



LIFE·PAC®

High School Health

Student Book

Unit 4



Alpha Omega Publications®

HIGH SCHOOL HEALTH 4 CONTENTS

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OVERVIEW

Being assured that God loves us is an important aspect of safety. Knowing that God loves you will keep you from presuming upon His protection. God's love also encourages us to take precautions to protect the lives of others. In this LIFEPAAC®, you will look at various safety practices that will help keep you healthy by keeping you from harm.

You will also learn how to be prepared for action in the event of an injury by learning some basic first aid techniques. However, procedures for performing the lifesaving techniques presented in this LIFEPAAC, are best learned and practiced in certified CPR and First Aid courses offered in your community. They should not be practiced without the supervision of a responsible adult or instructor.

OBJECTIVES

When you have completed this LIFEPAAC, you should be able to:

- Understand the purpose of knowing basic first aid procedures.
- Explain why a Christian is responsible to practice good safety habits.
- Discern how accidents can be prevented.
- Learn specific first aid procedures.

VOCABULARY

Accident – an unexpected event that results in loss or injury

Conducive – contributing towards something

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

Inclement – harsh, severe as relating to weather conditions

Pathogen – an organism that causes disease

Ramifications – possible consequences for a problem, plan, or statement

Providence – the wise and powerful governing of God over His creation

Sovereignty – supreme authority and power of a ruler

Ventilate – to provide access to fresh air

I. SAFETY

Safety—God's Sovereignty & Our Responsibility

The Bible tells us that God "...worketh all things after the counsel of his own will..." (Ephesians 1:11). The LORD, not chance, rules over all events, including those occurring in our lives. Life can seem like risky business and ignorance of the outcome of future events often leads us to think in terms of "chance." In God's eyes, no event happens "by chance," however we do not have the ability to see the future. Knowing that God has orchestrated our lives is a great comfort, but we are never to take His sovereignty and care for granted. We have no excuse for careless behavior.

To act carelessly is to presume upon the goodness of God. It is our responsibility to take the necessary precautions for safe activity, whether it is playing a sport, working with heavy equipment, or driving a car. Events in our lives may not take God by surprise, but they certainly can bring us some startling responses. Since we do not know the future, and since we live in a hazardous world, safety should be a central concern to us all.



For instance, if you ride in a car without buckling your seat belt, you are presuming that God will cause you to arrive safely at your destination. You are, in effect, demanding that God prove His love for you. Christ was tempted by Satan to do the very same thing. He asked Christ to jump from the pinnacle of the temple in order to prove that God's sovereign care would keep Him from harm, but Christ refused to do so. He did not need to place Himself in a perilous situation to be assured that the Father cared for Him, that He would indeed keep Him safe. Christ knew that God loved Him. His answer is recorded in Matthew 4:7, "It is written again, Thou shalt not tempt the Lord thy God."

Being assured that God loves us is an important aspect of safety. Knowing that God loves you will keep you from presuming upon His protection. God's love also encourages us to take precautions to protect the lives of others. In this LIFEPAAC, we will look at various safety practices that will help keep you healthy by keeping you from harm.



Answer each of the following questions with a short answer.

I.1 Describe what it means to presume upon God's goodness. Give an example. _____

I.2 Why is safety a concern for us? _____

I.3 How did Satan use the idea of presumption to tempt Christ? _____

I.4 How is our own personal safety related to the safety of others? _____

ACTIVITY

God and Accidents

The Bible states explicitly that God is sovereign over all events. Psalm 103:19 states that, "His kingdom ruleth over all." Even well-meaning Christians, however, tend to attribute the occurrence of "accidents" to luck or chance.

In this activity, you will look up verses in the Bible that affirm God's providential care for believers in the midst of events that have caused injury or loss. In the blanks provided below, list the verses that describe God's care along with an explanation of each passage.

Passage: _____

Message: _____

Passage: _____

Message: _____

Passage: _____

Message: _____



Adult Check

_____ **Initial**

_____ **Date**

What is Safety?

Safety is a word that you probably have heard many times in your life. Have you ever thought about what it means? Safety is the freedom from the occurrence of accidents. Ultimately, our safety is in the hands of God; however, we are responsible to take precautions to protect ourselves and others from injury or loss. Practicing good rules of safety frees us from the threat of accidents.

