



LIFE·PAC®

# Health Quest

Student Book

Unit 4



Alpha Omega Publications®

# HEALTH QUEST PENTATHLON LIFEPAC FOUR CONTENTS

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# HEALTH QUEST PENTATHLON: FOUR

## OBJECTIVES

**Read these objectives.** The objectives tell you what you should be able to do when you have successfully completed this Health Quest LIFEPAK®.

1. You will learn why the Christian should practice good safety habits.
2. You will learn precautions that should be taken when riding a bicycle.
3. You will learn steps that should be taken when responding to a fire.
4. You will learn Who is ultimately responsible for our safety.
5. You will learn why we learn first aid.
6. You will learn the three steps that should be taken in the event of an emergency.
7. You will learn the ways the body defends itself against disease.
8. You will learn the role of the doctor and the patient in the treatment of a disease.

## VOCABULARY

**Study these new words.** Learning the meanings of these terms is a good study habit and will improve your learning success in this LIFEPAK.

**accident** An unexpected event that has undesirable results.

**certification** Officially recognized as being qualified to do a certain task.

**communicable** Able to be transferred from one person to another.

**convulsions** Involuntary muscle movements.

**CPR** Cardio-Pulmonary Resuscitation, an emergency medical procedure used to revive the heart and lungs.

**evacuation** To leave an area or a building quickly because of the threat of danger.

**negligence** The state of being careless.

**pathogens** Tiny organisms that cause disease.

**pedestrian** Someone who travels by foot.

**presume** To take advantage of the good things that someone has done for you.

**pulse rate** The measurement of the beating of the heart.

**symptoms** A sign that is a result of a disease or disorder.

**unconscious** Without awareness to what is going on around you.





**Introduction.** Welcome back to Health Quest Pentathlon camp! Chester and Esther are warming up for this new LIFE PAC event—the long jump.

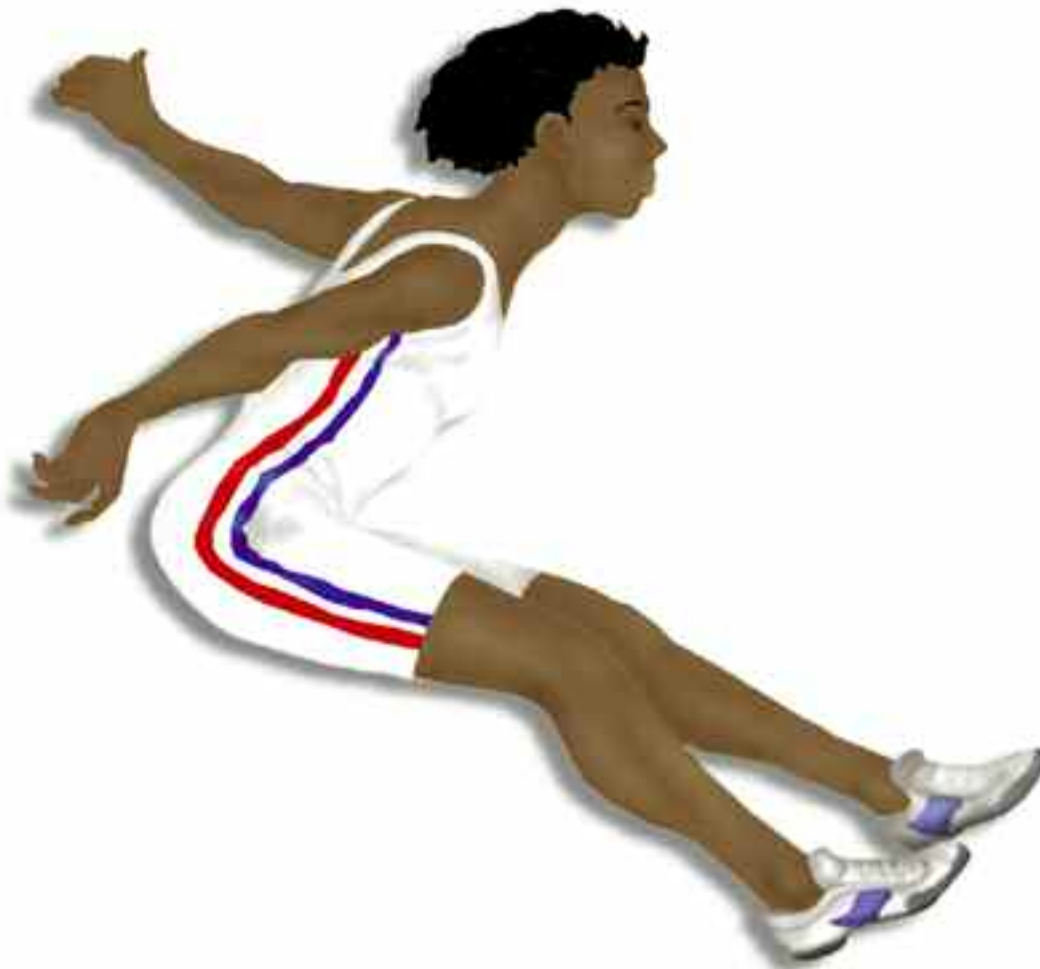
Athletes have long compared this event to the closest thing to flying. In the long jump, contestants run along a lane and leap into the air from a take-off board, aiming to propel their bodies the greatest possible distance. While still airborne, the jumper throws his feet far ahead of his body to propel himself further ahead in preparing to

