



Level 1

Personal Safety

Student Worksheets

Sample



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Mapping of Learning Outcomes



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[Sample of Level 2 Personal Safety]

Assessment Brief 1

Course:	Personal Safety
Course Code:	M2HI5
Assessment:	Collection of Work
Title:	Safety at Home
Weighting:	Collection of Work 100%



Guidelines

You will be expected to:

1. Name essential rights and responsibilities in relation to personal safety at home.
2. List key safety risks at home.
3. Recognise when your own safety is threatened at home.
4. Name daily practices that promote personal safety at home.
5. Name the appropriate response when a risk is identified.

Assessment criteria

- Exercises and tasks must be complete and correct.
- Answers must be legible and logical.
- All safety responsibilities, risks, responses and practices must relate to the home environment, e.g. in the kitchen, in the garden and general household safety.
- Recognise hazards and unsafe situations at home, and have an understanding of how to prevent accidents.
- Practising safety at home can include: safe cooking, cleaning, handling food, safe gardening, fire safety, being secure, taking medicine safely, etc.
- Discussions may be recorded.
- Photographic and/or video evidence may be required.

Submission date:

Declaration of Authenticity: I confirm that this is my own original work.

Signed:

Date:

4. List 3 kitchen safety risks.



5. Match the questions and answers.

- | | |
|--|------------------|
| a) What must I do if I spill something? | Use potholders. |
| b) What must I do if a dish is very hot? | Clean counters. |
| c) Which way must the pot handles be? | Clean up spills. |
| d) What should I do with old food? | Facing inwards |
| e) What should I do to kitchen counters? | Throw it away. |

6. Name 3 kitchen safety rules you follow.



Tick the correct column.

	YES	NO
If you have long hair, tie it up when cooking.		
Wear flip-flops in the kitchen.		
Wash your hands before you start preparing food.		
Leave the dirty dishes for a day or two before you wash them.		
Clean kitchen counters and surfaces regularly.		
Clean all spills straight away.		
Use the same chopping board for meat and vegetables.		
Test the smoke alarm once a week.		
Leave leftover food on the counter.		
Avoid cooking for others when you are ill.		
Turn pot handles towards the back of the cooker.		
If you have long hair, tie it up when cooking.		

ACTIVITY

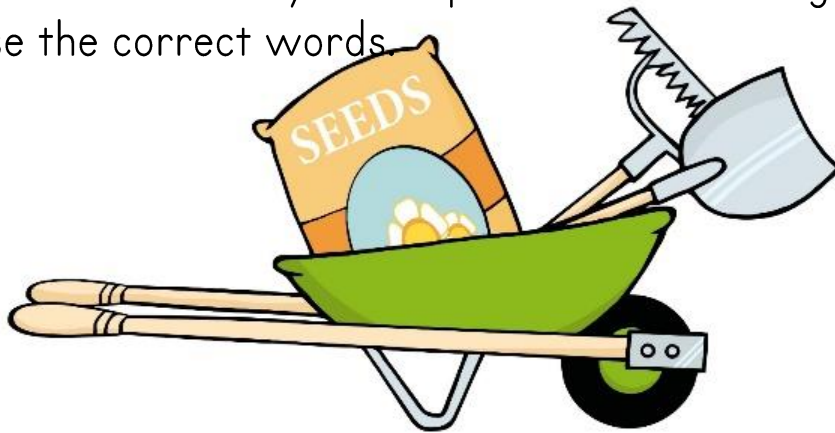
15. Practise checking a smoke alarm.

See Appendix 3.



In the Garden

1. These are some of your responsibilities in the garden.
Choose the correct words.



- a) Store garden _____ safely. (tools, boots)
- b) _____ follow instructions for tools. (Always, Never)
- c) Use a sunscreen to avoid _____. (injury, sunburn)
- d) Wear a hat to protect your _____. (feet, face)
- e) Remember to _____ water to avoid dehydration. (drink, splash)
- f) Do not try to pick up bugs, spiders and other _____. (plants, creatures)
- g) Do not interfere with any _____ in the garden. (leaves, wildlife)
- h) Lift _____ items safely. (heavy, soft)
- i) _____ leave garden chemicals out. (Always, Never)
- j) Wear _____ to protect your hands. (shoes, gloves)
- k) Wash your hands _____ working in the garden. (before, after)

Fire Safety at Home

I. Do this Fire Safety Check at home!

a) You should have smoke alarms in your home. They will beep if there is a fire. How many smoke alarms are in your home? _____

b) Where are the smoke alarms?

c) How often do you test the smoke alarms?

d) You can use a fire extinguisher to put out a small fire. Do you have a fire extinguisher in your home?