What is an Accident? “Accident” is another word that is used in many contexts. You have probably heard it used to explain the cause of an undesired event: “It was an accident that I dropped the plate.” Maybe you have heard it used as an excuse for sin: “It was an accident that Jennifer hit a parked car while driving carelessly.”

An accident is an unexpected event that usually results in injury or loss. Accidents are not caused by chance, fate, bad luck or misfortune. Accidents, though unexpected and undesirable to us, are a part of God’s plan for the world. From God’s perspective, there is no such thing as an accident. (Proverbs 16:33, Isaiah 46:9–10, Ephesians 1:11).

Knowing that accidents occur within the providence of God should give us great comfort; however, it should not make us complacent. We should seek to prevent accidents.

How to Prevent Accidents. Most accidents occur when people behave carelessly or recklessly. Careless or reckless behavior is rooted in a lack of love for others and God. That might sound rather harsh, but it is true. Acting carelessly or recklessly demonstrates an ungrateful attitude toward God and others. It places yourself and others in situations that can cause great harm and loss.

The remedy for careless behavior is a genuine concern for the welfare of others and a respect for God’s love for you. It begins by considering the **ramifications** of your actions. For example, it is careless to dive into a pool without knowing how deep the water is. You could easily injure your spine.

Considering the risks that are involved in a given activity is the first step in the prevention of injury. When you are young, it is tempting to presume that you will live to be a hundred. Serious injury and especially death seem unreal, so you engage in activities that seem fun and exciting with little consideration for your safety, or the safety of others. You should be sobered by the fact that the leading cause of accidental teenage deaths is careless behavior. Careless behavior is neither loving nor smart.

The second step in preventing accidents is responsible behavior. Responsible behavior should be based on a knowledge of the rules of safety. Learning the rules of safety will help you to identify potentially dangerous situations, enabling you to take necessary precautions. Responsible behavior is also dependent upon a will to prevent the injury of self and others. If you are familiar with all the safety rules that exist, yet do not desire to follow them, your knowledge will do you no good. The consistent practice of safe behavior is motivated by love for others and God.

Although many accidents can be avoided by the use of common sense and responsible behavior, other potentially dangerous situations are nearly impossible to avoid. As finite beings, we are limited in our knowledge of future events and are powerless to prevent the occurrence of natural calamities such as hurricanes, tornadoes, and earthquakes.



Safety measures can be taken to lessen the effects of natural calamities. Dangerous situations brought about by weather or earthquakes might not be preventable, but you can prepare for the dangerous situations that they might cause. Preparing for the occurrence of natural calamities is another important aspect of accident prevention.



Underline the correct answer.

- I.5 Responsible behavior should be based on **(rules of safety, feelings, instincts)** and motivated by a will to **(prevent, cause, inflict)** injury to self and others.
- I.6 Most accidents occur when people behave **(carelessly, responsibly, safely)**.
- I.7 **(Natural calamities, Accidents, Hazards)** are not preventable, but you can prepare for the dangerous situations that they might cause.
- I.8 **(Luck, Safety, Chance)** is the freedom from the occurrence of accidents.
- I.9 The first step in the prevention of accidents is to **(consider, ignore, overlook)** the risks that are involved.
- I.10 The second step in preventing accidents is **(careless, reckless, responsible)** behavior.
- I.11 From a human perspective, an accident is an **(planned, unexpected)** event that usually results in injury or loss.



Home Safety

Normally, we think of our homes as a place of comfort and security. We eat at home. We sleep at home. We play at home. Some people even work at home. Loss or injury is not something that happens to us at home, or so we think.

Every year, over 3.4 million accidents involving serious injury occur in the home. How can this be so? It's very easy to understand. The very activities that bring us comfort and security can also present potentially dangerous situations. Eating your food without chewing it properly can cause you to choke. Unattended pots and pans left cooking on the stove can cause a fire. Leaving toys on a stairway can cause someone to trip and fall.

To make your home a safe environment, preventive measures need to be taken on a moment-by-moment basis. The welfare of your family depends upon it.

Kitchen. By far, the kitchen is the most hazardous room in your home. It contains many potentially dangerous appliances and objects. Applying the rules of safety that are listed below will help eliminate the opportunities for injury and loss.