land. The landing is measured along a straight line extending from the take-off board to the mark made closest to that board by any part of the landing body.

Long jumping combines the athlete's strong leg and stomach muscles with endurance, running speed and leg spring.

Throughout this LIFE PAC you will be learning safety as well as injury and disease prevention. Learning and applying these principles will enable you to jump over some of the difficult problems in life. Just as the long jumper must possess certain strengths, you too must develop endurance and flexibility to face the races in life that lie before you.

In this LIFE PAC you will find three activities before each HQP quiz relating to what you've just learned. Doing these activities will earn you stickers that will complete the event in this LIFE PAC.



Locate the long jump event on your Health Quest Pentathlon poster. When each section of the LIFE PAC is completed—along with its Health Quest Pentathlon activities—you will receive a gold medal sticker to place next to your long jump athlete. By the end of LIFE PAC 4 and completion of the activities, your long jumper will have successfully completed his/her portion of the Pentathlon track. Then it's time to move on to the fifth and final LIFE PAC and the final HQP events.

Take a few minutes now to read through the activities before each quiz. Knowing what the activities are will help you to plan ahead.

Completing this Pentathlon event leaves you only one remaining event until you reach the finish line. Work to join Chester and Esther as HQP finalists.



This LIFE PAC's guidelines come straight from the Bible in the Book of Luke. Below, fill in the missing words from Luke 10:33–37.

Stay on your toes, a portion of this will be a Bible recitation activity later in this LIFE PAC.



**Complete Luke 10:33–37.**

1.1 "But a certain \_\_\_\_\_, as he \_\_\_\_\_, came where he was: and when he saw him, he had \_\_\_\_\_ on him, And went to him, and bound up his \_\_\_\_\_, pouring in oil and \_\_\_\_\_, and set him on his own \_\_\_\_\_, and brought him to an \_\_\_\_\_, and took care of him. And on the morrow when he departed, he took out two \_\_\_\_\_, and gave them to the \_\_\_\_\_, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will \_\_\_\_\_ thee. Which now of these three, thinkest thou, was neighbour unto him that fell among the \_\_\_\_\_? And he said, He that shewed \_\_\_\_\_ on him. Then said \_\_\_\_\_ unto him, \_\_\_\_\_, and do thou likewise."

# I. SAFETY

Why do we have to practice safety? Doesn't the Bible say that God will protect us? Yes, it is true that not even a hair can fall from our heads apart from the will of our heavenly Father (Matt 10:29-31). We are not to presume upon His kindness, however. "Presume" means to take advantage of the good things that someone has done for you. Putting yourself in dangerous situations for no reason is to presume on God's love for His children.

For example, you presume that God will protect you from danger when you jump on a motorcycle without a helmet. Satan tempted Christ in much the same way. He asked Christ to jump off the top of the temple with nothing below to catch Him, but Christ would not do it. Even though He knew that His Father would keep Him safe, He replied, "...Thou shalt not tempt the Lord thy God" (Matthew 4:7).

In this LIFEPAK we will look at different ways to avoid presuming on God's protection. To stay healthy we not only need to eat right and exercise, but we also need to take precautions to protect our bodies and our health.

**Accidents.** Splish! Whooooaaa! Bang! Crash! Ouch!!! Somebody should have wiped up that spilled milk!



Safety is everyone's responsibility. Another way of caring for our health and the health of others is to take actions that help prevent accidents. An accident can be defined as an unexpected event that has undesirable results. If someone had taken the time to wipe up the milk then no one would have fallen and gotten hurt. Accidents can be prevented.

**Prevention.** Using your head is one way to help prevent accidents. Simple carelessness is the main cause of most accidents.

People forget or don't think it is necessary to take safety precautions. They presume that nothing will happen to them. Presuming that nothing will happen is the first mistake. To prevent more accidents, stop and think about what you are doing. Are there risks involved? Thinking is the first step to preventing accidents.