Yes

No

e) If there is a fire in your home, what phone number must you call? _____

f) If there is a fire in your house, your family should go outside and meet in a safe place. If there is a fire in your home, where will your family meet?



ACTIVITY

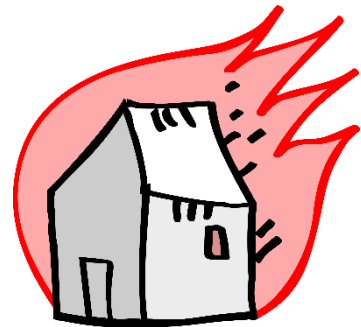
2. Do a rough fire escape plan for your home. See Appendix 5.

3. Write these words below by the fire safety rules.

Escape Route, Check Doors, Meeting Place, Smoke Alarms, Fire Drills, *Stop, Drop and Roll*, Crawl Low

a) Get under the smoke, crawl on your hands and knees to the nearest exit _____

b) What to do if your clothes catch fire



c) Plan two ways to get out of every room in your house

d) Plan a place to meet your family after leaving the house

e) Feel the door. If it is hot, don't open it.

f) Practise your escape plan to make sure everyone can get out of the house and to the meeting place

g) Change the batteries _____

General Safety at Home

I. Complete the sentences about keeping safe at home.

lights, home, police, Never, door, name



a) Know who is at your _____ before opening it.

b) Never let anyone into your _____ without proper identification.

c) _____ let strangers into your home to use the telephone. Make the call for them while they wait outside.

d) Always leave outside _____ on

after dark.

e) If you receive a wrong number phone call, don't give out your _____ or phone number.

f) If you see or hear anything suspicious, call the _____.

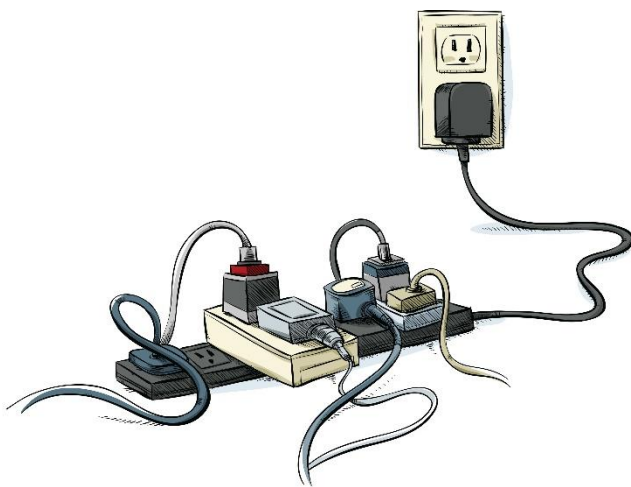
ACTIVITY

2. Role-play a scenario where there is a stranger at your door. See Appendix 7.

Complete the sentences:

are, STOP, not, Water, plugs, no, MIX, Be, all

- a) _____ careful when working with electricity.
- b) If you find any dangers – _____.
- c) Make sure _____ and cords are in good shape.
- d) Broken or damaged cords _____ dangerous.
- e) Make sure there are _____ knots or tangles in power cords.
- f) Make sure plugs have _____ prongs.
- g) Do _____ plug into too many things at once.
- h) _____ must never be near a place where electricity is used.
- i) Water and electricity DO NOT _____!



8. Is this safe? Give a reason for your answer.

Follow these rules.

- a) Store your medications in a secure and dry place.
- b) Keep track of your medicine.
- c) Don't share your medications.
- d) Always read the directions.
- e) If you stay unwell, contact your doctor immediately.



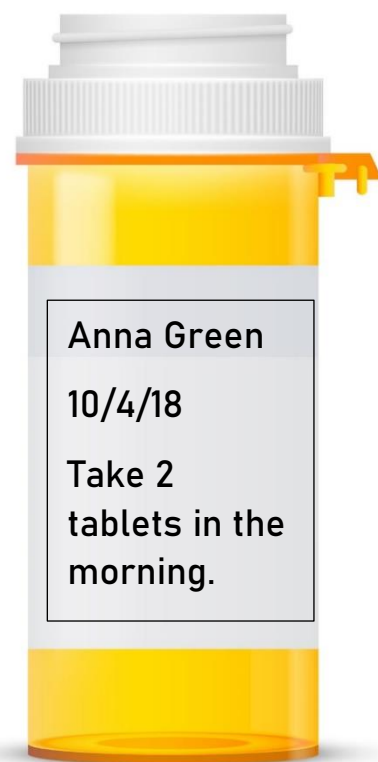
5. Read the medicine label. Answer the questions.

a) Who is the prescription for?

b) What is the date?

c) How many tablets do I take?

d) How many times a day do I take it?



