

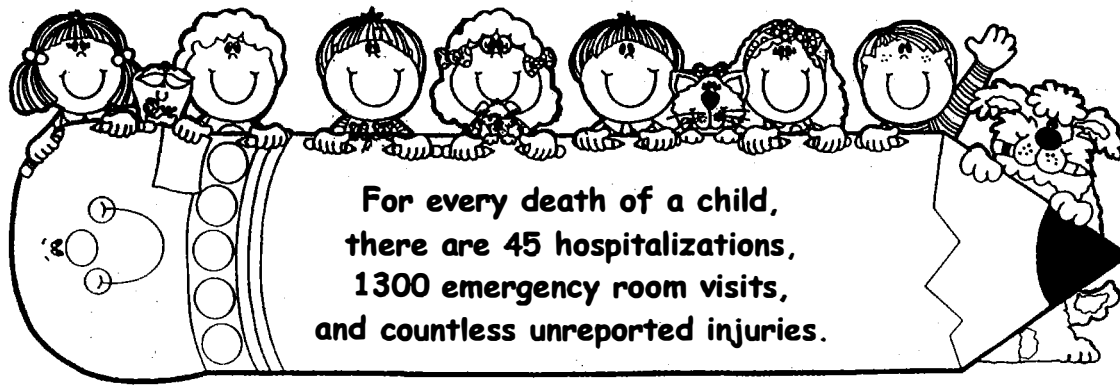
Be Safe At Home & At Play

Safety Activity Book



Creating a Province of Safety Excellence





Introduction

Children face many dangers to their safety in everyday life. They play sports, go swimming, jump on trampolines, fly kites, and just spend time at home, a place where many injuries can occur.

Children need to recognize potential dangers in their everyday lives to learn how to avoid getting hurt.

This booklet features the winning safety drawings from a province-wide contest. High school students were invited to submit drawings in 5 categories: Water Safety, Sports Safety, Falls Safety, Fire/Burn Safety and Electrical Safety. We hope this safety information helps to keep these important messages in the minds of your children.

Since 1955, the Saskatchewan Safety Council, a non-profit registered charity, has been dedicated to the prevention of injury in Saskatchewan... at home, at play, and at work.

Funded through donations, membership contributions, sponsorships, and the distribution of safety programs and materials, the revenues generated by the Safety Council are invested within the province of Saskatchewan to further promote safety.



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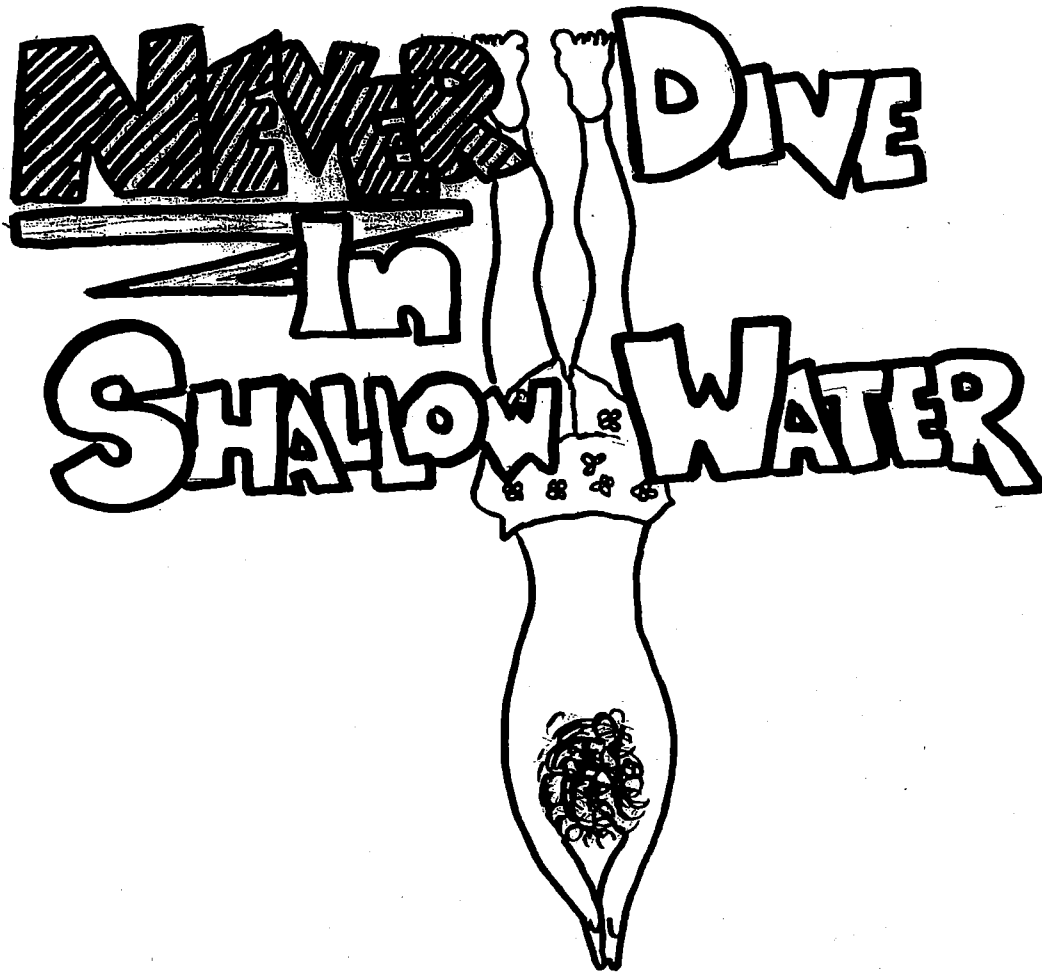


Stephanie Meyer, Grade 12, Vanier Collegiate, Moose Jaw, SK

WATER SAFETY:
**Beware of thin ice - spring, fall
and winter.**

- There may be thin ice at many times of the year in Canada.
- Be aware of ice on sloughs, dugouts, lakes, rivers, creeks and ponds.
- Always have an adult check that the ice is thick enough.





Amy Buckingham, Grade 11, Rivier Academy, Prince Albert, SK

WATER SAFETY:
Never dive in shallow water.

- Know the water - temperature, current, and hidden rocks.
- Protect your neck - go feet first, first time!
- Never let your friends dare you into doing an unsafe activity. You could pay for it forever!