## Accident prevention is a bright idea!

The second step in preventing accidents is taking action. Learning what causes accidents will help you apply this principle. Although you cannot prevent every accident there are safety rules for dangerous situations. Whether it is in the water, on the playground, on the road or even in your own home, there are things you can do to prevent accidents from happening.



**Answer true or false.**

- 1.2 \_\_\_\_\_ *Presume* means to take advantage of the good things someone has done for you.
- 1.3 \_\_\_\_\_ Putting yourself in dangerous situations for no reason is to presume upon God's love.
- 1.4 \_\_\_\_\_ Accidents are expected and planned events.
- 1.5 \_\_\_\_\_ Thinking does nothing to help prevent accidents.



*"The long jump has been a part of sporting events since the Games of 708 B.C. when it was included as part of the Pentathlon. Early jumpers held weights in their hands, hoping that the extra weight would propel them further. In the 1800s the weights were no longer used, and the take-off jump spot was regulated to be 20cm. The athlete landed in a sandpit."*



**Safety in the Home.** Companies, schools and hospitals practice fire alarm drills. Maybe you have even participated in a fire alarm drill at a public place, but have you ever practiced one at home? We often neglect to practice safety in our own homes. Because we are so comfortable and secure at home, we tend to think an accident is the last thing that would happen. However, a typical home is full of dangers. Toys are left on the floor, ovens and stoves are left unattended, firearms are not locked up, electrical plugs and cords are not properly used, etc. Potential falls, burns, and electrical shocks abound. To keep your home safe and healthy, preventive actions need to be taken on a daily basis. Accidents in the home *can* be prevented.

**Fire.** Fires can be devastating. They can take the lives of people you love. They can be prevented if you practice good safety habits.

**Kitchen Fires.** A fire can start in any room, but fires most frequently occur in the kitchen. If food is cooking in the oven or on the stove, the kitchen should not be left unattended. Grease can spill over onto a hot surface and catch fire very easily. When you are finished cooking, turn off the stove or oven. To avoid burns, use potholders or mitts to move pots and pans. It is always safer to assume that a pot is hot. Move handles towards the inside of the stovetop. Handles that are left pointing out can easily be knocked off the stovetop.

If a fire does occur in the kitchen, use a fire extinguisher or throw baking soda on the fire source. Do *not* throw water on it. If the fire is caused by grease, water will only cause the fire to spread. If a fire occurs inside the oven, suffocate the fire by closing the door. Immediately shut off the oven. If an adult is in the house, yell for their help. If you cannot put the fire out right away, call 911 immediately.



**Flammable Materials.** Believe it or not, that pile of old newspapers in the garage is a safety hazard. Materials like newspaper, oily rags, old clothes, gasoline, and paint thinner are highly flammable. Failing to store them correctly can result in a fire. Some liquids like gasoline and turpentine can ignite if stored in very hot temperatures. All it takes is a tiny spark from a cigarette or a match to ignite flammable materials.

Be sure to store flammable materials separately in fireproof containers and under safe temperature conditions. If summertime brings prolonged hot weather to your state, help family members remember to move highly flammable materials to a cooler environment.



baking soda	fire extinguisher	burns	flammable
dangers	handles	fire	kitchen



**Fill in the blanks with the correct answers from the word list above.**

- 1.6 A typical home is full of \_\_\_\_\_.
- 1.7 A \_\_\_\_\_ can start in any room.
- 1.8 Fires most frequently occur in the \_\_\_\_\_.
- 1.9 To avoid \_\_\_\_\_, use potholders or mitts to move hot pots and pans.
- 1.10 Move \_\_\_\_\_ towards the inside of the stovetop.
- 1.11 Use a \_\_\_\_\_ or throw \_\_\_\_\_ on a kitchen fire.
- 1.12 Failing to store \_\_\_\_\_ materials correctly can result in a fire.

**Electrical Fires.** Using electrical cords and appliances improperly can cause fires. Never use electrical cords that have exposed wires or torn plugs. Damaged electrical cords can spark and catch a rug or other nearby materials on fire. Appliances such as coffeepots or heaters should not be left on without someone's attention. It is very dangerous to fall asleep with a portable heater on. The heater could spark or fall over and catch the room on fire. To be safe, turn electrical appliances off when you leave the room or go to sleep.



**Smoke Detectors.** One of the easiest ways to protect your family from a fire is to install smoke detectors. An alarm is sounded when smoke reaches a special sensor inside the smoke detector. Smoke detectors should be placed on the ceiling of every room in the house. It is also recommended to have a smoke detector placed outside each bedroom. Smoke detectors should be checked periodically to ensure that batteries are properly charged.

