

HEALTH - I

Quarter 4

Module: SAFETY FIRST

You are about to explore and assess your safety awareness. Are you giving enough attention to improve your safety consciousness? You will find this out as you work on this module. Are you ready to start with your safety adventure?



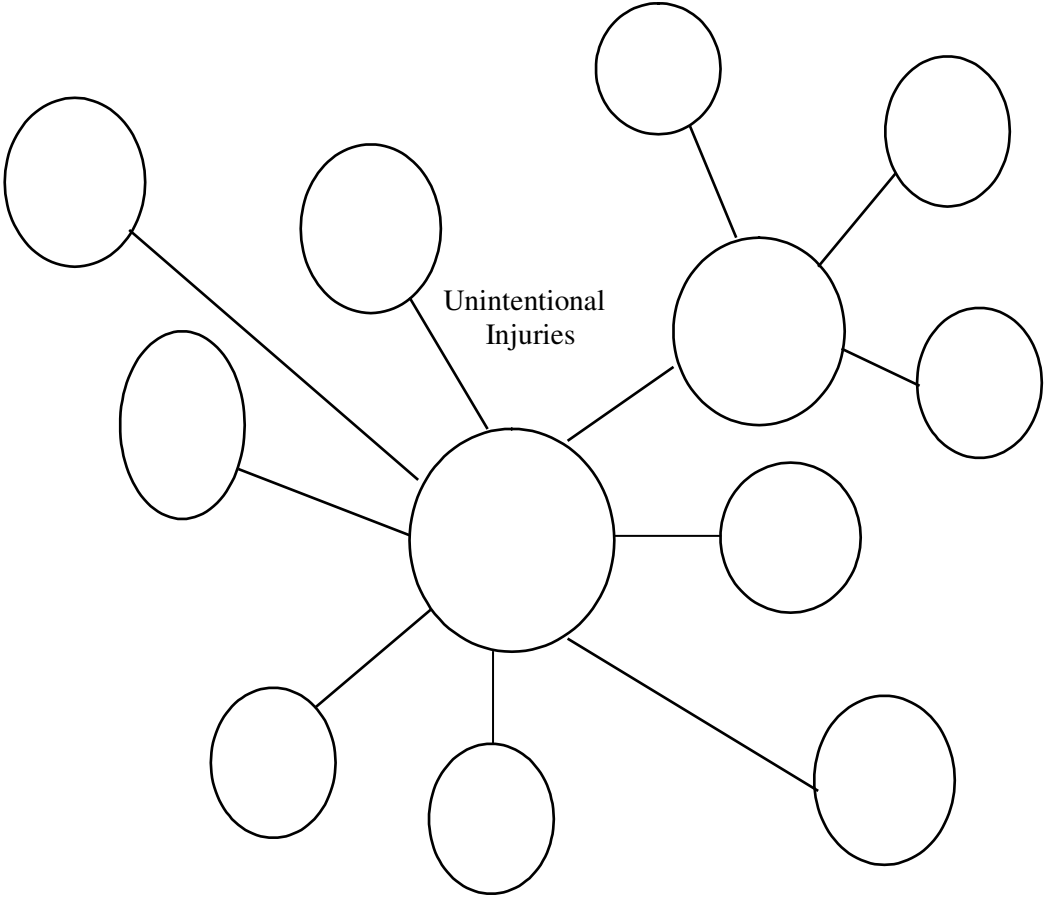
EXPLORE Your Understanding

In this first part of your adventure, you will do different activities that will find out what you already know about safety. Try to reflect on your safety habits and practices as you do some activities in this module.

Try your first safety adventure. Check what you know about safety.

CONNECT IT!

Draw or write words/phrases/sentences that you can relate to unintentional injuries on the graphic organizer on the next page. You can make your own presentation. Do this in your notebook/journal log.



Now, try to do the next safety adventure. Look at what you have written in your graphic organizer. How do you think these words/phrases/sentences/pictures relate to unintentional injury? Write your own understanding about the word inside the box below.