- ▲ Boiling pots and pans should be watched carefully. The oven and the stove are some of the most frequently-used appliances in your kitchen; consequently, they present many potential hazards. Contents can boil over onto the heating element while you are not looking and can cause a fire. Move pots and pans with potholders or mitts to prevent burns. Do not leave handles sticking out over the edge. Small children can grab onto handles, causing the hot contents to fall on them. Wear shirts that do not have loose sleeves. Loose sleeves

can get caught on a handle or catch fire in a flame. Always remember to turn the stove or oven off when you are finished cooking.



- ▲ Smaller appliances such as blenders, toasters, coffee makers, and can openers should be kept away from the edge of the counter. The manufacturer's directions for use should be read and abided by. Blenders and pressure cookers should not be overloaded. When you are finished using small appliances, they should be turned off and unplugged.

- ▲ When handling sharp objects such as knives or scissors, keep the sharp edge away from your body. The use of knives and other sharp objects in the kitchen is the frequent cause of minor cuts. Carry knives with the tip pointed downward. Use only sharp knives that are well maintained. Dull blades can cause you to use the knife improperly. Always cut away from your body, holding the food steady with fingers bent downward. Do not extend your fingers over the food. Handle broken glass or cut cans with heavy gloves. All sharp objects should be stored out of the reach of children.
- ▲ Store perishable food items properly. Food that is stored improperly will spoil and could lead to food poisoning. To avoid spoilage, store perishable items in the refrigerator, but only for 4–5 days. Though cold, perishable foods will eventually become a health hazard. Raw meat or chicken should be stored in the freezer. Do not store raw meat or chicken with other food items. Keep these items sealed in an air-tight container.
- ▲ Clean up all spills immediately. Because most kitchens have tile floors, all spills present an immediate danger. Spills are the leading cause of falls in the kitchen. Hot water spills should be cleaned up with a thick towel to prevent burning.
- ▲ Every kitchen should be equipped with a fire extinguisher and a smoke detector. House fires are frequently caused by an accident in the kitchen. To prevent the spread of flames caused by a grease spill on the stove or in the oven, use a fire extinguisher or throw a handful baking soda on the fire source. Closing the oven door can also put out a fire in the oven. Lack of air will eventually suffocate the flames. Store the fire extinguisher near the stove and the oven so that it is immediately accessible for use.



Fill in the blanks.

- I.12 Every kitchen should be equipped with a fire extinguisher and a _____ .
- I.13 Small appliances should only be used in accordance to the manufacturer's _____ .
- I.14 All spills should be cleaned up _____ .
- I.15 To prevent accidental spillage, _____ and _____ should be watched carefully.

- I.16 To prevent cuts, the sharp edges of _____ and scissors should always be directed away from the body.
- I.17 To prevent the spread of flames caused by a grease spill on the stove or in the oven, use a fire extinguisher or throw _____ on the fire source.
- I.18 To prevent small children from reaching pots, the _____ should not be allowed to stick out over the edge.
- I.19 The _____ is the most hazardous room in the home because it contains many potentially dangerous _____ and objects.
- I.20 To avoid food poisoning, perishable items should not be stored in the refrigerator for more than _____ days.
- I.21 To make your home a safe environment, _____ actions need to be taken on a moment-by-moment basis.



Garage. The garage serves many purposes. It not only stores your vehicles, it also functions as a workshop and a storage place. Next to the kitchen, the garage is the most hazardous living area in your house. Every year, the use of hand tools, chemicals, and lawn mowers results in hundreds of thousands of injuries. Knowing how to properly use and store equipment and materials is essential to a safe home.

- ▼ Keep workbenches and floors neat. Tools should not be allowed to hang over the edge of a workbench or shelf, allowing children to reach them. Nails, screws, and other sharp objects should be stored in a sturdy container. Rags saturated with gasoline or turpentine should be kept in a fireproof container, away from sparks or heat. Sawdust should be swept up immediately. Exposure to chemicals or a spark could start a fire.
- ▼ Tools and lawn equipment should only be used for the job they were made to do. For example, do not use the end of a screwdriver to hammer in a nail. Do not use tools and lawn equipment that are not in good working condition.
- ▼ Keep tools and lawn equipment in good working condition. Lawn equipment should only be cleaned when turned off. Sticking a hand or a foot near a rotating blade could mean the loss of a finger or a toe.
- ▼ Wear eye protection when mowing or when working with wood, metal, or harsh chemicals. Protective glasses or goggles protect your eyes from splinters, metal shavings and other debris, fumes, and even nails that could get lodged in your eye. Wearing thick clothing will also protect your skin from chemicals and wood or metal fragments.
- ▼ Flammable materials should be stored in a fireproof container that is not exposed to extreme heat. This



includes old newspapers, oil rags, old clothes, gasoline, paint thinner, fertilizer, insecticides, and paint, which are all highly flammable. Read the warning labels to ensure that you are storing chemicals in the right conditions. Some chemicals such as gasoline and turpentine can ignite if stored in very hot conditions. Elements that create sparks or extreme heat should not be stored or handled near flammable substances. It only takes a spark to start a fire.

