

LEVELED BOOK • K

Playing It Safe

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It's common to get hurt while playing.

Introduction

You are going along on your scooter. You like this path because it goes downhill. You go faster and faster. Suddenly, you fall on your knees and hands. *Ouch!*

Playing can be lots of fun. You like going fast, climbing high, and swimming far. But playing can also be dangerous. You could get badly hurt. It is always important to play safely.



The right equipment can keep you safe.



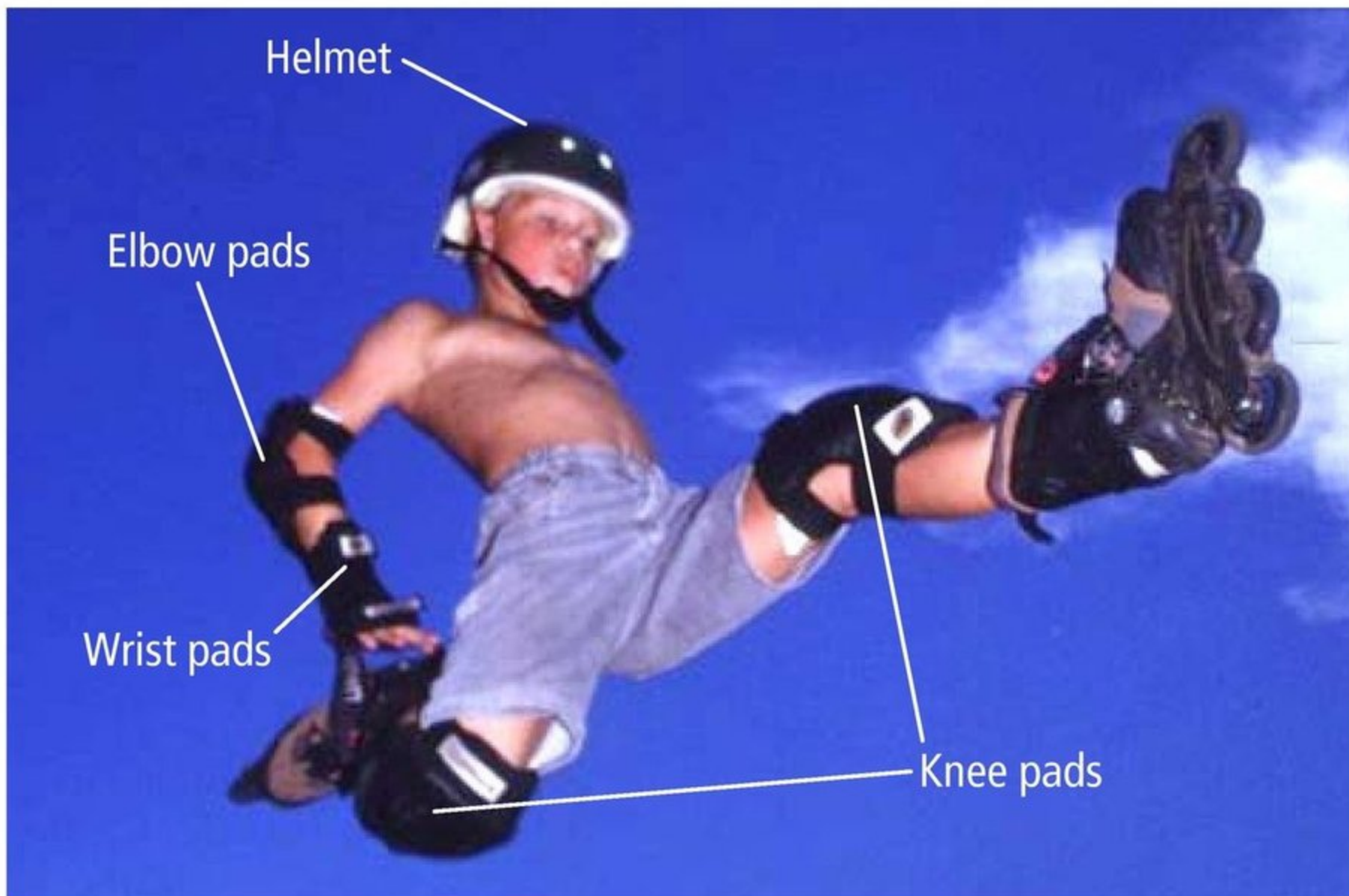
Speed is fun—and dangerous.

On Wheels

The best thing about wheels is going fast. But that is also the worst thing! Going fast can be dangerous. You need to protect your body when you are on wheels.

Your brain controls everything in your body. It is very important to protect your brain. Wearing a helmet will protect your brain from getting hurt.

When you fall, you put out your hands to catch yourself. You land on your wrists, knees, and elbows. Wrist, knee, and elbow pads can protect you from breaking your bones.



Proper safety equipment



Ride with an adult if you are near cars.

Riding near cars is very dangerous. Cars are big and fast, and the drivers cannot always see you. Ride your wheels on paths or the sidewalk. If you have to ride in the street, go with an adult.

Rules for Wheels

1. Wear a helmet. The helmet should rest flat on your head. The straps should fit snugly.
2. Wear wrist, knee, and elbow pads.
3. Wear reflective clothing or tape.
4. Ride far over on the right side of the road.
5. Stop for stop signs, yield signs, and red lights.
6. Make sure there are no cars before you cross the street or turn.
7. If you have to cross the street, always look left, right, and left again.



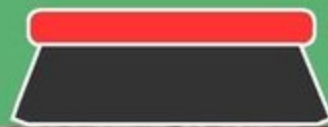
Look for toys that are in good shape and on soft ground.

At the Playground

Playgrounds are great for climbing, swinging, and spinning. But lots of kids get hurt on playgrounds. Most kids get hurt by falling. Soft ground, such as wood chips or rubber, can help you land safely. Some kids cut themselves on broken toys. Keep away from broken or rusty playground toys.

Rules for the Playground

1. Don't push, shove, or crowd others.
2. Walk; don't run.
3. Walk five big steps away from moving toys, such as swings or merry-go-rounds.
4. Don't play on broken or rusty toys.
5. Play at playgrounds with soft ground underneath the toys.



It's very important to be safe in crowded playgrounds.



Wear a life jacket!

In the Water

Lots of people love swimming, boating, and water sports. But every year, many people get hurt in the water. Always swim with a buddy and with an adult watching. There should be a lifeguard on duty at community swimming areas. If you swim alone, you could get hurt and someone might not see you in time.

Always follow signs and rules. Swimming in dirty water can make you sick. If you swim where there are strong waves and currents, you could be swept away. If you dive outside diving areas, you could hit your head and injure your brain.

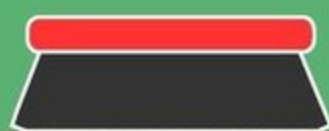
Boats, jet skis, and water skis usually go on lakes, rivers, and the ocean. This kind of water can have currents and waves. It might be very cold. A life jacket keeps your head above water so you do not drown.



Wearing life jackets and following signs can save your life.

Rules for Water

1. Always swim with a buddy.
2. Make sure an adult is watching you.
3. Always follow safety signs:
Don't swim if a sign says
"No Swimming."
Only dive in diving areas.
Watch for signs about waves and
currents.
4. Wear a life jacket on boats and
when playing water sports.
5. Get out of the water right away if
you hear thunder or see lightning.





Police officers can teach you about safety rules.

Conclusion

Playing safely can keep you from getting hurt. It can even save your life. Make sure you and your friends always play safely.

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