Safety Adventure 2

My Threatening and Dangerous Experience

Recall threatening and dangerous situations you have experienced in the past. Write these situations and classify them if it is related to home safety, school safety, road safety, or playground safety. Write what you have done to face the situations.

Situations	Classification: home safety/school safety/road safety/playground safety	Describe why it was threatening or dangerous	Actions taken to address the situations

Look at your threatening or dangerous experiences. Do you think you made the correct actions? You can go back to it later.

Safety Adventure 3

Safety Practices/Habits Check

SAFETY HABIT and PRACTICES CHECK

Think of your habits and practices. Put a check (/) in the column after each item to show how often you practice the health activity. Always-3, Sometimes-2, Never-1

Health Habits/Practices

1. I do anything safely
2. I never take unnecessary risk
3. I always keep my surrounding safe
4. I unplug electrical appliances after using
5. I keep all playing equipment after using
6. I never leave burning candles unattended
7. I avoid playing or jogging in busy street
8. I follow the traffic signs when crossing the street.
9. I never play with matches, stove, electronic gadget
10. I warm up before doing strenuous sports or games
11. I do not throw broken glasses, metal etc. anywhere
12. I always keep the floor, stairs free from litters
13. I do not overload our wall outlets/extension cords
14. I make sure our floor and stairs are always dry
15. I keep our playing area free from obstructions

3	2	1

Count the number of Often 3x ___ = ___

Count the number of Sometimes 2x ___ = ___

Count the number of Never 1x ___ = ___

Divide the total to 15

Scoring

3= often 2= sometimes 1= never

Are you happy with your score and interpretation? Do you think you are always conscious of your safety and of others? Continue your safety adventure by working on the next activity

Safety Adventure 4

The story of Mario

Mario stays late at night playing so he always rushes every morning to get ready for school. Mario often leaves his books and other things on the stairs.

One morning, Mario is not looking where he is going and he rushes down the stair. He trips over his toys and falls down the stair. Mario suffers several bruises and sprain. His mother hurriedly brings him to the nearest clinic for treatment.

Identify the following in the story of Mario.

A. The situation _____

B. The unsafe habit of Mario _____

C. The unsafe action of Mario _____

D. The accident _____

E. The result _____

Answer the following questions:

1. Is Mario safety conscious? Why?
2. How can the sequence of events that lead to unintentional injuries be prevented?
3. How will you define unintentional injury?

Pondering on the essential **QUESTION**.

Read this essential question and think about it. You will be able to answer this after you have gone through this module.

- How can one prevent or minimize the occurrence of injuries and ailments?

You can check if your understanding of safety and first aid as you go on with this module. After performing all the activities, you are expected to practice the habit of observing personal safety measures at all times. Your action will be evaluated based on the following criteria:

- Appropriate
- Relevance
- Accurate



FIRM UP Your Understanding

In this phase, you will be exposed to a variety of reading materials/resources and activities to firm up your understanding about the lesson. You are also given the opportunity to assess your own understanding, correct misconception, and clarify your questions about the lesson.

READ and you will UNDERSTAND!

Reading 1.

Every year thousands of people are injured as a result of accidents at home, in school, road, playground and other places. Accidents happen anytime, anywhere, and to anybody. Injuries due to accidents are called unintentional injuries. These injuries result from an unexpected event, or accident. You can do a lot of actions to prevent such injuries.

Remember, accidents and injuries do not just happen. It is a result of series of events that include: a situation, an unsafe habit, and an unsafe action. These series of events is the accident chain. How you will break the chain is your responsibility. You have to change the situation, your habit and your action.

Everyone must be properly informed about safety. The process of developing awareness of immediate hazards and dangers and equipping oneself with appropriate

accident prevention skills to overcome these hazards is what we called safety education. Keeping everyone alive and free from injuries is the aim of safety education. Whether you are at home, in school, in the street, in the playground or anywhere always bear in mind safety. Living is more enjoyable when we are safe. Make safety a vital part of living.

Always remember these if you want to live safely:

- develop safety consciousness at all times
- reduce unnecessary risk taking
- enjoy doing things safety
- reduce the risk of accidents

Once you have internalized safety consciousness in your system, it will become an influencing behaviour so that you will think and act with due regards to your safety and that of others.