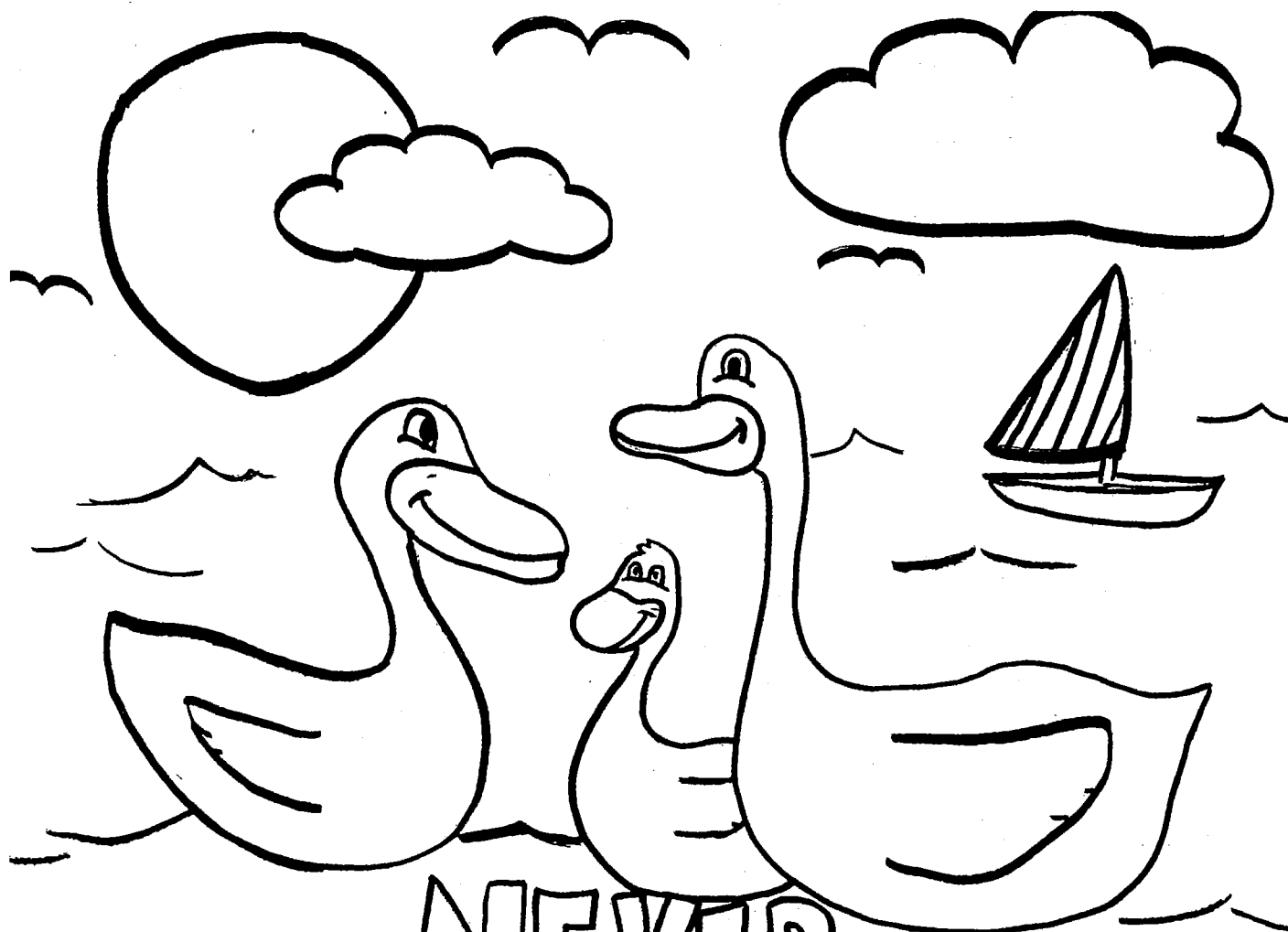


Carla Homeniuk, Grade 11, Fort Livingstone School, Pelly, SK

WATER SAFETY:
Wear a lifejacket when on the water.

- Always wear a lifejacket while in a boat and while tubing, wakeboarding or waterskiing.
- Learn to swim so you are comfortable in deep water.
- If a storm comes up, or you can see lightning, get out of the water.
- If you're in a boat, head for shore immediately.





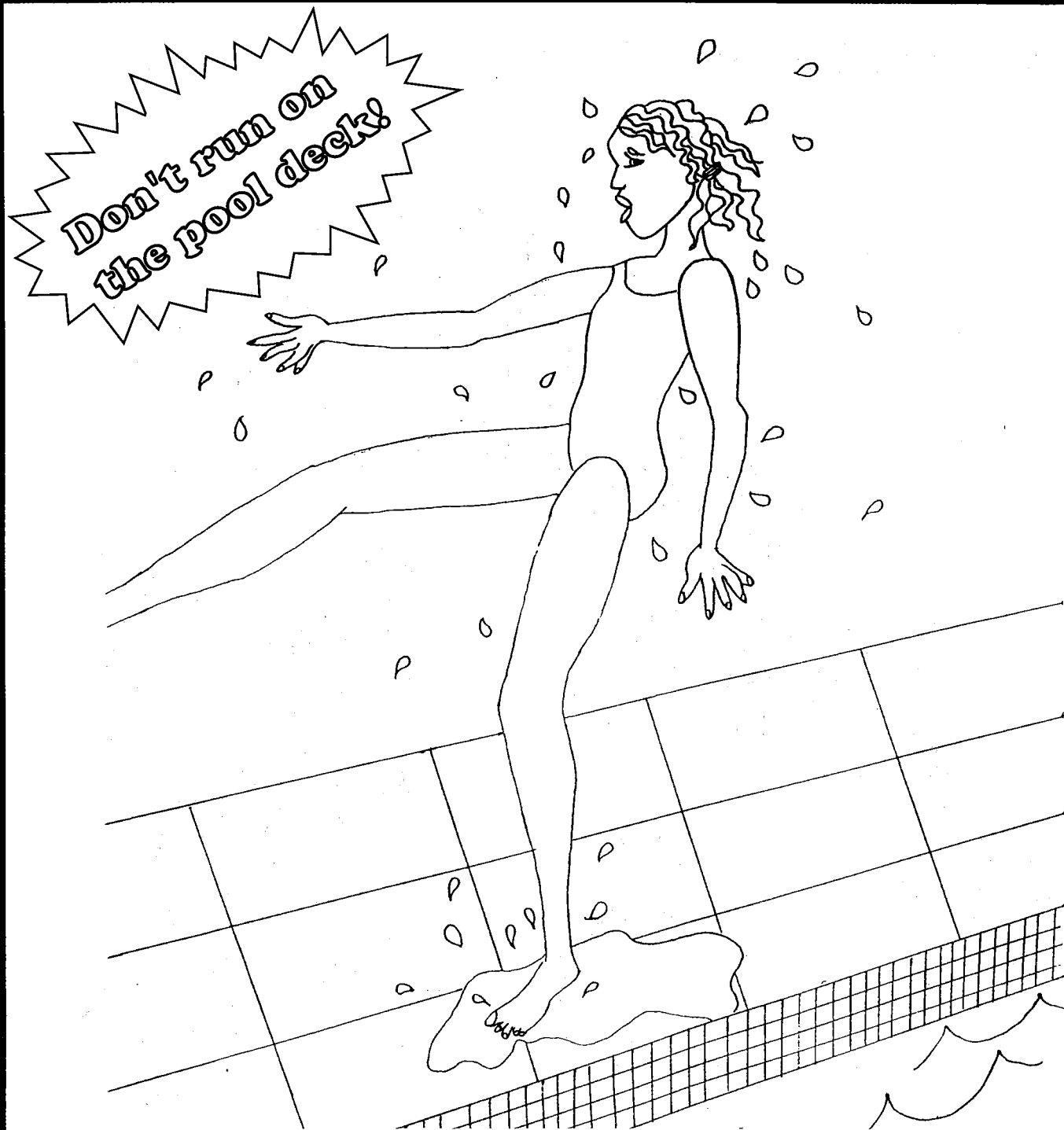
NEVER SWIM ALONE!

