Keeping Safe

Joan Acosta

bestofthereader.ca

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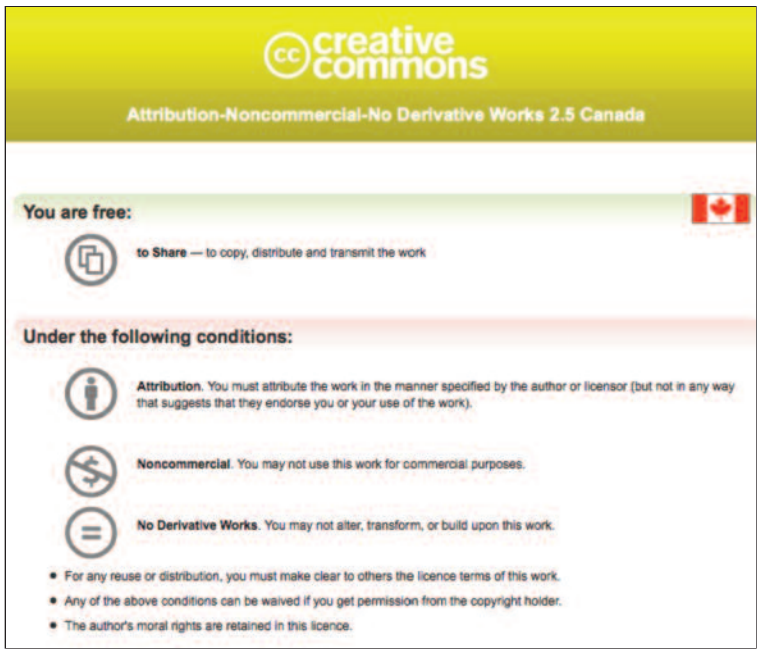

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Welcome

This e-book is part of a series called Best of The Reader. The stories in the e-books are from *The Westcoast Reader*. It is a newspaper for adults who are improving their English reading skills.

To the reader

✔ You can use this book in a classroom, with a tutor, or on your own.

✔ Each story has exercises to go with it. These exercises can help you improve your English and reading skills.

✔ You can check your answers at the end of the book.

Three reading levels

There are three reading levels in this book. Here are the symbols for each level:

Level 1

Level 2

Level 3

To the teacher

Learners can read the articles and do the exercises individually, in pairs, or in groups.

The topics can be explored further through discussion or follow-up activities.

Teachers' Guide

There is a Teachers' Guide on this website. The guide has ideas and suggestions on how to use the e-books with students.

Acknowledgements

The author gratefully acknowledges the financial support of Capilano University for this project.

A special thank you to the learners and teachers who helped choose the articles for this book.

All of the material in this book first appeared in *The Westcoast Reader* (1982 to 2009). Some of the articles have been updated. Most of the exercises and activities for learners are based on material from *The Westcoast Reader* Teachers' Notes (1982 to 2009).

Credits

Photos

Front cover—ATM, crossing guard: *The Province;* dog and girl: David Porter

Page 5—kids, sign, bus: David Porter, crossing guard: *The Province;* Page 6: David Porter; Page 9: iStockphoto ©Imageegaml; Page 10: *The Province*; Page 12: *The Province;* Page 13: *The Province*; Page 24: *The Province;* Page 27: David Porter

Illustrations

Page 7, 8, 9, 10, 11, 13, 15, 16, 17, 18, 19, 21, 22, 23, 25: Nola Johnston; Page 6, 28: Guy Parsons

Tips for drivers

✔ Drive carefully.
Watch for children
crossing streets
and roads.

✔ Slow down
near schools
and playgrounds.

✔ Watch for crossing guards
near schools.

✔ Watch for red lights
on the back of school buses.
Are the red lights flashing?
Do not pass the bus.

The Westcoast Reader 9/2008

Finish the sentences

Use the words in the box to finish the sentences.

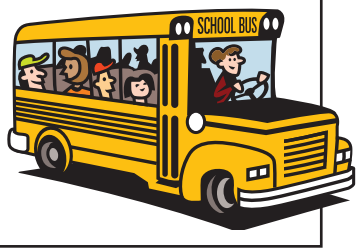
1. Watch for children crossing _____

2. Watch for red lights _____

3. Watch for crossing guards _____

4. Watch for street signs near _____

schools and playgrounds	near schools
on the back of school buses	streets and roads



Read the sign

Write the missing words on the lines.

What does the sign say?

Do not drive more than 30 _____

per _____ between _____

in the morning and _____ in the afternoon

on school _____.

Driving in the winter

Some roads and highways have lots of snow in the winter.

Keep emergency supplies in the trunk of your car.

Emergency supplies

dry food

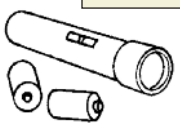
water

extra clothes

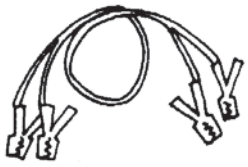
blanket

first aid kit

flashlight



batteries

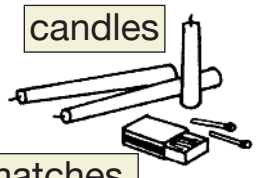


booster cables

shovel

brush and scraper

candles



matches

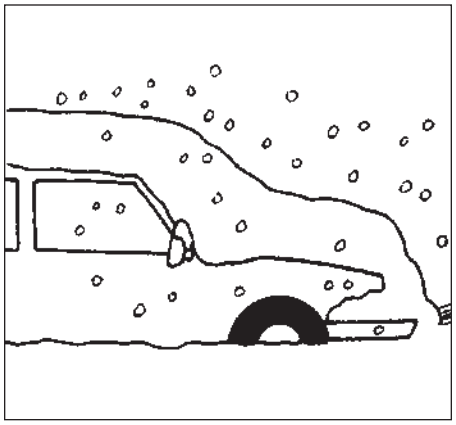
Winter weather

Where can you find out about the weather?

