

# Table of Contents

<b>Charts: Lessons Meeting National Education Standards</b> . . . . .	v
<b>How to Use the Materials</b> . . . . .	xi
<b>Background for the Teacher</b> . . . . .	xiv
<b>Home Safety Checklists</b>	
General Injury Prevention . . . . .	xv
Preventing Burns . . . . .	xvii
Preventing Breathing Emergencies . . . . .	xx
Preventing Slips, Trips, and Falls . . . . .	xxii
Preventing Poisoning . . . . .	xxiv

## General Injury Prevention

Identify safety hazards in the home and practice safe behaviors in a variety of situations and environments.

<b>Lesson Plan 1</b> . . . . .	1
“Watch Out” . . . . .	2
“Better Safe Than Sorry” . . . . .	4

## Burns

Define the concept of “heat energy” and recognize the danger of burns, how burns happen, and how to prevent burn injuries.

<b>Lesson Plan 2</b> . . . . .	7
“Heat Energy” . . . . .	8
“Don’t Get Burned” . . . . .	11

## Breathing Emergencies

Investigate the circulatory and respiratory systems of the human body and, then, identify behaviors that can cause breathing emergencies and steps to take to prevent these emergencies.

<b>Lesson Plan 3</b> . . . . .	13
“Breathing Mechanics” . . . . .	14
“Keep It Clear” . . . . .	17

## Slips, Trips, and Falls

Use physical science concepts and terms to explain the mechanics and dangers of slipping, tripping, and falling.

<b>Lesson Plan 4</b> . . . . .	19
“The Physics of Falling” . . . . .	20
“The Fallout of Slapstick” . . . . .	23

## Poisoning

Recognize common poisonous plants, animals, and substances in a variety of environments and the ways in which poisons act.

<b>Lesson Plan 5</b> .....	25
“A Field Guide to Poisons” .....	26
“Clear and Present Danger” .....	28

<b>Glossary</b> .....	31
-----------------------	----