- ▼ Store poisons in a safe place out of the reach of children. Poisoning is one of the most common household accidents. Poisoning can occur by drinking, eating, breathing, or even by touching poisons. Rodent poisons, insecticides, weed killer, glue, ammonia, chlorine, and other chemicals should be stored in a locked cabinet. When using poisons, great caution should be taken to protect skin, eyes, and even your lungs. Most poisons are harmful to breathe. Carbon monoxide is a poisonous fume that is emitted when fuel is burned. It is colorless and odorless and, therefore, difficult to detect. Cars, lawn mowers, and furnaces can produce carbon monoxide. It is important to keep garages well-ventilated. Never run a car or any other gasoline-powered engine in a closed garage. Open the garage door.
- ▼ Keep garage doors working properly. Make sure that objects do not obstruct the movement of the door. Garage door sensors should be installed in order to detect unseen objects or animals that might get in the pathway of the door. Garage door sensors should be tested periodically to ensure that they are working properly.
- ▼ Do not leave space heaters unattended. During the winter, the garage can be a cold place. Space heaters are frequently used to warm a work area; however, they can be a fire hazard. If knocked over, they can start a fire quickly. Place space heaters and their electrical cords away from walkways and flammable objects. Do not allow children to play nearby. Space heaters should be kept clean and working properly.
- ▼ Install smoke detectors anywhere a gas or electrical fire could start.



Answer the following questions with *true* or *false*.

- I.22 _____ It is not safe to leave tools out and workbenches cluttered with nails and tools.
- I.23 _____ Tools can be used safely for jobs that they were not designed to do.
- I.24 _____ Lawn equipment should not be cleaned while the motor is running.
- I.25 _____ Eye protection should only be worn when cutting the grass.
- I.26 _____ Flammable materials should not be stored near extreme heat or engines that create sparks.
- I.27 _____ Poisons should be stored in a safe place out of the reach of children.
- I.28 _____ To guard against carbon monoxide poisoning, it is important to keep the garage well ventilated.
- I.29 _____ It is not necessary to test a garage door sensor periodically.
- I.30 _____ It is safe to leave a space heater unattended while children are nearby.



Living Room. For most people, the living room is the most comfortable room in the house. It is a place to relax, read a book, watch television, or visit with family and friends. By definition, it is the most “lived in” room in the house; however, it is also the scene of many accidents.