Laura Huckabay, Grade 10, Westcliffe Composite School, Marengo, SK

WATER SAFETY: Never swim alone.

- Learn to swim - you will be safer in the water.
- Always swim where there is a lifeguard or responsible adult to supervise.
- Don't swim after eating a large meal for at least 30 minutes to one hour. You could get stomach cramps.





Chelsey Trost, Grade 9, Evan Hardy Collegiate, Saskatoon, SK

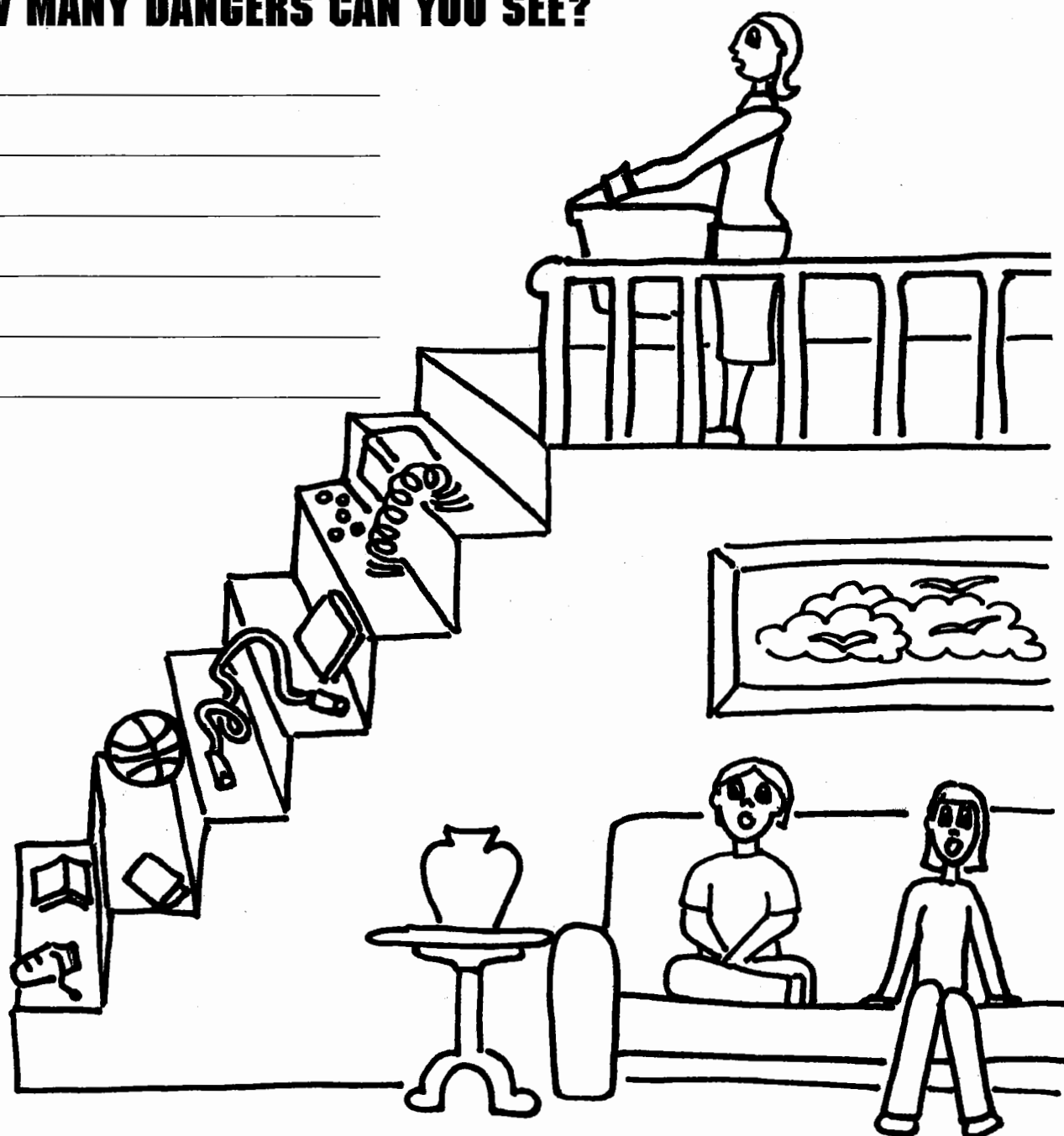
FALLS SAFETY:
Be aware around the pool deck.

- Wet floors can be very slippery.
- It is best to walk around the pool or in the locker area.
- Wear non-slip shoes to protect your feet and prevent you from slipping.



HOW MANY DANGERS CAN YOU SEE?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



