

Staying Safe from Injuries



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Words in **bold** are in the glossary.

Staying Safe

Everyone likes to have fun. But it's also important to be safe. Be aware of what is around you. Be mindful of what you are doing. When you are **prepared**, you can stay safe. You can keep yourself from being **injured**. And you can have lots of fun!



Take Your Time

Everyone gets busy! Remember to take your time doing things. You might get hurt if you rush. Don't run on ice or on wet areas. You might slip and fall. Walk slowly.

Take your time when you fill your backpack. Pack only the things you need. Make sure your backpack is not too heavy. Then you won't get hurt when you carry it.



On the Move

Stay safe when you travel. When you ride in a car, use a seat belt. When you ride the bus, sit in your seat. Wait for the bus to stop. Then you can stand up.





Pay **attention** when you cross the street.
Stop walking. Look and listen for moving cars
and other **traffic**. Look left. Then look right.
Look left again. Cross the street when no cars
are moving.