ACTIVITY

6. Bring a medicine label to class. Discuss and highlight the directions. Include with your portfolio. See Appendix 8.

. Write these hazards in the correct columns.

knives, chemicals, hot grill, typing too much, steam, eye strain, harmful plants, stress, trailing wires, heavy lifting, stinging bugs, poor posture

Restaurant	Office	Garden Centre

ACTIVITY

5. Visit a workplace and make a list of all the hazards you see. In your group, talk about how accidents can be prevented. See Appendix 10.



6. Which of these is NOT a right for workers?

- Minimum wage
- Pay-slip
- Free meals during working hours
- Not to have deductions made from salary without permission
- Maximum allowable working hours including rest breaks
- Annual leave and holidays
- Health & Safety protection
- Protection from harassment, discrimination and victimisation

7. Complete the sentences.

safety, slip, protected, wage, rest, leave

- a) You must get minimum _____.
- b) Your employer must give you a pay _____.
- c) You must be given _____ breaks.
- d) You must get annual _____.
- e) You must have health and _____ protection.
- f) You must be _____ from harassment and discrimination.



16. Choose the correct answers.

a) What should you do if you make a mess?

- Clean it up.
- Walk away

b) What should you do if you see danger?

- Run home.
- Tell your supervisor.

c) If you get hurt, who should you tell?

- The supervisor
- Your friends



d) What should you do if you don't know how to do something?

- Try to do it yourself.
- Ask someone to help you.

e) What should you do if there is a fire?

- Throw water on it.
- Raise the alarm.

Listen to the story:



Kevin works for a company that manufactures wooden sheds. He spends most of the work day using a power saw. His ears usually ring for a while in the evening, but it seems to improve

by the morning. He is a little concerned that the noise is damaging his hearing. He wants to find some information on how much noise is bad for you, and what he can do.

Choose the correct answers.

a) What is the health and safety problem (hazard)?

- Exposure to noise Dangerous chemicals

b) Where could Kevin get the information?

- Ask the employer. Ask a workmate.

c) What training does Kevin need?

- Forklift regulations Noise regulations

d) What are possible solutions?

- Kevin can wear hearing protection.
 Kevin can find another job.
 Kevin's employer can measure the noise levels.
 Kevin can receive training on noise regulations.

Public Transport

I. What are your responsibilities on public transport? Tick them.

- Have a valid ticket.
- Offer your seat to passengers with special needs, e.g. seniors, people with a disability and parents carrying small children.
- Be courteous to other passengers.
- Play your music loudly so that others can hear it.
- On buses, ride in the cab area and speak to the driver while the bus is moving.
- When riding on a train, move down the carriage.
- Put a bag/book on the seat next to you so that no-one sits next to you.
- Leave your litter behind when you get to your stop.
- Do not damage or dirty the vehicle.
- Report anything unsafe to the bus driver.



Pedestrian Quiz

a) A person who walks to get places is called _____.

- a driver a pedestrian a runner

b) Where is the best place on a street to walk?

- The middle
 Facing away from oncoming traffic
 Facing oncoming traffic

c) What do we call materials that are best to wear when walking in the dark?

- reflective shiny dark

Lesson 2: Crossing Streets Safely

d) You are going to cross the street, but you notice that there is a large bin that is blocking your view of the traffic on the street. What should you do?

- You should move to a different place where you can see easily.

- You should move the bin to the other side of the street.

e) Explain why when you cross the street you should always look left first, then right, and left again.

f) When you are crossing the street, in which direction should you walk?

- straight sideways diagonal

g) Besides looking out for traffic, what other sense can you use?

- taste touch hearing

Tick the correct safety tips when you go running:

- Wear headphones so you cannot hear things around you.
- Run against traffic so you can see oncoming cars.
- Look both ways before crossing.
- Obey traffic signals.
- Always be aware of what's going on around you.
- Leave your mobile phone at home.
- Run in areas that you know.
- Run on your own.
- Tell friends or family where you will be.
- Run in deserted areas.
- Avoid unlit areas, especially at night.
- Ignore verbal harassment.
- Use discretion in acknowledging strangers.
- Wear reflective material if you run when it is dark.
- Call a friend immediately if you notice anything suspicious.



[Sample of Level 2 Personal Safety]

APPENDIX 7: PEOPLE AT THE DOOR

Role-play a scenario where there is a stranger at your door. Talk about the role-play.



Would you open the door?

Write Y (yes), N (no) or NS (not sure).