- ◆ Display keepsakes out of the reach of children and away from the edge of a shelf. Decorative dishes and trinkets are pleasant to look at and add ambiance to a room. If they are broken or stepped on, however, they can cause injury to an adult or a child. Immediately pick up any small trinkets that fall on the floor. Young children might put these items in their mouth, causing them to choke.
- ◆ Plants or flowers should also be displayed out of the reach of small children and pets. Many household plants are poisonous. Pets and small children should not be allowed to chew on leaves or stems.
- ◆ Floors and walkways should be kept clutter free. Toys, books, newspapers, videotapes, and other items could trip someone, causing them to fall. Store such items in cabinets or trunks. Do not leave them on the floor.
- ◆ Hardwood floors should be covered with non-slip rugs. Slick floors can cause slipping.
- ◆ Carpets should have low pile and should be kept in good condition. Low-pile carpets are safer than high-pile carpets because they do not catch on walking aids or shoes. If a carpet becomes torn or stretched, replace it immediately. Loose carpet can cause someone to trip and fall.
- ◆ Carpets should not be used to cover electrical cords. If the cord is frayed, this could lead to a fire. To prevent tripping, electrical cords should be attached to outlets nearest the appliance. Do not overload an outlet. Only plug the number of electric cords that is allowable per socket. Run electrical cords along the edge of the wall without tangling. Do not lay them across the middle of the room or in a walkway. Keep electrical cords out of the reach of children. Seal unused outlets with a child-proof protective plug. Sticking a curious finger into an outlet could cause electrocution.
- ◆ Cabinets containing weapons should be kept locked at all times. Guns should only be removed from their casing by a responsible adult. Guns are not toys. They have the power to inflict serious injury in an instant. Even BB guns are dangerous. Treat all guns as if they are loaded. Many people have been killed when looking at or displaying a gun that they believed to be “not loaded.” If a friend decides to handle a gun without an adult present, leave his or her presence immediately and tell someone.
- ◆ Never use a fireplace without taking proper safety precautions. Fireplaces, although able to add warmth and comfort to any chilly room, are major safety hazards. If not equipped with a stable screen, they can easily cause your living room rug or carpet to catch fire. Never leave the room unless the screen is closed. The chimney, flue, and hearth should be kept clean of ashes and debris. Even if they seem to be extinguished, ashes should not be allowed to sit in an uncovered fireplace. Keep smoldering pieces of wood away from the edge. Operate the flue according to the manufacturer’s directions. Never light a fire with gasoline or other flammable chemicals. Use only fireplace-safe materials. Store a fire extinguisher nearby in case of emergencies.
- ◆ From a health and safety standpoint, it is wise never to begin smoking in the first place. However, people who do smoke should always deposit ash in an ashtray. Cups can be easily tipped over. In addition, paper cups can catch fire. Ashtrays should also be kept clean and out of the reach of children. Empty ashes into a flameproof container. Never assume that the ashes are extinguished and never, ever smoke in bed.



Underline the correct answer for each sentence.

- I.31 Never light a fire in the (**oven, yard, fireplace**) with gasoline or other flammable chemicals.
- I.32 Floors and walkways should be kept free of (**clutter, light, carpets**).
- I.33 Smokers should always deposit ash in a(n) (**cup, ashtray, bowl**).
- I.34 Display keepsakes out of the reach of (**adults, teenagers, children**) and away from the edge of a shelf.
- I.35 Treat all guns as if they are (**unloaded, hot, loaded**).
- I.36 (**Hardwood, Carpeted, Garage**) floors should be covered with non-slip rugs.
- I.37 (**Plants and flowers, Magazines and books**) should be displayed out of the reach of small children and pets.
- I.38 When using the fireplace, never leave the room unless the screen is (**open, closed, cracked**).
- I.39 Torn or loose carpets should be (**vacuumed, replaced, cleaned**).



Dining Room. The dining room is a place to enjoy meals and family conversations. In order to preserve the tranquility often enjoyed in this room, practice common sense when eating.

- Do not talk or laugh while you have food in your mouth. Speaking with a mouth full of food is not only bad manners, it is also dangerous. Thousands of people die each year from choking. Chewing your food properly will help you swallow and aid in the digestion process. To prevent infants and young children from choking, cut their food into pieces that can be easily swallowed.
- Watch infants and young children carefully. Seat young children securely in a high chair; however, do not leave them alone. Besides choking, they can easily fall out of their chairs and onto the floor. Do not depend upon safety straps to keep children safe.
- Keep all sharp utensils out of the reach of children. Toddlers should only use dull-edged utensils that are specifically made for young children.



Bathroom. Bathrooms present three types of safety hazards involving water, medication, and electricity. To prevent accidents in the bathroom, follow the tips below.

- Equip bathtubs and shower stalls with a grab bar and a rubber mat. These devices are helpful in preventing falls while bathing. Bathroom floors, if tiled, should be covered with non-slip rugs or mats.
- Children should never be left alone in a bathtub, or near a toilet. A child can drown in an inch of water in a matter of minutes. Toilet seats should be kept shut if a young child is in the house.
- Water temperature should be carefully monitored. Never put a child in a bathtub without first checking the water temperature. It should be about body temperature. If the water is hot to the touch, it is too warm. To protect the members of your family from accidental scalding, the hot water heater should be set at 120° F.

- Medications should be kept locked in a cabinet out of the reach of children. Hundreds of thousands of children and adults are accidentally poisoned each year by seemingly harmless medications such as aspirin or anti-histamines. Overdosing on vitamins can be equally dangerous. Take and administer medications and vitamins only in the prescribed dosages. Read warning labels to guard against undesired side effects.
- Hair dryers, curling irons, electric razors, and other electrically powered appliances should not be operated near water. Electricity and water do not mix. It only takes a drop to cause an electrical shock or burn. Dropping an appliance in water while using can also cause electrocution.