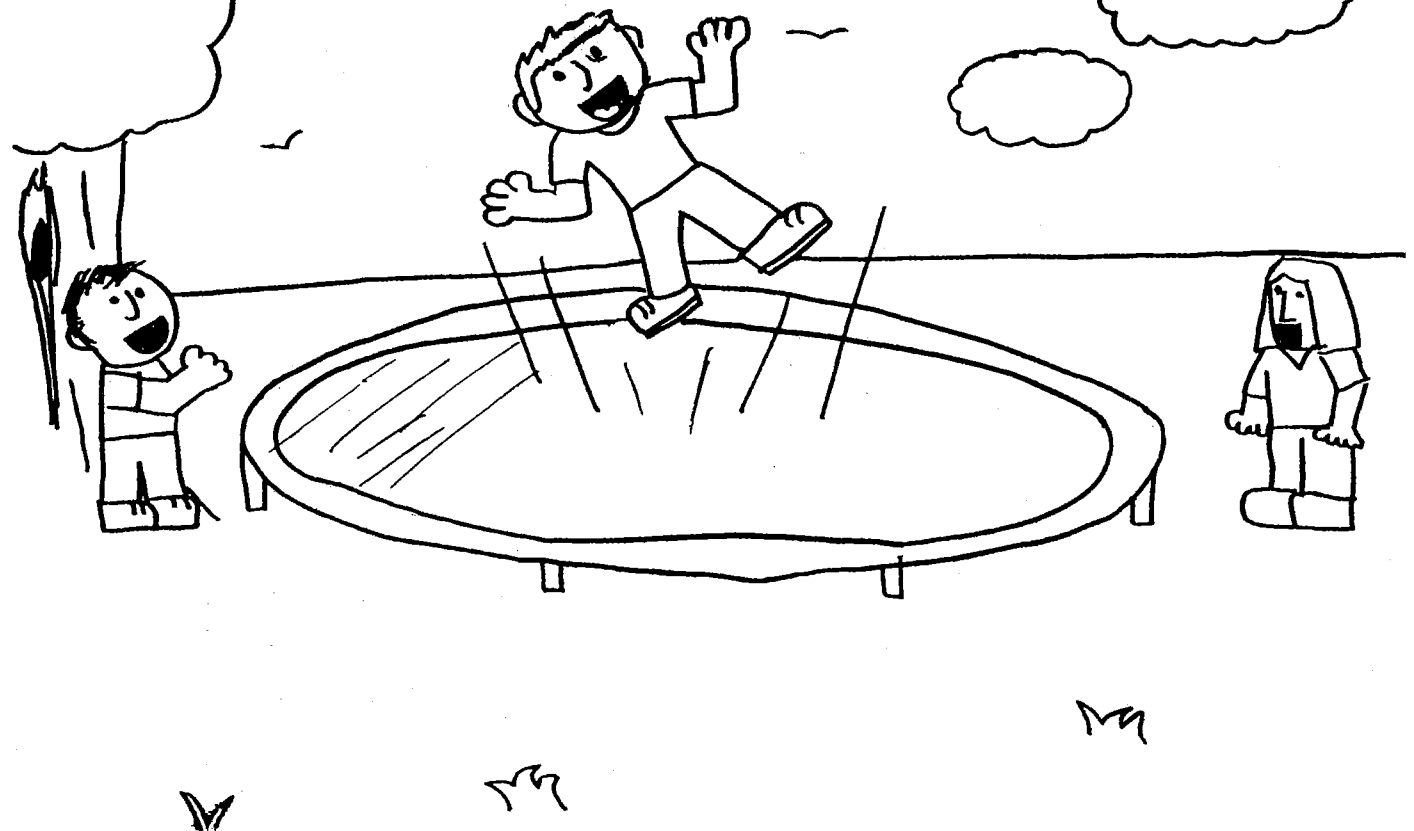
Stephanie Meyer, Grade 12, Vanier Collegiate, Moose Jaw, SK

FALLS SAFETY: Clean up toys and clutter on the stairs to prevent falls.

- Falls are one of the main reasons children and adults visit hospitals.
- Falls cause many injuries, which include broken bones, concussions and brain injury.



Be a Tramp Champ!



Jordan Rothwell, Grade 9, Balfour Collegiate, Regina, SK

FALLS SAFETY:

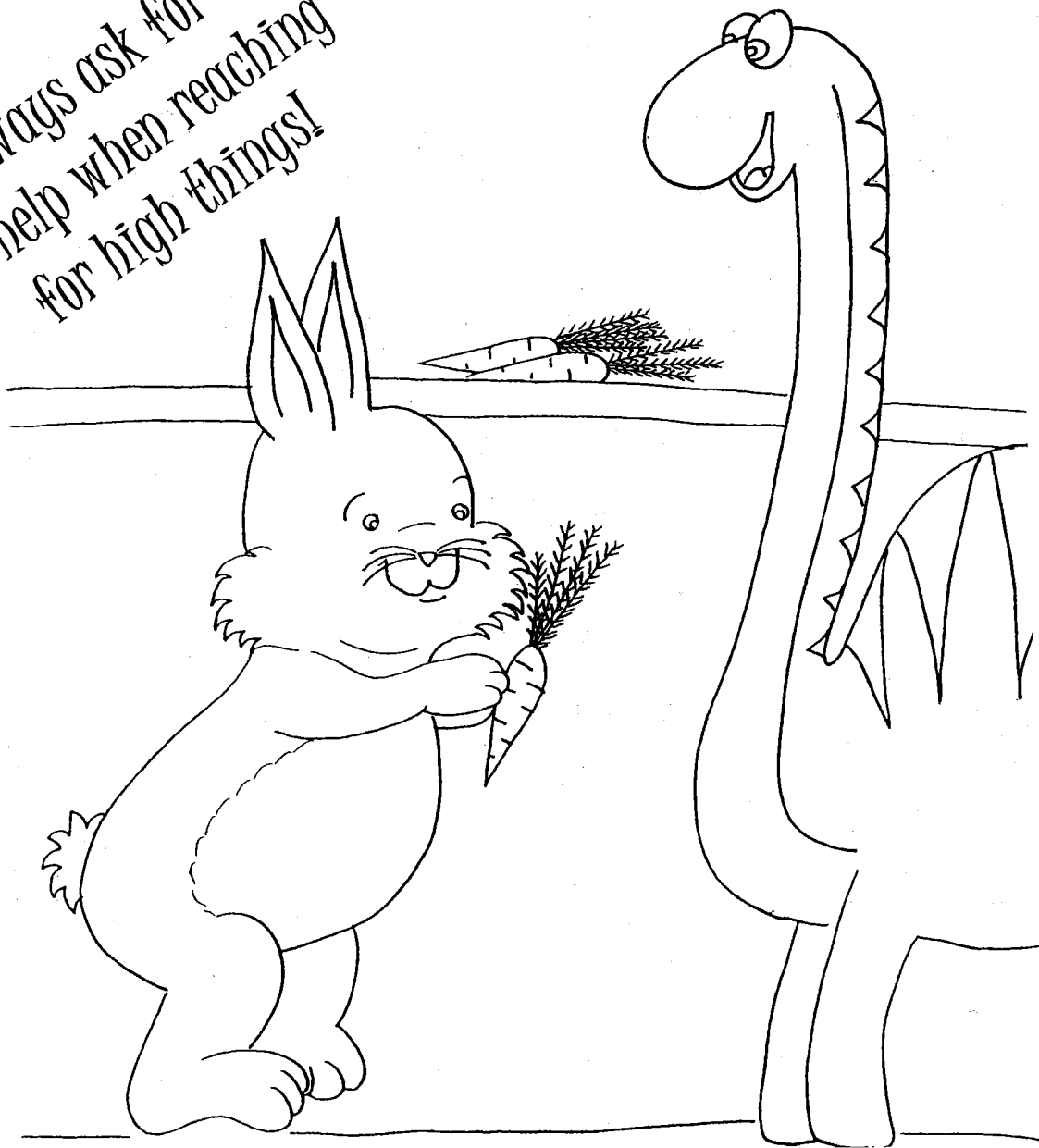
One person on the trampoline at a time. Keep it safe!

Be a tramp champ:

1. One person at a time.
2. No flips or somersaults.
3. Stay in control.
4. Remove jewellery before jumping.
5. Get on and off the trampoline safely.



*Always ask for
help when reaching
for high things!*



Erin Richardson, Grade 10, Evan Hardy Collegiate, Saskatoon, SK

FALLS SAFETY:
**Always ask for help when you cannot
reach something.**

- Many trips and falls happen in the kitchen.
- What are some things you might reach for? _____





Source: Fearon Teacher Aids

FALLS SAFETY:
Falls can happen when children are playing.

