**Assessing My Injury Risks**

Directions: Complete this survey and assess your results.

 Survey

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. I wear a safety belt when I'm driving or riding in a car or other vehicle. | Always | Often | Sometimes | Rarely | Never |
| 2 1 avoid talking on a cell phone when I'm driving a car or other vehicle. | Always | Often | Sometimes | Rarely | Never |
| 3 1 avoid texting when I'm driving a car or other vehicle. | Always | Often | Sometimes | Rarely | Never |
| 4 1 refuse to ride in a car or other vehicle driven by someone who's been drinking alcohol or using other drugs. | Always | Often | Sometimes | Rarely | Never |
| 5 1 wear a helmet when I ride a bicycle, scooter, skateboard or inline skates. | Always | Often | Sometimes | Rarely | Never |
| 6 1 have a light and reflectors if I'm riding a bicycle at night. | Always | Often | Sometimes | Rarely | Never |
| 7 1 obey all traffic laws when riding a bicycle, scooter or other wheeled vehicle. | Always | Often | Sometimes | Rarely | Never |
| 8 1 wear the proper safety gear for sports and other activities. | Always | Often | Sometimes | Rarely | Never |
| 9 1 hold on to handrails when going up or down stairs. | Always | Often | Sometimes | Rarely | Never |
| 10 Before I climb a ladder, I make sure it's stable and on a level surface. | Always | Often | Sometimes | Rarely | Never |
|  |  |
| 11 I take breaks to stretch if I'm working at the computer for a long time. | Always | Often | Sometimes | Rarely | Never |
| 12 1 use a flashlight when walking at night. | Always | Often | Sometimes | Rarely | Never |
| 13 1 walk on the sidewalk or walk facing traffic if there's no sidewalk. | Always | Often | Sometimes | Rarely | Never |
| 14 1 wear eye protection, rubber gloves and other safety equipment when working with strong chemicals at home, school or work. | Always | Often | Sometimes | Rarely | Never |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 15 1 get instructions and training before I operate a tool or other piece of equipment. | Always | Often | Sometimes | Rarely | Never |
| 16 1 wear safety glasses or other eye protection, work gloves and proper footwear when operating power tools and other equipment. | Always | Often | Sometimes | Rarely | Never |
| 17 1 follow directions for taking any kind of over-the-counter or prescription medicine. | Always | Often | Sometimes | Rarely | Never |
| 18 1 check the depth of the water and look for any hazards before diving. | Always | Often | Sometimes | Rarely | Never |
| 19 1 swim only if there's a lifeguard present. | Always | Often | Sometimes | Rarely | Never |
| 20 1 wear a life vest during boating, kaya.ki.ng, water skiing or other water activities. | Always | Often | Sometimes | Rarely | Never |

**Risk Assessment Score:**



Number of "Always" answers: 

Number of "Often" answers: 



Number of "Sometimes" answers;



Number of "Rarely" answers: 



Total:

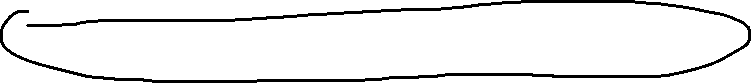




**How Did You Score?**

**60 to 80** Congratulations! You're making lots of smart choices to avoid the risk of injury.

**40 to 59** You're doing many things to help keep yourself safe and avoid injury. Can you see any areas in which you could improve?



**29 to 39** You're doing some things to help keep yourself safe and avoid injury, but there's also room for improvement.

Name: Quang Huynh Health

Directions – After completing the Safety Assessment, answer the following questions. Use detailed and complete sentences.

1. **How did you score on the Inventory? Do you think that it is an accurate portrayal of how safe you are? Why or why not?**

I scored a 55 on the inventory. I think that this is an accurate portrayal of how safe I am since I generally don’t wear helmets while biking, but I am very cautious otherwise.

1. **What is your biggest strength regarding safety? Explain your answer. (Ex. Making good decisions on social networking sites)**

My biggest strength regarding safety is always wearing a seatbelt in a car and not using my phone when in a vehicle.

1. **What do you think that your biggest issue is regarding safety? Explain your answer. (Ex. Wearing sunscreen every time you are in the sun)**

My biggest issue regarding my safety is not wearing a helmet while skateboarding or biking

1. **What do you anticipate you will learn about in the Safety unit? What topics should be covered?**

In the Safety Unit, I want to learn more about car safety