safe when camping or hiking.

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14. What is hypothermia?

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15. What are three factors to help prevent injuries during winter sports?

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16. What are four safety precautions to follow when swimming?

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17. What is a recommended minimum water depth for safe diving? \_\_\_\_\_

18. What are PFDs? When should you wear one? \_\_\_\_\_

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19. List two precautions for swimming in lakes, rivers, or the ocean.

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**Lesson 3**

20. List five common sense safety tips when you are driving.

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**Study Guide, Chapter 27 (Continued)**

21. What is a graduated driver's license?

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22. What is road rage?

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23. Why is using alcohol and drugs when driving a risky behavior?

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24. What is a guideline to protect your head when biking or skating?

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25. Why should you be a defensive driver on a motorcycle, moped, or ATV?

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**Lesson 4**

26. What is an emergency survival kit?

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27. What is a hurricane?

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28. What is a flash flood?

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29. What is a tornado?

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30. How does a blizzard differ from an ordinary snowstorm?

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31. What is an earthquake?

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