Remember:

1. Wait your turn.
2. Slide down feet first.
3. Hold on to railings.
4. Sit down on swings and slides.
5. Keep away from moving swings.





ALWAYS
WEAR THE RIGHT
EQUIPMENT FOR YOUR
SPORT.



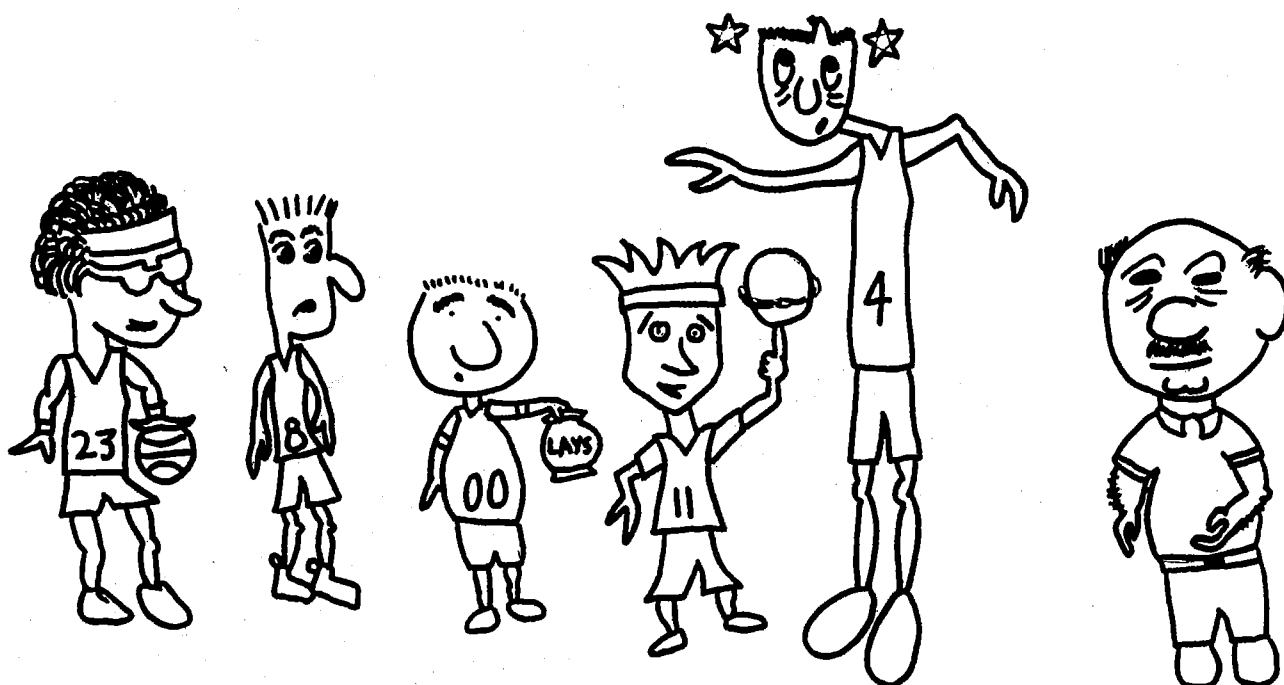
Alanna Surkan, Grade 10, Rivier Academy, Prince Albert, SK

SPORTS SAFETY:
**Always wear the right equipment for
your sport. It helps prevent injuries.**

What type of equipment is needed for the sports you play? _____



LISTEN 2 YOUR COACH



Rhett Bly, Grade 9, Balfour Collegiate, Regina, SK

SPORTS SAFETY: Listen to your coach.

Top 5 Sports that Lead to Emergency Room Visits (Unscramble the words):

1. CEYKHO

4. ALOTFBL

2. RCOES

5. EBLBALSA

3. LAKSBTEALB





Always wear
your helmet!



Veronica Trost, Grade 12, Evan Hardy Collegiate, Saskatoon, SK

SPORTS SAFETY:
Wear the right gear for the right sport.

Protect yourself:

- Wear a helmet, wrist guards, knee pads & elbow pads.
- Skate and ride where it is safe.
- Watch out for what is around you.





Veronica Trost, Grade 12, Evan Hardy Collegiate, Saskatoon, SK

SPORTS SAFETY: Safety on Wheels.

Best Things to Wear: (Fill in the missing letters.)