Hallways and Stairways. Hallways and stairways are the most frequent scene of falls. They need to be kept free of objects and well lit.

- Toys, clothing, books, electrical wires, and electrical cords should not be allowed to clutter hallways or stairways. If you see an object on the floor, pick it up and put it away. Don't worry about whether it was you that put it there or not. You might be the one that trips on it.
- All walkways should be lit well enough for you to read. Hallways and stairways should have lights mounted on the wall or the ceiling. Replace burnt-out light bulbs as soon as possible. Do not descend a staircase without being able to see the steps in front of you.
- All stairways should have sturdy handrails.
- All steps should be carpeted or covered with a non-slip surface. Carpeting should fit securely around the edges of the steps. Loose or torn carpeting should be replaced immediately.



Bedrooms. The same rules of safety apply to the bedroom as with all other rooms in the house. Floors should be kept clean and free of clutter. Carpets or rugs should be securely fastened to the floor. Electrical sockets should not be overloaded. Electrical cords should be kept against the wall. In addition, rules for a safe sleeping environment should be applied.

- ▲ Beds should be covered with fire-retardant blankets. Fire-retardant blankets and sheets help protect against fires that are caused by smoking in bed and the use of faulty electric blankets. They also can be used as a protective covering in the event of a house fire.
- ▲ To prevent falls in the middle of the night, all beds should have a light or light switch within reach. Children's rooms should be lit with a nightlight. Nightlights do not include the use of candles. Candles can easily be toppled over, causing a fire. Before retiring, snuff out all candles. Never leave a burning candle unattended.
- ▲ Bunk beds should be sturdy and equipped with a ladder and a guardrail. Do not jump from the top bunk to the floor. Use the ladder at all times to prevent serious injury.



- ▲ Cribs and baby beds should be well padded and equipped with sturdy guardrails. Guardrails, however, should be spaced close enough together to prevent the insertion of the child's head. If a child gets his head caught between the guardrails it could cause him to suffocate.
- ▲ In case of a fire, windows should be readily accessible. Check latches periodically to make sure they are working properly.



Fill in the blanks.

- I.40 Do not leave infants or young children unattended while in a _____ .
- I.41 Do not talk or laugh while you are _____ .
- I.42 Keep all _____ out of the reach of children.
- I.43 To prevent infants and young children from _____ , cut their food into pieces that can be easily swallowed.



Answer each question with true or false.

- I.44 _____ To prevent accidental overdose, medications should be kept locked in a cabinet out of the reach of children.
- I.45 _____ It is safe to operate a hair dryer while in the bathtub.
- I.46 _____ Bathtubs and shower stalls should be equipped with a grab bar and a rubber mat to help prevent drowning.
- I.47 _____ It is not safe to put a child in a bathtub without first adding bubbles.
- I.48 _____ Children should never be left alone in a bathtub, or near a toilet.



Underline the correct answer for each question.

- I.49 **(Baby, Bunk, Queen)** beds should be sturdy and equipped with a ladder and a guardrail.
- I.50 Beds should be covered with fire retardant **(pillows, blankets, jackets)**.
- I.51 In case of a fire, bedroom **(lights, doors, windows)** should be readily accessible.
- I.52 Cribs and baby beds should be well padded and equipped with sturdy **(ladders, guardrails, headboards)**.
- I.53 All **(steps, entryways, walls)** should be carpeted or covered with a non-slip surface.
- I.54 All walkways should be lit well enough to **(read, see, play)**.
- I.55 All **(hallways, stairways, entryways)** should have sturdy handrails.
- I.56 To prevent falls in the middle of the night, all **(doorways, windows, beds)** should have a light or light switch within reach.



Yards. To ensure that the yard is a safe place of recreation for people and animals, the following safety principles should be applied.