**Responding to Fires.** Fires are frightening things to encounter. Because of the panic that often occurs, it is difficult to think about where to go. That is why it is important to know what to do in the event that one occurs.

The first thing that should be done is to get out of the building. Next, go to a neighbor's house and call 911.

Every home should have a fire escape plan. The plan should include escape routes for every room and a safe meeting place outside of the home.

Every room needs to have two ways of escape. A door cannot be the only route to safety. During a fire, hallways might be filled with smoke, fire, or even toxic gases. People that die in fires usually die from smoke inhalation rather than the actual flames. A window or another door to another room should be an available route of escape.

A safe, prearranged meeting place far away from the home is needed to protect from unnecessary panic. People have been unnecessarily killed by re-entering a burning house to save someone that was safely outside. Once you are at the meeting place, *stay there*. In the event that someone is missing, tell a fireman. Do not go back into the building!





**Answer true or false.**

- 1.13 \_\_\_\_\_ Never use electrical cords that have exposed wires or torn plugs.
- 1.14 \_\_\_\_\_ A heater would never spark or fall over and catch a room on fire.
- 1.15 \_\_\_\_\_ One of the easiest ways to protect your family from a fire is to install a smoke detector.
- 1.16 \_\_\_\_\_ Smoke detectors should only be placed in the kitchen.
- 1.17 \_\_\_\_\_ A fire escape plan for your home should include two ways of escape for every room and a safe meeting place outside.
- 1.18 \_\_\_\_\_ Never re-enter a burning house.

**Falls.** The most common reason that people fall is because objects are left in walkways around the house. Toys, clothing, telephone wires, or even stacks of books can cause falls. Safety is everyone's responsibility. If you see something on the floor or on the stairs, pick it up. Don't worry about whether or not you were the one who left it there. It might end up being you that trips and falls.

All walkways and staircases should be well lit. If you can't see where you are going and what you are stepping on, you are bound to fall. Replace burnt out light bulbs immediately. Make sure all outside walkways and staircases are lit in the dark.

Climbing into or out of slippery bathtubs and showers can cause falls. Installing a

rubber bath mat on the floor of the bathtub or shower can keep your feet from slipping, while safety bars on the walls can give you something to grab onto.

Taking your time and paying attention to what you are doing is another way to keep yourself from falling.



Using chairs, bookshelves, tables, and other objects to reach things is another way to cause a fall. Only ladders or step stools should be used to climb. However, even these can be used the wrong way. Never stand on the very top rung of the ladder.

Always stand equally balanced on both feet on a step stool. When standing on a ladder, always have someone hold the bottom to stabilize it, and never stand the ladder or step stool on a slippery surface.

**Firearms.** Guns are not toys. They can kill. Even a BB gun is to be handled with care. When not handled in the presence of a responsible adult, all guns should be locked up and stored out of the reach of children. If a friend of yours decides to handle a gun without an adult present, leave his presence immediately. Though he thinks the gun is not loaded, it very well might be. Many people have been killed by guns that were “not loaded.”

As the saying goes, “Treat every gun like a loaded gun.” Learning gun safety and proper gun handling are the first two steps in using a gun wisely.



**Poisons.** One of the most common household accidents is poisoning. Poisoning can occur by drinking or eating, by injection, by breathing or by touching something. Drinking or eating something is usually the way people are poisoned, but it doesn't always happen that way

Taking too much of a common medication like aspirin or Tylenol® can be dangerous. Also, taking medications that were not prescribed to you by a doctor can hurt you. Vitamins should be taken with care, since they can reach harmful levels in your body. Taking too much of a good thing can be bad. Chewing or even eating

substances that might not seem harmful can prove to be poisonous.

Glue, certain plant leaves, and even lotions can be poisonous to your system. Be careful what you put in your mouth. Learn to read labels and recognize poisonous things around your home. If you have smaller brothers and sisters, always keep a watchful eye on them and move poisons away from them.



Ouch!! What was that? An insect bite or sting, the prick of a thorn or a needle, and the bite of an animal can all inject poisonous substances into your body. If an insect stings you, wash the area and remove the stinger if necessary. Some people are highly allergic to insect stings, so be careful to watch for a severe reaction. In the case of an animal bite, the victim should be watched and taken to the doctor for treatment.



Phew! That stinks!! Poisonous fumes can smell bad and cause sickness. Chlorine bleach, ammonia, and gasoline are just a few examples of poisonous substances that you can tell are poisonous just by their strong odor. However, not all poisonous fumes have an odor. Carbon monoxide is



odorless and colorless. When fuel is burned it gives off carbon monoxide. Cars, furnaces, and stoves can emit carbon monoxide into living areas. It is important to keep areas where they are used well ventilated. That is why it is never safe to run an automobile in a closed garage. Open the door so that there is good ventilation.