CHECK YOUR UNDERSTANDING

See how well you understood the Reading. Answer these questions.

- How are the series of events that causes unintentional injuries can be prevented?
- What benefits will you get if you always think of safety in anything that you do?
- How can you attain a safety life?

MAP YOUR UNDERSTANDING

Continue your health adventure trail. This time, check your understanding about safety. Make a concept map using the words listed then draw how they are related. Make your own graphic organizer or relationship map. Add as many links as you want to illustrate your understanding about the topic.

WORD BANK

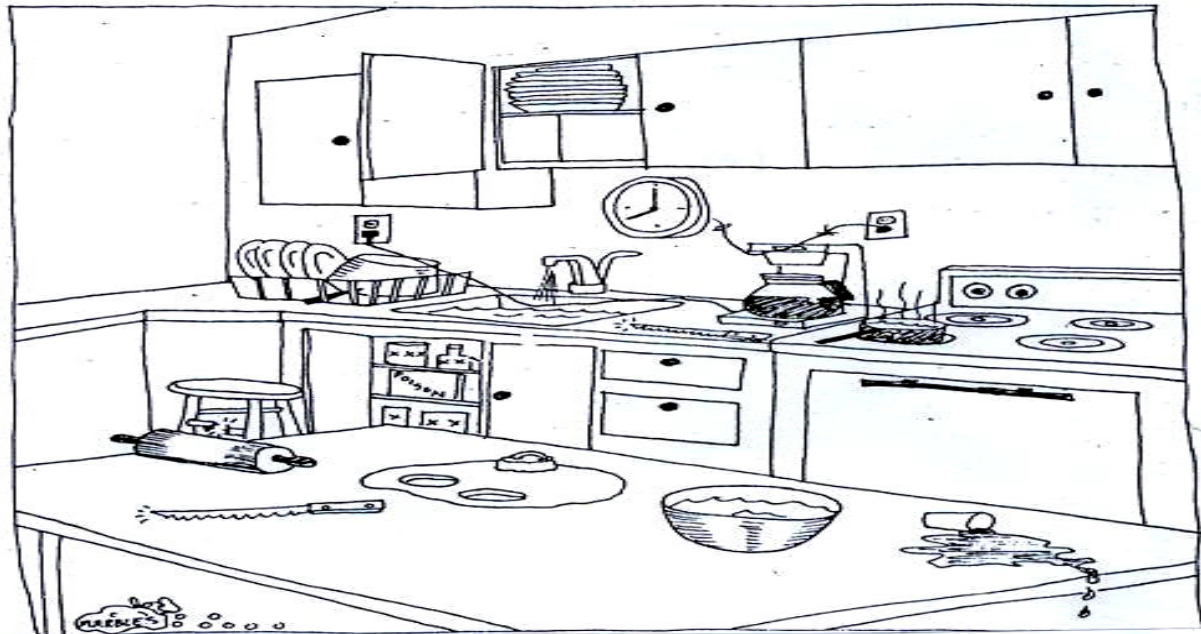
accidents
unintentional injuries
unsafe action
unsafe habit
a situation
chain of accidents
safety education
reduce unnecessary risk
enjoy doing things safely
develop safety consciousness

Now, revisit your graphic organizer you did earlier, are there misplaced concept in it? You can revise and correct misconceptions/misinformation if there's any before you proceed to the next adventure.

Safety Adventure 5

Safe or Unsafe

Direction: Look for unsafe practices in this illustration below. List all unsafe practices that you see in this illustration.



1. What are the possible consequences of these unsafe practices that were shown in the illustration?
2. What safety measures should be observed at home?
3. What safety practices/habits do you want to improve in your family?

Reading 2. Are there practices related to safety that you want to improve?

Read this.

Learning habits of safe behavior need a great deal of practice, concentration, and determination before these becomes your habit. Here are some principles to make safety a habit.