- a) A worker is asking to come in and check your water, but says he has no ID on him.
- b) A stranger wearing a mask is asking to come in and use your telephone.
- c) The postman wants you to sign for a parcel.
- d) A stranger who says they are visiting the person next door is asking to come in and wait until the neighbour comes home.
- e) The neighbour's child says they have kicked their ball into your garden.
- f) A man is offering to do work in the house, such as building work, painting, etc.
- g) A woman claiming she is from the council, with an ID card, wants to talk to you about the neighbours.

Talk about these and other scenarios where someone knocks on your door. What things could you do if you are not sure it's safe? Examples: use a door viewer, look out of the window, check if they have a company car, call a friend, etc.

Mapping of Learning Outcomes

The learner will be able to:

1. Identify essential rights and responsibilities in relation to personal safety in a specified location, e.g. workplaces/at home/in the community. Page 7 (responsibilities in the kitchen), Page 17 (responsibilities in the garden), Page 26 (personal responsibility – fire safety), Pages 31 and 32, Appendix 7 (personal responsibility for own safety), Page 42 (responsibility of keeping a clean home), Page 44 (when to call emergency services), Page 47 (responsibilities at work), Page 51 (rights at work), Page 72 (responsibilities in a fire drill), Page 76 (responsibilities on public transport), Page 77 (rights on public transport), Page 80 (pedestrian responsibilities), Page 84 (responsibilities when out), Page 92 (responsibilities in your community), Page 99 (responsibilities when playing sport), Page 101 (responsibilities at the beach)
2. List key safety risks in the workplace/home/community. Pages 7 to 16 (kitchen safety), Pages 17 to 25 (garden safety), Pages 26 to 30 (fire safety at home), Pages 31 to 37 (general safety at home), Pages 38 to 41 (medical health safety), Pages 42 to 43 (home cleanliness), Page 44 (making an emergency call), Pages 47 to 66 (general work safety), Pages 67 to 68 (bullying at work), Pages 69 to 71 (correct lifting), Pages 72 to 73 (fire drills), Pages 76 to 79 (public transport safety), Pages 80 to 83 (pedestrian safety), Pages 84 to 88 (safety when you are out), Pages 89 to 91 (safety in the centre/school), Pages 92 to 96 (safety in the community), Pages 96 to 100 (sport safety), Pages 101 to 102 (water safety)
3. Recognise when his/her own safety is threatened, e.g. bullying/harassment, using equipment/common chemicals. Page 10 (kitchen hazards), Appendix 1 (recognising hazards in a professional kitchen), Page 16 (recognising dangerous kitchen tools), Page 18 (garden hazards), Page 20 (sharp tools), Pages 21

and 22 (insects in the garden), Page 23 (recognising the garden hazard), Page 39 (when to get medical help), Page 44 (when to call emergency services), Pages 48 to 50, Appendix 10 (work hazards), Page 67 (recognising bullying), Page 85 (safety risks when out), Page 87, Appendix 12 (identifying hazards), Page 91 (centre hazard), Appendix 13 (hazards in your community)

4. Name daily practices that promote personal safety, e.g. using pedestrian crossings, disconnecting electrical goods at night, pouring hot liquids in after cold, wearing protective clothes/gloves, seeking advice/help, preventing stranger danger. Page 9 (kitchen safety rules), Pages 11 to 13 (more kitchen safety rules), Appendix 2 (checking 'use by' dates on real food labels), Page 15 (dos and don'ts in the kitchen), Appendix 3 (checking a smoke alarm), Page 19 (gardening safety rules), Page 24 (organic gardening), Page 25 (sun safety), Page 33 (home security), Pages 34 to 37 (general home safety rules), Pages 40 and 41, Appendix 8 (using medication appropriately), Page 43 (home cleaning checklist), Pages 52 to 66 (general work hazards, safety rules), Pages 69 to 71 (correct lifting), Pages 78 and 79 (public transport safety rules), Pages 81 to 83 (pedestrian risks), Pages 85 to 86 (safety rules when out), Page 89 (centre safety rules), Pages 96 to 100 (safety rules when playing sport), Page 102 (pool rules)

5. Name the appropriate response when a risk is identified, e.g. finding a safe exit, contact person/organisation, fire drill.

Page 9 (kitchen risks Q and A), Page 14 (responding to safety signs), Page 22 (bee stings), Appendix 5 (fire escape plan), Pages 27 and 28 (safety actions in a fire), Page 29 (responding to fire safety signs), Page 30, Appendix 6 (how to use a fire extinguisher), Page 38 (first aid steps), Page 44, Appendix 9 (calling emergency services), Pages 72 and 73, Appendix 11 (taking part in a fire drill), Page 79 (public transport risks), Page 88 (recognising safety signs), Page 90 (responding to safety signs),

Page 94 (responding to community problems), Page 95 (responding to signs in the community), Appendix 14 (responding to emergencies on the beach)