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Kids Learning › Health & Hygiene › Safety Rules

What is Safety Rules

Safety Rules Keep Kids Safe and Healthy!

DEFINITION

> Safety rules are guidelines that help us stay safe and avoid accidents. They teach us how to protect ourselves and others in different situations.

KEY CONCEPTS

Personal Safety

This involves being aware of your surroundings and knowing how to protect yourself from harm.

Emergency Procedures

These are steps to follow during emergencies, like fire drills or calling for help.

Safe Play Areas

Identifying places where you can play safely, away from traffic and hazards.

Hygiene Practices

Good hygiene, like washing hands, helps prevent illness and keeps everyone healthy.

Stranger Safety

Knowing how to interact with strangers and what to do if approached by someone you don't know.

EXAMPLES

→ Always look both ways before crossing the street.

→ Wash your hands before eating and after using the restroom.

→ Stay in designated play areas and avoid running near roads.

MEMORY TIPS

★ Remember 'STOP' for safety: Stop, Think, Observe, Proceed.

★ Use the acronym 'SAFE' for Safety Awareness: Stay Alert, Follow rules, Evaluate risks.

COMMON MISTAKES

✗ Ignoring safety signs or instructions.

✗ Playing in unsafe areas, like near traffic.

✗ Not asking for help when unsure about a situation.

QUICK RECAP

Safety rules are essential for protecting ourselves and others. They include personal safety, emergency procedures, and hygiene practices. Remember to always follow these rules to stay safe and healthy!