1. H ____ M ____

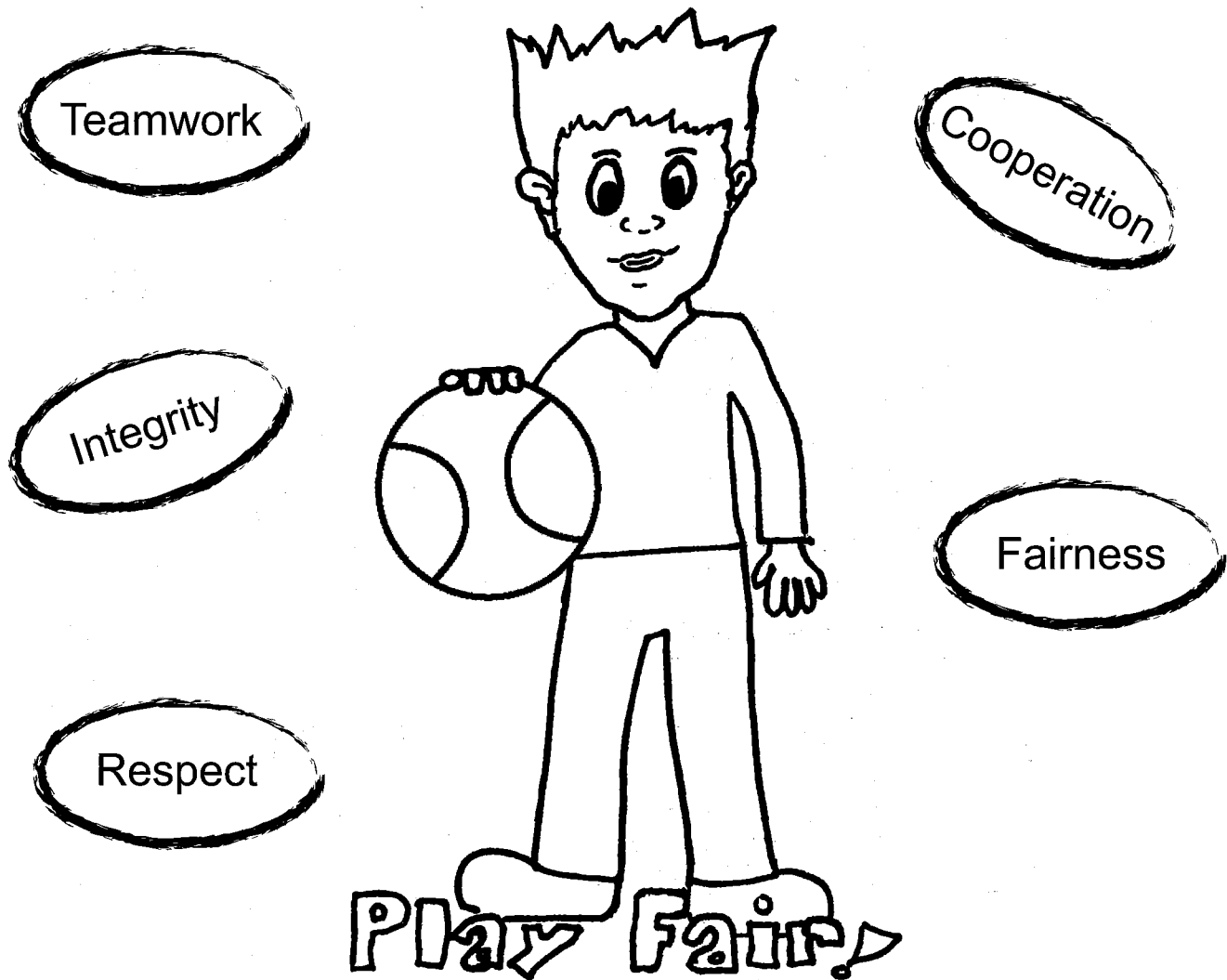
3. E ____ P ____

2. W ____ G ____

4. K ____ P ____



Know the rules of the game and play fair.



Carla Homeniuk, Grade 11, Fort Livingstone School, Pelly, SK

SPORTS SAFETY:

Play it safe:

1. I will learn the rules.
2. I will play fair.
3. I will wear the gear.
4. I will learn the skills.
5. I will respect my coach and other players.



Skating Smarts!

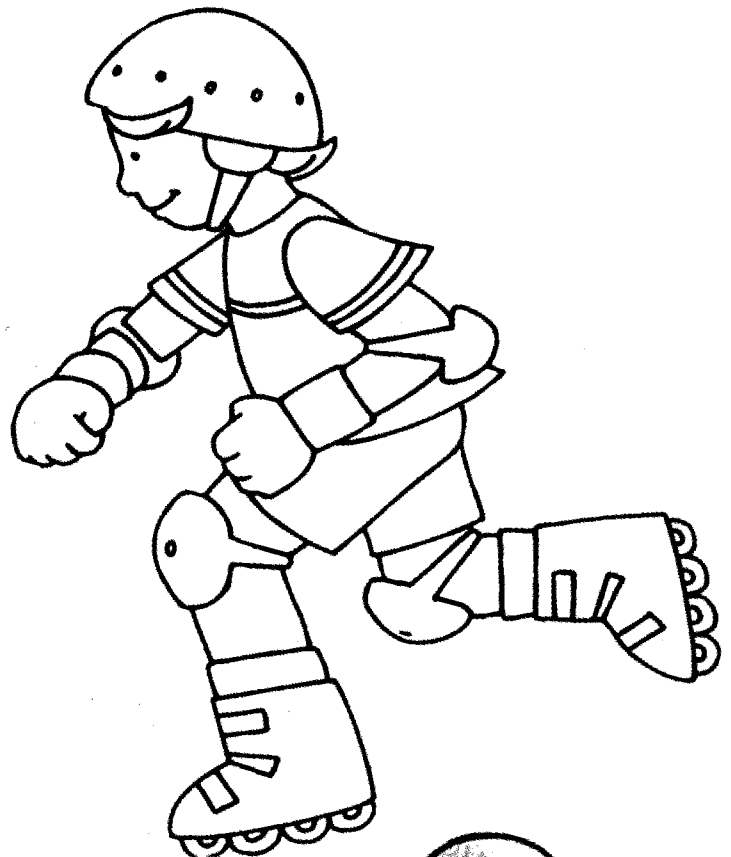
In-line skates and skateboards are fun, but they can lead to head injuries and broken arms and legs!

DO:

- Learn how to skate, stop and fall safely.
- Wear:
 - A helmet
 - Wrist pads
 - Knee pads
- Skate politely. Stay away from pedestrians, traffic and animals.
- Skate on flat, smooth pavement.

DON'T:

- Don't skate at night or in wet conditions.
- Don't wear headphones when skating.
- Don't skate with your pet on a leash.



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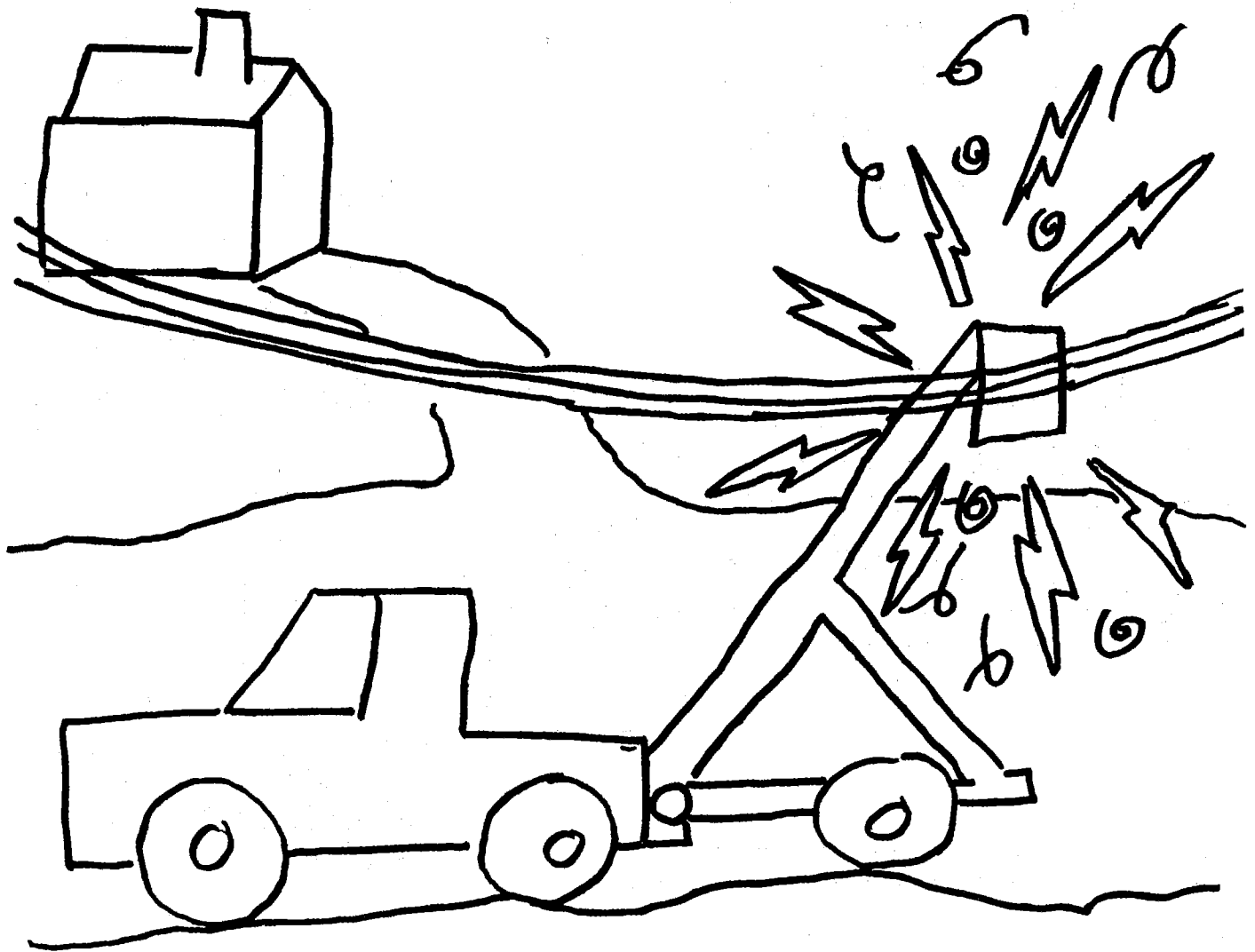
Laura Huckabay, Grade 10, Westcliffe Composite School, Marengo, SK