One of the most notorious examples of poisoning by touching is the rash one gets when they touch poison ivy. Poison can be absorbed into the body through the skin. Plants such as poison ivy, poison oak, poison sumac, and Queen Anne's lace can cause skin irritation. The sap of the plant gets on the leaves. By brushing up against a leaf, the poisonous substance gets onto your clothes or directly onto your skin. Take precautions when around these types of plants not to come in contact with them. Learn to identify the leaves before you go hiking in an area

where they grow. Even one encounter with these poisonous plants can be miserable.



**Circle the correct answer.**

- 1.19 The most common reason that people [**fall, walk safely, run**] is because objects are left in the walkways around the house.
- 1.20 All walkways and staircases should be well [**hidden, dimmed, lit**].
- 1.21 Installing a rubber bath mat on the floor of the bathtub can keep your feet from [**standing, slipping, stabilizing**].
- 1.22 Only [**books, chairs, ladders**] or step stools should be used to climbing.
- 1.23 Guns are not [**toys, dangerous, deadly**].
- 1.24 All [**toys, guns, bicycles**] should be locked up and stored out of the reach of children.
- 1.25 Treat every gun like a [**unloaded, loaded**] gun.
- 1.26 Taking medications that were not prescribed to you by a doctor can [**make you feel better, hurt you, do nothing to you**].
- 1.27 Not all poisonous fumes can be [**seen, smelled, heard**].
- 1.28 Brushing up against a poison ivy leaf can cause [**skin, lung, nail**] irritation.



**Personal Safety.** We live in a world that is full of sinful people. People steal from one another, they lie, they cheat, and they even murder; but as Christians we should not live in constant fear. We have a Father in heaven that works everything out for His glory and our good (Romans 8:29). Knowing these things about the world and our ultimate end should not make us presumptuous. We still need to take precautions when it comes to personal safety.

A good overall rule for personal safety is to be alert and careful. Knowing the possible dangers is the first step in avoiding them.



**Here are some basic rules in personal safety.**

- Never walk alone at night.
- Carry your wallet in a pocket that you can see.
- Women should hold their purses in front of them tightly.
- Keep car doors locked.
- Keep house doors locked.
- Close house window shades/curtains as the sun goes down to prevent others from seeing into your home.
- Never tell someone you are home alone.
- Ask or check to see who is knocking before opening the door.
- Don't talk to a strange man or woman.
- If a stranger grabs you, yell for help.



**Answer true or false.**

- 1.29 \_\_\_\_\_ It's safe to walk alone at night.
- 1.30 \_\_\_\_\_ There's no need to lock the doors of your home at night.
- 1.31 \_\_\_\_\_ Don't talk to a strange man or woman.
- 1.32 \_\_\_\_\_ If a stranger grabs you, yell for help.
- 1.33 \_\_\_\_\_ Check to see who is knocking after you open the door.

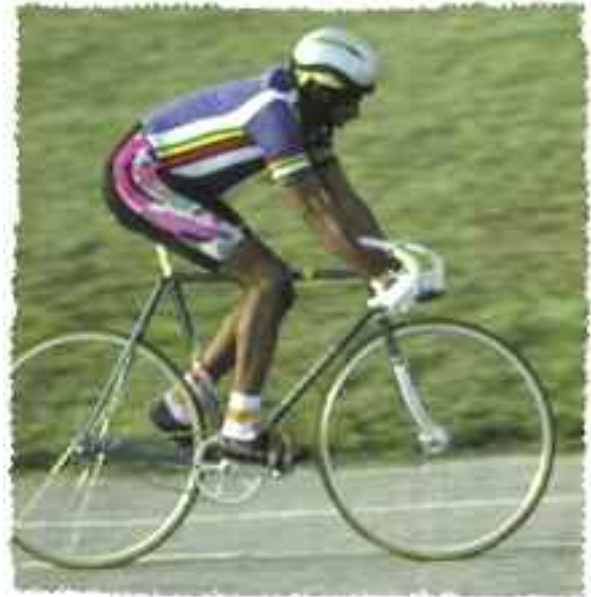


**Pedestrian Safety.** Watch that step! A pedestrian is someone who travels by foot. As a pedestrian you must watch your step constantly. The biggest danger that you face is colliding with someone or something. Always walk defensively. Keep a watchful eye out for cars, bicycles, and other pedestrians. Use the sidewalk if available. Sidewalks were made for pedestrian safety. If there is no sidewalk, walk on the left side of the road out of the way of oncoming traffic. Cross roads only at corners or where there is a crosswalk. If you must walk on the road at night, wear light-colored clothing, and carry a flashlight. The light-colored clothing makes you more visible to oncoming traffic.

