“OUCH!”
Safety Activity Book

Provided by your friends at:
American Trauma Society, PA Division
Peter and Lucy have been waiting all day to ride their bikes. They checked their bikes to make sure nothing was broken and are ready to go riding.
Cho also wants to go riding with Pete and Lucy, but he is not ready. What is Cho missing? Connect the numbers to find out.
Tommy is excited to ride his new skateboard. He wants to ride at the park. Help Tommy through the maze on the next page. Make sure he collects all his safety gear.
Timmy thought it would be fun to play with matches. He didn’t know how hot they get. Timmy burned his finger and dropped the match. It caught his house on fire. Thankfully, the firefighters came quickly to put out the fire.
Find the hidden fire safety words in the puzzle.

**Words to Find:**
- Burn
- Crawl
- Dark
- Escape
- Exits
- Family
- Fire
- Firefighter
- Hot
- Plan
- Practice
- Safety
- Smoke
- Smoke Alarm

(Related puzzle grid with letters and words)
Timmy is glad the firefighters put out the fire in his house. He learned to have at least __________ ways out of every room. Timmy doesn’t want another fire to happen. His parents showed him the __________________, which makes a loud noise when smoke is in the house. The firefighters told Timmy to always feel if a door is __________ before opening it when there is a fire. Timmy and his parents will be making an ____________________. This will help everyone know what to do if there is another fire. Timmy’s parents reminded him to get out of the burning building before calling __________.
Mark and his friend, Jasmine, love to go swimming. They never swim alone. Swimming alone can be dangerous if you get hurt and can’t get out of the water.

They only swim when a grownup is watching them.
Water Safety Crossword Puzzle

Across

2. Only ______ person on the diving board at a time.
3. Don't ______ on the pool deck.
6. Don't chew _____ while swimming.
8. Don't swim when there is thunder and __________.
10. The ________________________ watches the swimmers at the pool.

Down

1. Always swim in _______ water, not murky water.
4. Never swim at ______ or in the dark.
5. Follow all the _________.
7. Never swim ________ the diving board.
9. Always swim with a ___________.

Answer Key:
Color the pictures of things that are safe to have by the pool.
Karen loves to cook, but she wants to be safe in the kitchen. Help Karen be safe by circling all the items in the kitchen that could be dangerous.
Alexei Goes to School

Alexei is excited to ride the bus to school. This will be his first time on the bus. Alexei has talked to his parents about bus safety. He learned to never walk _________________ the bus. The driver can't see you and you could get hurt. Alexei will always use the ______________________ when getting on and off the bus. He doesn't want to distract the driver, so Alexei will always be ____________ when on the bus. He will listen to all the directions from the __________________________ to be safer. Before getting off the bus, Alexei will make sure he has his books and ______________________. Alexei is ready to ride the bus.

Use these words to complete the story:

quiet       bus driver       hand rail
behind      backpack
Find the hidden winter safety words in the puzzle.

Blizzard
Boots
Bottled Water
Candle
Coat
Cold
Fireplace
First Aid Kit
Flashlight
Frostbite
Gloves
Hat
Heater
Hypothermia
Ice Skating
Radio
Scarf
Shelter
Shovel
Ski
Sledding
Snacks
Snow
Snow Blower
Jacob and his friend Jimmy like to play in the snow. They always check for rocks, trees and bushes before sledding or skiing down the hill, and they always wear their helmets.
Jen and her little brother, Mike, are going on a trip with their parents. Jen likes riding in the car. She likes having a car seat that fits her. Mike is not old enough to ride looking out the front window yet. Both Jen and Mike always ride in their car seats. They know they are safer in these seats than just using the seat belt.
Jen, Mike and their parents are going to Grandma’s house. Help them find their way through the maze.
José loves to play sports. He only plays at the park or in his backyard. José always stretches before playing. If his soccer ball rolls into the street, José always checks for cars before going after it.
Find the hidden sports safety words in the puzzle.

Band Aid
Blisters
Blurry Vision
Concussion
Conditioning
Cool Down
Cramps
Cuts
Dizziness
Equipment
First Aid Kit
Fracture
Headache
Heatstroke
Hospital

Ice
Medical Exam
Nausea
Numbness
Nutrition
Overheating
Phone
Rest
Safety
Strain
Stretch
Sunscreen
Warmup
Water
Help farmer Bill solve the tractor safety puzzle.

EXAMPLE

R O P S S A V E L I V E S
Richie is at his Uncle Bob’s house. He is playing in Uncle Bob’s room. Color all the items in Uncle Bob’s room that are not safe for Richie to play with.
The American Trauma Society, Pennsylvania Division is a non profit organization committed to preventing traumatic injuries and deaths through education.

We provide educational presentations and materials on a variety of trauma prevention topics. As a non profit, all presentations and materials are provided free of charge for any organization, school, business or community group in Pennsylvania.

Contact us today to learn more about our work.