ELECTRICAL SAFETY:
Never fly a kite near power lines.

- If your kite got tangled in a power line, electricity could travel down the string and into you on its way to the ground.
- This would mean a serious shock.



Stay away from power lines.



Hudson Stittle, Grade 9, Wadena Composite School, Wadena, SK

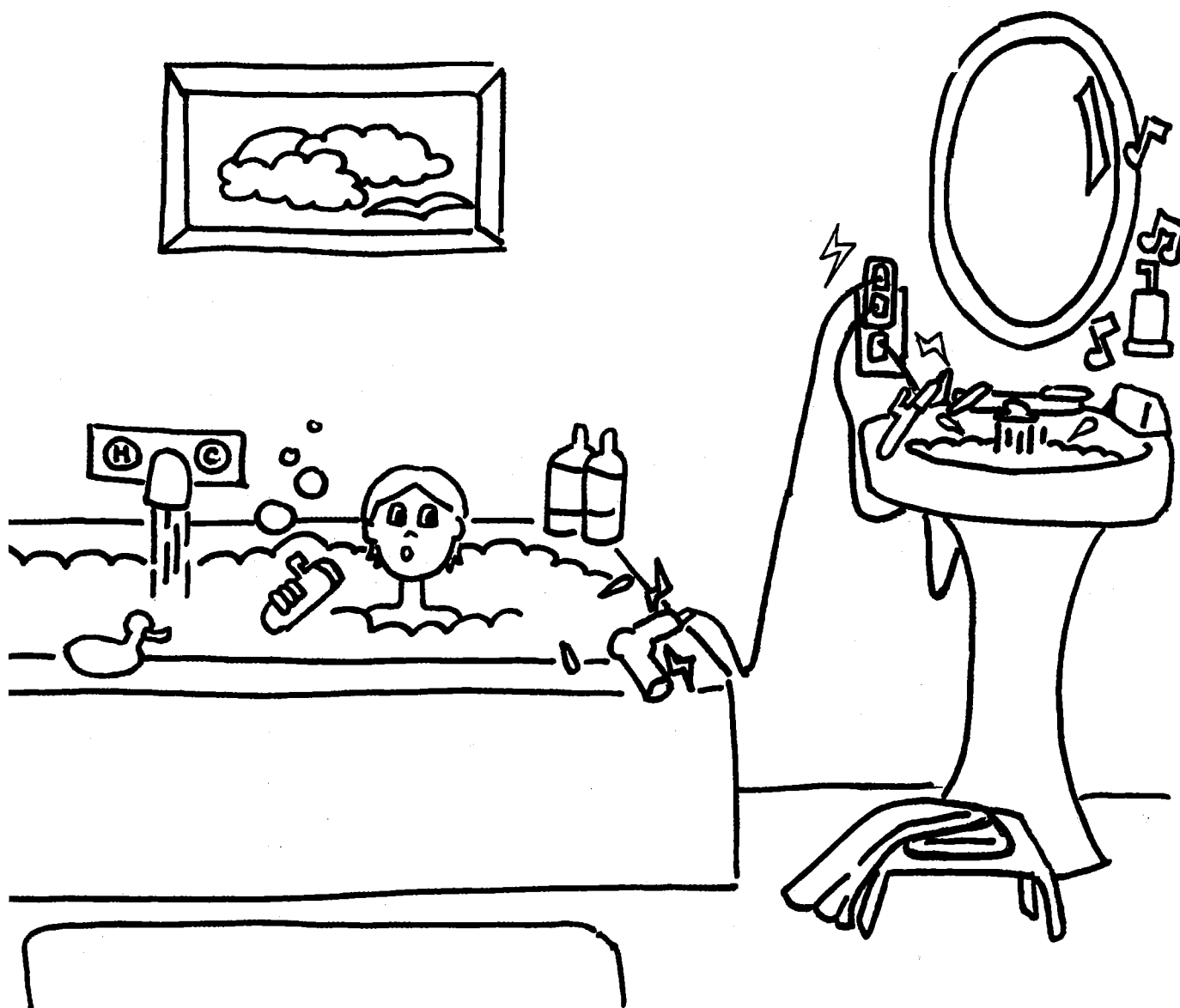
ELECTRICAL SAFETY:
Don't go near fallen power lines.

Did you know?

- Electricity is a form of energy.
- It travels at the speed of light.
- Electricity travels through conductors.
- Metal and water are good conductors.



Can you find the dangers?



Stephanie Meyer, Grade 12, Vanier Collegiate, Moose Jaw, SK

ELECTRICAL SAFETY

Electricity and water never mix.

Dangers:

- The hairdryer is on the edge of the tub.
- The curling iron is near the sink.
- There are too many cords plugged into the outlet.

- There is a radio plugged in on the edge of the sink.