**Bicycle Safety.** Riding your bike can be a lot of fun, but it also can be dangerous. Because a bicycle is capable of carrying you along the road faster than walking or running, you must be even more watchful and alert. A bicyclist should obey the same traffic regulations as automobile drivers.

Before riding, check your bicycle to make sure it is in proper running condition. Both your front and your back brakes should work properly. If only your front brakes work,

you're sure to go flipping over the handlebars. Tires should be full of air and without cracks or tears. Your seat should be tightly secured at the right height. You should have reflectors on the front, back, and sides of the bicycle.



Wear a bicycle helmet to protect yourself from head injury. If you need to ride your bicycle at night, wear reflective clothing.

**Car and Truck Safety.** You don't have to have your driver's license to practice car or truck safety. As a passenger you don't have control over the vehicle, but you can do something to protect yourself. The first thing that you should do when getting into a vehicle is to check to see if there are seat belts. Wearing a seat belt can double your chances of surviving a car accident. Don't presume upon God's protection by either not wearing a seat belt or riding in a vehicle that does not have one for you. Since you can't wear a seat belt in the back of a truck, never ride in the bed. Merely holding onto the sides of the truck will not keep you safe. Even going at slow speeds, you can be thrown out. If you find yourself in a vehicle with a driver that likes to drive fast and carelessly, ask to be let out. You don't have to ride with them. Walk or call for another ride. At least you will arrive alive.

pedestrians  
seat belt

bicycle

corners  
automobile drivers



**Fill in the blanks with the correct answers from the word list above.**

- 1.34 \_\_\_\_\_ are people who travel by foot.
- 1.35 Cross the road only at \_\_\_\_\_ or where is a crosswalk.
- 1.36 A bicyclist should obey the same traffic regulations that \_\_\_\_\_ do.
- 1.37 Wear a \_\_\_\_\_ helmet to protect yourself from head injury.
- 1.38 Wearing a \_\_\_\_\_ can double your chances of surviving a car accident.



**Swimming Safely.** Whether you're swimming in a pool, lake, or ocean the rules for water safety are the same. Some guidelines are listed below:

- Never swim alone. Have a friend or a family member with you at all times.
- Swim where there is a lifeguard; in case of danger they are ready to help you.
- Don't let yourself get tired in the water; take frequent breaks, and know your physical limits.
- Only dive in areas that are deep enough and you know what is on the bottom. Diving into a shallow pond or pool can leave you paralyzed or dead.
- Do not eat or chew gum while you are swimming; since you are breathing hard, it is too easy to choke.
- Wait at least 30 minutes after eating before entering the water again. You might even need to wait longer if you have had a large meal.
- If you hear thunder or see a storm approaching, get out of the water.
- Enroll in a swim class; even if you can swim already, it is always helpful to improve your swimming skills.





**Answer true or false.**

- 1.39 \_\_\_\_\_ Never swim alone.
- 1.40 \_\_\_\_\_ Never swim where there is a lifeguard.
- 1.41 \_\_\_\_\_ Only dive in areas that are deep enough and you know what is on the bottom.
- 1.42 \_\_\_\_\_ Its okay to stay in the water when there is lightning.
- 1.43 \_\_\_\_\_ Do not eat or chew gum while swimming.



**Natural Disasters.** No place on earth is completely safe from some type of natural disaster. In fact, some regions have to deal with several kinds of natural disasters throughout the year. Being prepared is one way to escape some of the dangers that might threaten you, your home, and the people you love. Staying calm about an otherwise terrifying situation can mean the difference between life and death. Often people think that a natural disaster will never happen to them. They do not listen to the warnings, make the wise preparations, or take the necessary precautions. Natural disasters do happen, even to people just like you. In the 1998 Hurricane Georges, over 187,000 families were affected by the natural disaster. Many lost their homes and their possessions, and over 300 people lost their lives. Be wise. Learn the necessary precautions to take and practice how to respond in case of a natural disaster.

**Lightning.** Some areas of the country are plagued by lightning storms several seasons a year. Lightning is one of the most brilliant displays of power in all of creation—but don't stand outside to watch it. When lightning begins to strike, get inside a building or a car as quickly as possible. If there are no buildings or cars to retreat to, sit on the ground and wait for the storm to pass. Lightning tends to strike the tallest object.