1. Look for hazards in whatever you are doing. You will become alert to it once you recognize a hazard.
2. Remove any hazards that you think would be threatening to your safety. Do not leave the iron on and toys on the floor because you are putting yourself and others in hazardous situation.
3. Some hazards are caused by nature such as strong wind, flood, and wet streets. You cannot avoid these from occurring, however, accidents can be prevented by being safety conscious. If the street is wet and you are driving, you have to drive slowly and avoid stepping on the brakes for sudden stops
4. Avoid creating new hazards.

These easy – to- remember principles are your guide for your own safety and the safety of many in our society.

Safety measures/guidelines to follow in the prevention of accidents and injuries

Wherever you are, whatever you do, following safety rules and regulations can help you to be safe.

Inside your home, do you follow some safety rules to keep you and your family safe?

- Do not smoke in bed.
- Install handrails along stairway
- Place nonskid backing on floor rugs.
- Place rubber mats in bathtubs and showers.
- Keep medicines away from children's reach.
- Keep matches and lighters away from children.
- Do not overload wall outlets and extension cord.
- Use safety gates to block children's access to stairs.
- Do not leave the floor wet. Wipe up spills on the floor.
- Do not wear robes or other loose clothing while cooking.
- Lock up hazardous substances and keep these in safe area.
- Provide a clear path between the bedroom and the bathroom.
- Light stairway areas adequately and other dark areas in the home.
- Keep objects, such as toys, books, etc. off the stairways and walkways.
- Check electric cords for cracks, exposed wire, broken plugs and poor connections.

Aside from your home, you should also practice safety rules while travelling on foot. The safety rules for pedestrian are to know the laws governing traffic.

Obey all traffic safety rules. Whether you are in a car, bus, jeep, bicycle, tricycle or just walking, obey all traffic rules. Here are some pedestrian safety rules:

- Avoid hitchhiking.
- Avoid wearing darkly colored clothing at dusk or when it is dark.
- In crossing a street, avoid passing between two parked cars/vehicles
- Always use the sidewalks and crosswalks. Always walk along the side of a road with the traffic.
- Avoid playing miniaturized stereo radio tape player while walking or jogging in busy traffic areas.
- Cross the street only after the red light has signalled on for vehicles, and go or green for pedestrians to cross.

For pedestrians and motor vehicle drivers, obeying or following traffic signals, signs, and pavement markings are a must. These are traffic controls placed in strategic site to regulate the movement of all people using the streets and highways. Obeying traffic signals, signs, and pavement markings will prevent accident from happening.

Everyone must act safely on the road and acting safely means obeying all traffic rules and pedestrian safety rules.

Recreational and Outdoor Safety

Engaging in sports and other recreational activities can be fun. However, if you do not follow basic safety behavior, sports and re-creation can end in accidents, injury and even death. To prevent such incidents, it is very important to observe safety measures such as:

- Learn the safety rules specific.
- Make sure facilities are safe.

- Develop the skills required for the activity.
- Practice for proper execution of skills with ease and no tension.
- Use proper safety equipment. Some sports need helmet, eye protector, knee and elbow pads, wrist guards and correct footwear.
- Know your abilities and limits and stay within them. People who are overconfident and those who try to show off and trying something they are not able to do often meet an accident.
- Take time to properly warm up before and cool down after your activity. Warm-up helps spread the lubricating fluid through the joints to protect the particular spaces of the joints to prevent injury. -

Safety Adventure 6

Life Skills Checklist

Directions: Read each life skill carefully. Write Yes or No on the space before each life skill. Yes answer indicates a life skill you practice to promote safety. A No answer indicates a life skill you do not practice. Plan to begin practicing these life skills

- ___ 1. I follow safety rules at home and in school.
- ___ 2. I follow safety rules when playing.
- ___ 3. I follow safety rules when crossing the street.
- ___ 4. I follow safety rules when riding a bus/car/jeep/tricycle.
- ___ 5. I follow safety rules to prevent accidents.

Are there life skills related to safety that you want to develop?

Now do you already realize the importance of being safety conscious at all times. A Safety Contract will remind you to think of your safety and that of others always.

Safety Adventure7

MY Safety Contract

Name: _____ Date: _____

I promise that _____
_____.

I plan to _____
_____.

Put your name and then make a promise to yourself to follow safety rules and be safety conscious always. You may want to have your parents witness your contract to help remind you of your promise.

