SAFETY RULES IN PHYSICAL ACTIVITIES

Worksheet

Name _____ Date _____

Directions: On the left below are some injuries that people have had. On the right are safety rules that could have prevented the injuries, if they were followed. Read the rules and decide which rules could have prevented each injury. Write in one (or more) letters of a safety rule under each injury. (You may use rules more than once.)

INJURY

1. Marissa tripped on her shoelace and fell head-first while running the mile in track.

   _____

2. After everyone got up from the gang tackle, they saw Tony had a broken collarbone.

   _____

3. Laramie ran from the kitchen with a knife in his hand and punctured his right arm.

   _____

4. Jasmine threw the bat and knocked Sonja down.

   _____

5. The guys dared Josh to jump off the bleachers; he did and broke his ankle.

   _____

SAFETY RULE

A. Do not show off.

B. Know the rules of the game.

C. Keep shoelaces tied.

D. Do not run with sharp objects.

E. No unnecessary roughness.

F. No gum, candy, or snacks on playing field.

G. Show good judgment, no matter how badly you want to win.

H. Do not wear jewelry on the playing field.

I. Watch where you are going.

J. Know how close you are to other people.

LIVEWORKSHEETS

ACCIDENT

Worksheet

Name _____ Date _____

Directions: Follow along while your instructor reads the following story. Then put the actions or procedures in the correct order, telling when the drivers did each action. Place a number from 1-6 in the blanks next to each action to show the order.

Felicia's Accident

Felicia was driving to work one day when a man in a blue pickup truck pulled out in front of her at an intersection. Felicia tried her best to swerve and miss the truck. She went right, then left, and then hit the back of the pickup. Both the car and the truck stopped immediately. Both drivers moved their vehicles to the side of the road after the accident, so that other cars would not hit them.

Felicia turned on her warning flashers to alert other drivers to the accident. She then checked to see if the other driver was hurt. Luckily for Felicia, she was wearing her seat belt. The driver of the pickup was not wearing a seat belt. He had bumped his head. He had a small cut over his eye. Felicia found a cloth to help stop the bleeding.

Next, Felicia went into a nearby restaurant to call the police. She also called her boss and told her she would be late to work. Then she went back to her car to wait for the police to arrive.

While they were waiting, Felicia and the man exchanged some information: names, addresses, driver's license numbers, license plate numbers, the names of their insurance companies, and insurance policy numbers.

They both stayed at the scene of the accident until the police came. The police investigated the accident and told them they could leave.

Put these actions in order (showing how Felicia and the other driver carried them out).

_____ Warn other traffic, if necessary.

_____ Stop. Do not move your vehicle unless it is blocking traffic or may be hit.

_____ Exchange information with the other driver.

_____ Do not leave until a police officer tells you it is all right to do so.

_____ Call the police.

_____ Help anyone who is hurt. Call an ambulance, if necessary.

Did they follow the proper procedures? Why or why not?_____

_____

LIVEWORKSHEETS