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Do not seek shelter underneath a tree. Many people have died when the tree they were standing under was struck by lightning. Also stay away from metal objects. Metal is highly conductive. Electricity is drawn to it.

**Floods and Hurricanes.** Water can be fun to play in but it also can be a raging tempest. The threat of a flood or a hurricane should be taken seriously. Within a matter of hours, rain or flood waters can fill the streets of a town, making them impossible to travel. If you live in an area that is frequently threatened by flood or hurricanes, have a plan of evacuation. Evacuation means to leave an area or a building quickly because of the threat of danger.



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**Blizzards.** Blizzards can dump inches of snow on an area in a matter of minutes. If you live in an area that experiences blizzards, it is wise to stock up on canned foods and water during the winter months. In the event that power lines are damaged, a fireplace can keep you warm, so it is best to keep your wood supply well stocked. Stay inside. If you are driving when a blizzard hits, pull over to the side of the road and keep warm until visibility becomes clear enough to drive safely.

**Tornadoes.** Tornadoes can cause a great amount of damage in just a few seconds. They are unpredictable and often deadly. Tornadoes are known to occur in every part of the United States, but they tend to occur more frequently in the central part of the nation. When a tornado warning is issued get to shelter immediately. A tornado has been spotted somewhere in the area. Go into a basement or a bathtub on the first floor of the house. You can also seek shelter under a staircase in the center of the house.

Make sure there are no windows in the area in which you are seeking shelter. If you happen to live in a mobile home or are in a car when a tornado is approaching, get into a ditch as far away as possible.

**Earthquakes.** California is not the only place in which earthquakes occur. Earthquakes can happen almost anywhere because of the many fault lines in the surface of the earth's crust. If you are inside when an earthquake takes place, seek shelter underneath a sturdy table. Try to get away from anything that might fall over on top of you. Protect your head by wrapping your arms around it while grabbing the back of your neck with your hands. Wait a minute after the tremor stops before seeking other shelter. Avoid buildings and structures that might have been damaged from the earthquake.

**Conclusion.** Whatever the need for safety might be, stop a minute to use your head. Do not presume on the protection of God. Consider the risks involved and make a decision. You're only given one body, take care of it.







Match these items by writing the correct letter in the blank.

- 1.44 \_\_\_\_\_ There isn't a place on earth that is safe from these
- 1.45 \_\_\_\_\_ Get into a building or a car when this begins to strike
- 1.46 \_\_\_\_\_ A plan of evacuation will help to keep you safe during this natural disaster
- 1.47 \_\_\_\_\_ Can dump inches of snow on an area in a matter of minutes
- 1.48 \_\_\_\_\_ Get to a shelter immediately when this warning is given
- 1.49 \_\_\_\_\_ Get away from things that might fall on top of you when this disaster occurs

- a. blizzard
- b. earthquake
- c. flood
- d. lightning
- e. natural disasters
- f. tornado warning



### HEALTH QUEST PENTATHLON ACTIVITIES



Complete these activities.

1.50 **FIRE ESCAPE.** More than 10 Americans die in home fires every day. Thousands more are injured. People can survive fires in their homes if they are aware of the fire, escape quickly, and stay out of the burning house. It is important to make an escape route and practice it regularly as a family. To protect your family in the case of a fire, practice **EDITH: Exit Drills In The Home**

**Plan Your Escape:**

- a.  Draw a floor plan of your home, marking 2 ways out of every room—especially bedrooms.
- b.  Ask your parents to schedule a family meeting.
- c.  Discuss the escape routes with every member of the household.
- d.  Agree on a meeting place outside your home where all members of the family agree to meet in the case of a fire. Agree to wait for the fire department.
- e.  Plan to practice your escape route at least twice a year. Pick significant days to help you remember to practice like Thanksgiving and Easter.



Adult check \_\_\_\_\_

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1.51 **SAFETY CHECK.** It is important to periodically check our homes for safety. Note the inventory list below and use it to safety check each room.

- a.  Lamp cords are tidy. Excess cording is twist-tied and tucked behind walkways to avoid people tripping over it.
- b.  Lamp shades are stable and in fine working order. Any signs of scorching should alert you to possible danger.
- c.  Area rugs placed on vinyl or wood flooring are secured to safeguard against slipping and sliding.
- d.  Electrical outlets are replaced if cracked, scorched, or otherwise damaged.
- e.  Unused electrical outlet covers have safety plugs to avoid small child electrocution.
- f.  Appliance cords are checked to assure there are no frayed or damaged cord ends.
- g.  All candles are in containers or candleholders.
- h.  All lights and candles are set in spaces free from flammable materials.
- i.  Bathtubs and showers have handles and tub stickers to prevent slippage.
- j.  All tubs and showers are free from electrical appliances.