Make your own Safety Contract similar to the one above. You may want to write it on another material or paper other than your notebook. Post it in strategic area of your home so you will always be reminded.



DEEPEN Your Understanding

In this phase you will be given reading materials, varied activities/experiences to further enhance your understanding about safety. You will be given the opportunity to reflect on your habits and practices that greatly affect your safety and that of others.

Safety Adventure 7

A VISIT TO THE *BARANGAY* HEALTH CENTER/SCHOOL CLINIC/

- Go to your *barangay* health clinic or school health clinic and request the nurse to help you get data of injuries due to accidents.
- Get available data of accidents documented/recorded by the office. The data should cover the past 2 years, include the nature of accident, possible causes, number of casualties and actions taken
- Make a graphical illustration of the data gathered.
- Classify the data on the causes of injuries/ailments according to intentional or unintentional.
- Analyze data on the causes of accidents. Make suggestion/recommendation on how these can be prevented or minimized.
- Write reflections or insights regarding the data gathered.

Now, continue your safety adventure trail. You will do another activity that will help you express your understanding of safety habits and practices.

Safety Adventure 8

Recipe for Injury Prevention

Do you use recipe to help your mother cook? You know that recipes tell ingredients. Let's try a game. Based from what you have learned you will make recipes for safety rules.

1. Write three safety rules to help you stay safe at home. Make them sound like cooking ingredients. For example, you might write, "¼ cup of safety consciousness to keep the floor dry."
2. Write three safety rules to help you stay safe while walking on the road. Make them sound like cooking ingredients. For example, you might write, "1 teaspoon of alertness while crossing when the green traffic light is on."
3. Write three safety rules to stay safe while playing or engaging in sports. Make them sound like cooking ingredients. For example, you might write, "1 cup of patience to develop the skills required for the activity."
4. Use correct grammar, spelling. Make a creative presentation.

Safety Adventure 9

EXPRESS YOUR UNDERSTANDING

- Complete the following statements:
 - I firmly believe that safety_____
 - To stay safe, I must_____
 - A safe person lives _____

- Write your answer to the following questions based on your understanding of the lesson. Put these in your notebook or journal log.
 1. What might happen if you will not follow safety rules?
 2. What do your safety habits and practices reveal about you?

3. How could you use that data in improving your safety awareness?
4. What are your strengths and weaknesses as far as safety is concerned?



TRANSFER Your Understanding

In this phase you are given an opportunity to transfer your understanding by preparing and implementing a plan of action to improve yours and your family's safety habits and practices.

Safety Adventure 10

My Advocacy

Make signages/reminders that encourage family members to practice safety rules. Include specific precautions that family members can take to stay safe in the home. Discuss with your family steps that might be taken to improve safety in your home.

MY SAFETY PLAN OF ACTION

- Prepare your safety plan of action based on the results of your safety habits/practices check, life skills checklist, data gathering.
- Write what you will do to change the unsafe habit/practice, how you will improve and how you will keep yourself and others safe.
- An example is given to guide you.

Home /Road/playground safety	Habit/practice/condition I want to change, improve	Action/activity I will do to improve the habit/practice
Home safety	Placing things just anywhere	I will put things in proper places

- Act on the plan that you have prepared.
- Observe the effect of doing the plan of action on your safety for one month.
- Note the positive effect on yours and family safety or the negative effect if there's any.
- Make some revision in your plan if necessary.
- Your plan will be assessed using the rubric below.

Level of achievement Description

Outstanding	4	Plan of actions are attainable and health-oriented, implement procedure to reach the goal.
Very satisfactory	3	Plan of actions and processes are positive, realistic, and somewhat safety-oriented.
Satisfactory	2	Some plans and processes are positive and realistic, little safety value is seen.
Fair	1	Plan of actions are not focused and are unrealistic for abilities or present level of development.
Needs improvement	0	No plan of action are mentioned
SCORE		

You have been exposed to varied activities in this module, are you happy with your experiences? If you are done with all the safety adventure trails, then you can proceed to the next module.

CONGRATULATIONS!