- ▼ Before using the lawn mower or other power equipment, clear the yard of people and pets. Stones, sticks, and other objects can be projected if hit by a rotating blade. Always wear sturdy shoes and long pants to protect your feet and legs from flying debris. Never place hands or feet near rotating blades. Eye protection is also recommended.
- ▼ Thorny plants and vines should be trimmed with care. Always wear gloves to protect from cuts and poisoning. Touching plants such as poison ivy, poison oak, poison sumac, and Queen Anne's lace can cause mild to severe skin irritation. Never burn poisonous plants. Burning causes the poisons to become airborne, which can result in eye, nose, and throat irritation. Learn to identify poisonous plants so that they can be removed safely.
- ▼ Another dangerous source of poison in the backyard is insects. An insect bite or sting is, in essence, the injection of a poisonous substance into your body. Some people are highly allergic to insect bites or stings; therefore, insect nests should be removed with care so as to not cause swarming or attacks. It is always best to contact qualified insect control professionals to remove bees' and wasps' nests. Read the directions on insecticides and follow them closely.
- ▼ Avoid contact with stray animals. Do not try to pet, feed, or trap a stray animal, especially if they are foaming at the mouth. Call your local animal control officer if you suspect that a dangerous animal is on the loose. Receiving a bite from a stray animal could cause you to contract rabies.
- ▼ Pools should be fenced in and locked. Children should never be allowed to play in a pool without the supervision of an adult that can swim. Running around the pool or rough play in the pool should also be prohibited. It is a good idea to keep shepherd hooks, poles, life preservers, or other flotation devices nearby in case of drowning. Keep electrical equipment and cords away from the pool.
- ▼ When playing in the pool or on the lawn, sunscreen should be worn. Sunscreen protects your skin from the sun's harmful ultraviolet rays. Overexposure to the sun's rays can cause sunburn. Sunburn can cause mild to severe skin irritation and other bodily ailments, such as blisters, peeling, and dehydration. Repeated overexposure could eventually lead to skin cancer.
- ▼ Swings, tree houses, and other play equipment should be used in a safe manner. Rough-housing can quickly lead to serious injury. Use toys only in the manner in which they were designed to be used.
- ▼ Do not use weed killers and rodent poisons in areas where pets or young children play. Children and pets often put things into their mouth without your knowledge. Outdoor poisons can cause serious injury, even death, if ingested.





Multiple Choice.

- I.57 Before using the lawn mower or other power equipment, ____ .
- clear the yard of people and pets
 - place your hands or feet near the rotating blades
 - take off your shoes
 - put on a pair of shorts
- I.58 When trimming plants and vines, ____ .
- burn all the poisonous plants
 - touch poison oak and poison sumac with your bare hands
 - wear gloves
 - cut as quickly as possible
- I.59 Insect nests should be removed with care so as to not cause ____ .
- harm to the insects
 - swarming and attacks
 - rough-housing
 - skin cancer
- I.60 Stray animals should be avoided because ____ .
- they could bite and give you rabies
 - they are hungry and need a home
 - they smell bad and need a bath
 - they belong to someone else
- I.61 Children should be allowed to play in a pool only when ____ .
- a responsible adult is supervising
 - the pool is equipped with flotation devices
 - every child has permission to swim
 - every child is wearing sunscreen
- I.62 Overexposure to the sun's rays can be prevented with the use of ____ .
- insecticide
 - lotions
 - sunscreen
 - cloud cover
- I.63 Weed killers and rodent poisons should not be used ____ .
- where pets and young children play
 - near flower beds
 - underneath sheds
 - where rodents live



SELF TEST I

Answer the following questions with short answers (each answer, 4 points).

- I.01 How do the underlying concepts of chance, luck, and fortune contradict Scripture? _____

- I.02 Explain why our safety is ultimately a matter of God's sovereignty. _____

- I.03 Why is safety also our responsibility? _____

Matching (each answer, 1 point).

- | | | |
|------|---|--------------------------|
| I.04 | _____ the freedom from the occurrence of accidents | a. safety |
| I.05 | _____ an unplanned event that usually results in injury or loss | b. careful consideration |
| I.06 | _____ the type of behavior that can lead to accidents | c. rules of safety |
| I.07 | _____ the first step in the prevention of accidents | d. careless |
| I.08 | _____ the second step in the prevention of accidents | e. responsible behavior |
| I.09 | _____ the basis for responsible behavior | f. accident |

Underline the correct answer for each sentence (each answer, 2 points).