Safety checking each room regularly is good practice.



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1.52 **EMERGENCY PREPAREDNESS.** Emergencies and disasters can occur anytime, anywhere, and to anybody. Many are related to the seasons of the year and can be prepared for ahead of time; others strike without any warning at all. This activity will help you become aware of resources available to help your family prepare themselves for possible emergencies and disasters.

- a.  In the general information section of a telephone book or through an online search find and read Emergency Preparedness recommendations.
- b.  Pay close attention to the different types of emergencies presented.
- c.  Highlight things your family will need to do to prepare for the possible seasonal emergencies your living area may encounter.
- d.  Locate alternative light sources (flashlights, batteries, oil lamps, etc.) Make certain they are ready in case of power failure.
- e.  Discuss with a parent the steps your family needs to take to be ready for seasonal emergencies.



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Review the material in this section in preparation for the Self Test. The Self Test will check your mastery of this particular section. The items missed on this Self Test will indicate specific areas where restudy is needed for mastery.

# SELF TEST 1

Answer *true or false* (each answer, 3 points).

- 1.01 \_\_\_\_\_ *Presume* means to be thankful for the good things someone has done for you.
- 1.02 \_\_\_\_\_ Accidents are unexpected events.
- 1.03 \_\_\_\_\_ It's okay to use electrical cords that have exposed wires or torn plugs.
- 1.04 \_\_\_\_\_ One of the easiest ways to protect your family from a fire is to not install a smoke detector.
- 1.05 \_\_\_\_\_ A fire escape plan for your home should include two ways of escape for every room and a safe meeting place outside.
- 1.06 \_\_\_\_\_ Never walk alone at night.
- 1.07 \_\_\_\_\_ It's okay to talk to a strange man or woman.
- 1.08 \_\_\_\_\_ If a stranger grabs you, yell for help.
- 1.09 \_\_\_\_\_ Never swim alone.
- 1.010 \_\_\_\_\_ Only dive in shallow areas.
- 1.011 \_\_\_\_\_ Get out of the water when there is lightning.

Match these items by writing the correct letter in the blank (each answer, 3 points).

- 1.012 \_\_\_\_\_ A typical home is full of these
- 1.013 \_\_\_\_\_ Where fires most frequently occur
- 1.014 \_\_\_\_\_ Use this or baking soda to put out a kitchen fire
- 1.015 \_\_\_\_\_ Only cross roads at crosswalks or at this point in the road
- 1.016 \_\_\_\_\_ Wearing this could protect you from head injury
- 1.017 \_\_\_\_\_ Wearing this could double your chances of surviving a car accident

- a. bicycle helmet
- b. corners
- c. dangers
- d. fire extinguisher
- e. kitchen
- f. seat belt

fall  
toys

ladders  
earthquakes

hurt  
loaded

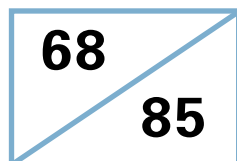
smelled  
tornado

**Fill in the blanks with the correct answers from the list above** (each answer, 3 points).

- 1.018 The most common reason that people \_\_\_\_\_ is because objects are left in the walkways around the house.
- 1.019 Only \_\_\_\_\_ or step stools should be used to climbing.
- 1.020 Guns are not \_\_\_\_\_.
- 1.021 Treat every gun like a \_\_\_\_\_ gun.
- 1.022 Taking medications that were not prescribed to you by a doctor can \_\_\_\_\_ you.
- 1.023 Not all poisonous fumes can be \_\_\_\_\_.
- 1.024 When a \_\_\_\_\_ warning is issued get to shelter immediately.
- 1.025 \_\_\_\_\_ can happen almost anywhere.

**Complete Luke 10:33–37** (each answer, 1 point).

- 1.026 "But a \_\_\_\_\_ Samaritan, as he \_\_\_\_\_, came where he was: and when he saw him, he had compassion on him, And went to him and \_\_\_\_\_ up his wounds, pouring in \_\_\_\_\_ and wine, and set him on his own beast, and \_\_\_\_\_ him to an inn, and took care of him. And on the morrow when he \_\_\_\_\_, he took out two pence, and gave them to the \_\_\_\_\_, and said unto him, Take care of him; and whatsoever thou spendest \_\_\_\_\_, when I come again, I will repay thee. Which now of these three thinkest thou, was \_\_\_\_\_ unto him that fell among the thieves? And he said, He that shewed mercy on him. Then said Jesus unto him, \_\_\_\_\_, and do thou likewise."



My Score \_\_\_\_\_  
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