What are some other dangers in the bathroom? _____

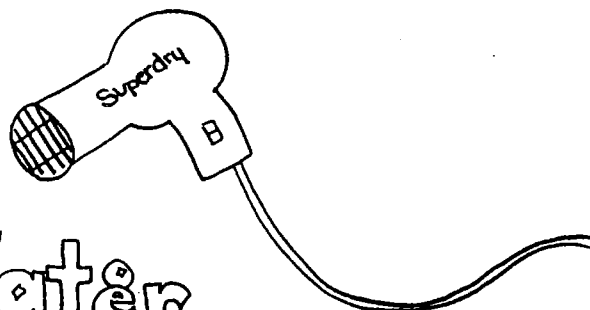


Electricity

And Water

DON'T

Go Together



Erin Richardson, Grade 10, Evan Hardy Collegiate, Saskatoon, SK

ELECTRICAL SAFETY:

Some appliances you should keep away from water are: (unscramble the words)

- derhirrays _____
- dariso _____
- gunlric sinro _____

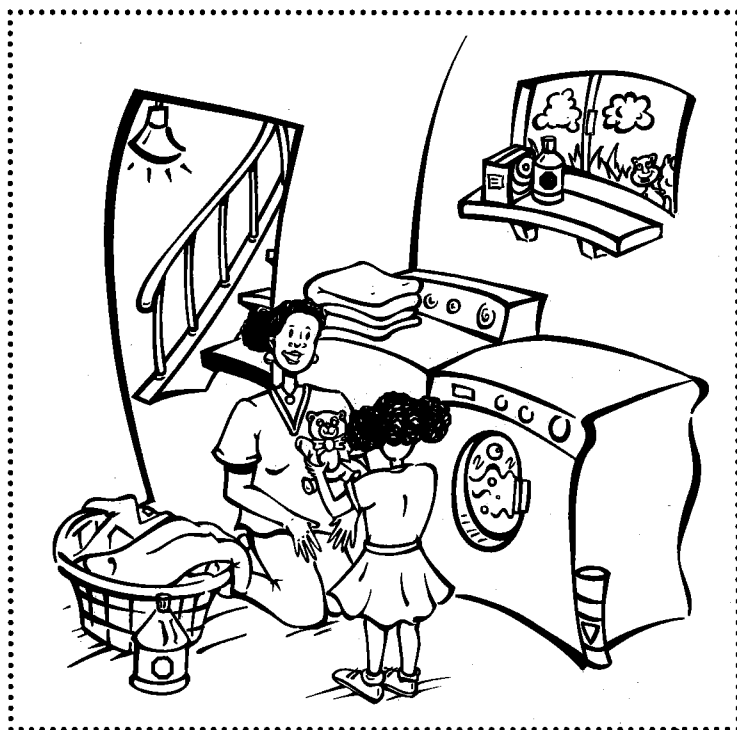
Can you think of others? _____

Remember:

- If the appliance falls in the water, you could get an electrical shock.
- Never plug in a cord with wet hands or while standing on a wet floor, because you could get an electrical shock.



CHEMICAL SAFETY

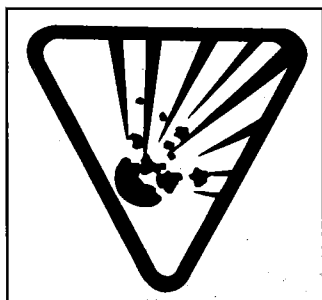


Explosive

Flammable

Corrosive

Poison



This container can explode if it's heated or punctured. Flying pieces of metal or plastic can cause serious injuries, especially to the eyes.



This product, or its fumes, will catch fire easily if it's near heat, flames or sparks.

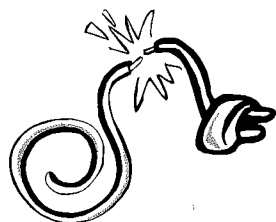


This product will burn skin or eyes on contact, or throat and stomach if swallowed.



Licking, eating, drinking, or sometimes smelling, this product will cause illness or death.





Let's Make It Safe

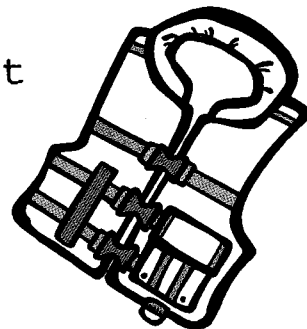
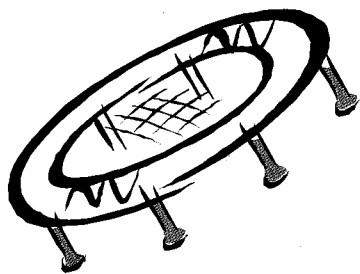


y h t a i e c e h t z a b w r
w t n e l x c c e e x u d p s
p o i d m i l k u c r r m a w
q o n c f l c b q n n l f l f
a a w s i a e m e r g e n c y
c a t e j r l h r a t n r j a
j t e e r b t l z y x i e g r
q i f c x l v c s b x l s n o
b i d r o c i g e c u o p i s
l i n j u r y n z l t p e v h
o d d n z l r p e t e m c i o
d d v r c v u i q b z a t d c
u a g q a j x r b c l r j i k
e r q h q e v t u w s t g x r
s r i a t s g c x v s b b l r

Find and circle these words. (They may be vertical, horizontal or diagonal.)

burn
candle
cord
diving
electricity
emergency
falls
gear
helmet
ice

injury
lifejacket
powerline
respect
safety
shock
stairs
trampoline
trip



Never play with fire!



Veronica Trost, Grade 12, Evan Hardy Collegiate, Saskatoon, SK

FIRE/BURN SAFETY:

- Never play with matches, lighters, or candles.
- Tell an adult if you find any.
- Never leave a lit candle alone.
- If your clothes catch fire, drop to the floor and roll to smother the flames.

Always have an escape plan.



Erin Richardson, Grade 12, Evan Hardy Collegiate, Saskatoon, SK

FIRE/BURN SAFETY: **Always have an escape plan.**

Please remember:

- Learn two ways out of any room in your home.
- How to get out if a fire blocks your front door.
- If there is a fire, get out and stay out and go to your family's meeting place.
- Call the fire department from a neighbour's house.





Never leave a lit candle alone.

Preston Smoke, Grade 9, Wadena Composite School, Wadena, SK

FIRE/BURN SAFETY:
Never leave a lit candle alone.

- Place burning candles away from curtains, lampshades or party decorations.
- Cut the candlewick short to prevent high flames.
- Place candles where they can't be knocked down.



**BE CAREFUL with
HOT WATER!**



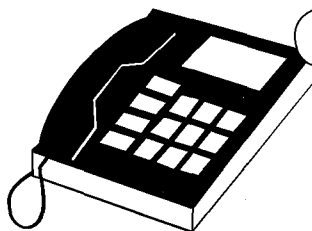
Kristen Knittel, Grade 9, Gravelbourg High School, Gravelbourg, SK

FIRE/BURN SAFETY:
**Be careful when running hot water
from taps. It can cause a burn.**

When filling the bathtub:

- Run cold water into the bathtub first, then add hot water until the bath is warm, not hot.
- Run a bit more cold water at the end to cool off the faucet.





911

911

EMERGENCY NUMBERS

Fire: _____

Police: _____

Ambulance: _____

Doctor: _____

Dentist: _____

Poison Control Centre: _____

Responsible Adults to Call

Name

Number

_____	_____
_____	_____
_____	_____
_____	_____

To Parents: Please fill in the above information. Make copies of this sheet and hang one copy near each telephone in your house. This will help your children or sitters respond quickly to an emergency. Review with your children when and how to call for help.

It is important that children know their telephone number, including area code, and their complete address, including city and province. Write this information below and review it with your children.

Our Telephone Number

(____) _____

Our Address

Street # _____

City _____

Prov./Postal Code _____

911

911