- I.010 All (**stairways, entryways, hallways**) should be carpeted or covered with a non-slip surface and equipped with sturdy handrails.
- I.011 Beds should be covered with fire retardant (**pillows, blankets, jackets**).
- I.012 To prevent falls in the middle of the night, all (**doorways, windows, beds**) should have a light or light switch within reach.
- I.013 (**Baby, Bunk, Queen**) beds should be sturdy and equipped with a ladder and a guardrail.
- I.014 Display keepsakes and plants out of the reach of (**adults, teenagers, children**) and away from the edge of a shelf.
- I.015 Floors and walkways should be kept free of (**clutter, light, carpets**).
- I.016 Torn or loose carpets should be (**vacuumed, replaced, cleaned**).
- I.017 Cabinets containing (**dishes, silverware, weapons**) should be kept locked at all times.
- I.018 Treat all guns as if they are (**unloaded, hot, loaded**).
- I.019 Never light a fire in the (**oven, yard, fireplace**) with gasoline or other flammable chemicals.
- I.020 When using the fireplace, never leave the room unless the screen is (**open, closed, cracked**).
- I.021 When smoking, always deposit ash in a(n) (**cup, ashtray, bowl**).

baking soda
choking

cuts
eating

food poisoning
handles
high chair

smoke detector
source

spillage
utensils

Using the word list from above complete each sentence (each problem, 2 points).

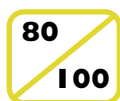
- I.022 To prevent accidental _____, pots and pans should be watched carefully.
- I.023 To prevent small children from reaching pots, _____ should not be allowed to stick out over the edge.
- I.024 To prevent _____, the sharp edges of knives and scissors should always be directed away from the body.
- I.025 To avoid _____, perishable items should not be stored in the refrigerator for more than 5 days.
- I.026 To prevent the spread of flames caused by a grease spill on the stove or in the oven, use a fire extinguisher or throw a handful of _____ on the fire _____.
- I.027 Every kitchen should be equipped with a fire extinguisher and a _____.
- I.028 Do not talk or laugh while you are _____.
- I.029 To prevent infants and young children from _____, cut their food into pieces that can be easily swallowed.
- I.030 Do not leave infants or young children unattended while in a _____.
- I.031 Keep all sharp _____ out of the reach of children.

Answer each sentence with true or false (each answer, 2 points).

- I.032 _____ It is safe to leave tools and workbenches cluttered with nails and tools.
- I.033 _____ Tools can be used safely for jobs that they were not designed to do.
- I.034 _____ Placing your hands near the rotating blades of a lawn mower can cause serious injury.
- I.035 _____ Eye protection should only be worn when cutting the grass.
- I.036 _____ Flammable materials should be stored near extreme heat or engines that create sparks.
- I.037 _____ Poisons should be stored in a safe place out of the reach of children.
- I.038 _____ To guard against carbon monoxide poisoning, it is important to keep the garage well ventilated.
- I.039 _____ It is safe to leave a space heater unattended while children are nearby.
- I.040 _____ Bathtubs and shower stalls should be equipped with a grab bar and a rubber mat to help prevent drowning.
- I.041 _____ Young children should never be left alone in a bathtub or near a toilet.
- I.042 _____ It is not safe to put a child in a bathtub without first adding bubbles.
- I.043 _____ To prevent accidental overdose, medications should be kept locked in a cabinet out of the reach of children.
- I.044 _____ It is safe to operate a hair dryer while in the bathtub.

Multiple choice (each answer, 2 points).

- I.045 When trimming plants and vines, ____ .
- a. burn all the poisonous plants
 - b. touch poison oak and poison sumac with your bare hands
 - c. wear gloves
 - d. cut as quickly as possible
- I.046 Weed killers and rodent poisons should not be used ____ .
- a. near flower beds
 - b. where pets and young children play
 - c. underneath sheds
 - d. where rodents live
- I.047 Overexposure to the sun's rays can be prevented with the use of ____ .
- a. insecticide
 - b. lotions
 - c. sunscreen
 - d. cloud cover
- I.048 Stray animals should be avoided because ____ .
- a. they could bite and give you rabies
 - b. they are hungry and need a home
 - c. they smell bad and need a bath
 - d. they belong to someone else
- I.049 Before using the lawn mower or other power equipment, ____ .
- a. place your hands or feet near the rotating blades
 - b. clear the yard of people and pets
 - c. take off your shoes
 - d. put on a pair of shorts
- I.050 Children should be allowed to play in a pool only when ____ .
- a. every child is wearing sunscreen
 - b. the pool is equipped with flotation devices
 - c. every child has permission to swim
 - d. a responsible adult is supervising



Score _____
Adult Check _____

Initial Date