- ✔ on TV
- ✔ on the radio
- ✔ on the Internet

Listen for these weather warnings:

blizzard



heavy snowfall

freezing rain

frost

David's car broke down

David was driving in a snow storm last winter. His car broke down. It was cold and dark. What did David do?

Match the first part of the sentence with a part from the bottom of the page. Write the second part of the sentence on the line.

1. David called for help _____

2. He took the emergency kit _____

3. David was cold. He put on _____

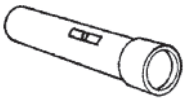
4. He covered up _____

5. He got hungry and ate _____

6. Finally David heard a tow truck. He got out of his car.

   He used _____

- ❑ with a blanket to keep warm.
- ❑ some crackers and peanut butter.
- ❑ out of the trunk of his car.
- ❑ his flashlight to see in the dark.
- ❑ on his cellphone.
- ❑ extra clothes.

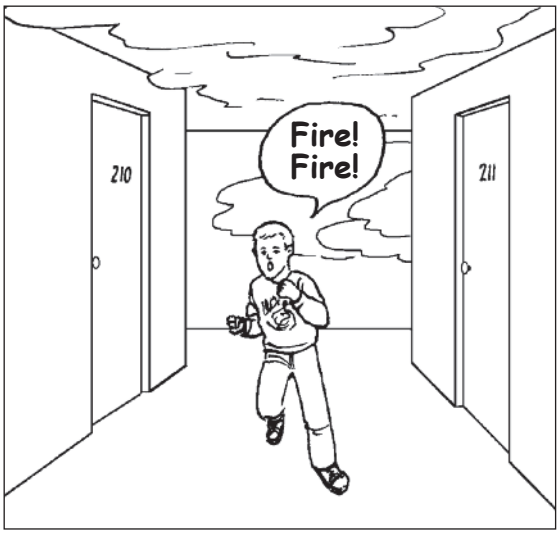


Boy saves neighbours from fire

Dustan Roach-Matthews is 11 years old. He lives in North Vancouver.

Dustan saw smoke

One day in May 2008, Dustan and his dad were in their apartment. Suddenly, Dustan heard a fire alarm. He went into the hallway. He saw smoke coming out under the door of an apartment. Dustan says, "I ran up and down the hallways and yelled 'Fire! Fire! Fire!' at everybody's door."

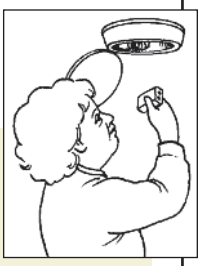


Dustan is a hero

Most people escaped from the burning building. Unfortunately, three seniors died in the fire.

Dustan's dad said his son was a hero for warning people of the fire.

Dustan points to the burned apartment building where he lived.



Be safe at home

✔ Put one or more smoke alarms on each level of your home. Check them every month.

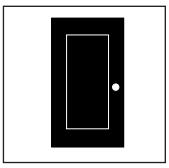
✔ Make an escape plan. Find two exits from each room. Practise your plan.

The Westcoast Reader 10/2008 • Adapted from *The Province*

Fire safety

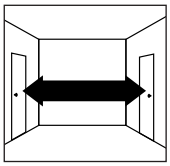
Unscramble the letters under the blanks. Write the words on the lines.

1. Put smoke _____ in your home.
   slaram



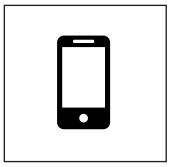
2. Sleep with your bedroom _____ closed.
   rodo

3. If the smoke detector goes off, _____ to the door.
   wralc



4. If there is heat or _____ at the door,
   ksemo
   find another way out of the room.

5. Get _____! Go to a meeting place
   tuo
   the whole _____ knows about.
   yamilf



6. Stay outside. _____ 9-1-1.
   laCl

Safety tips at an ATM

Banks, credit unions, and some trust companies have bank machines. They are also called automated teller machines (ATMs).

You can do many things at an ATM. For example:

- You can withdraw (take out) money from your account.
- You can deposit money into your account.
- You can pay bills.
- You can transfer money from one of your accounts to another.

This man is using an ATM at his bank.

Bank card and PIN

To use an ATM, what do you need?

- You need a card from your bank or credit union.
- You need a personal identification number (PIN).

Protect your card

✔ Keep your card in a safe place.

✔ Never lend your bank card to anyone.

Protect your PIN

✔ You can choose your own PIN. Don't choose an obvious PIN. For example, your date of birth.

✔ Memorize your PIN. Don't write it down.

✔ Don't tell anyone your PIN.

Note: Ask your bank or credit union how much it costs to use an ATM.

☞ **More on page 13**

At the ATM

✔ Make sure no one sees you enter your PIN. Use your hand or body to cover the keypad.

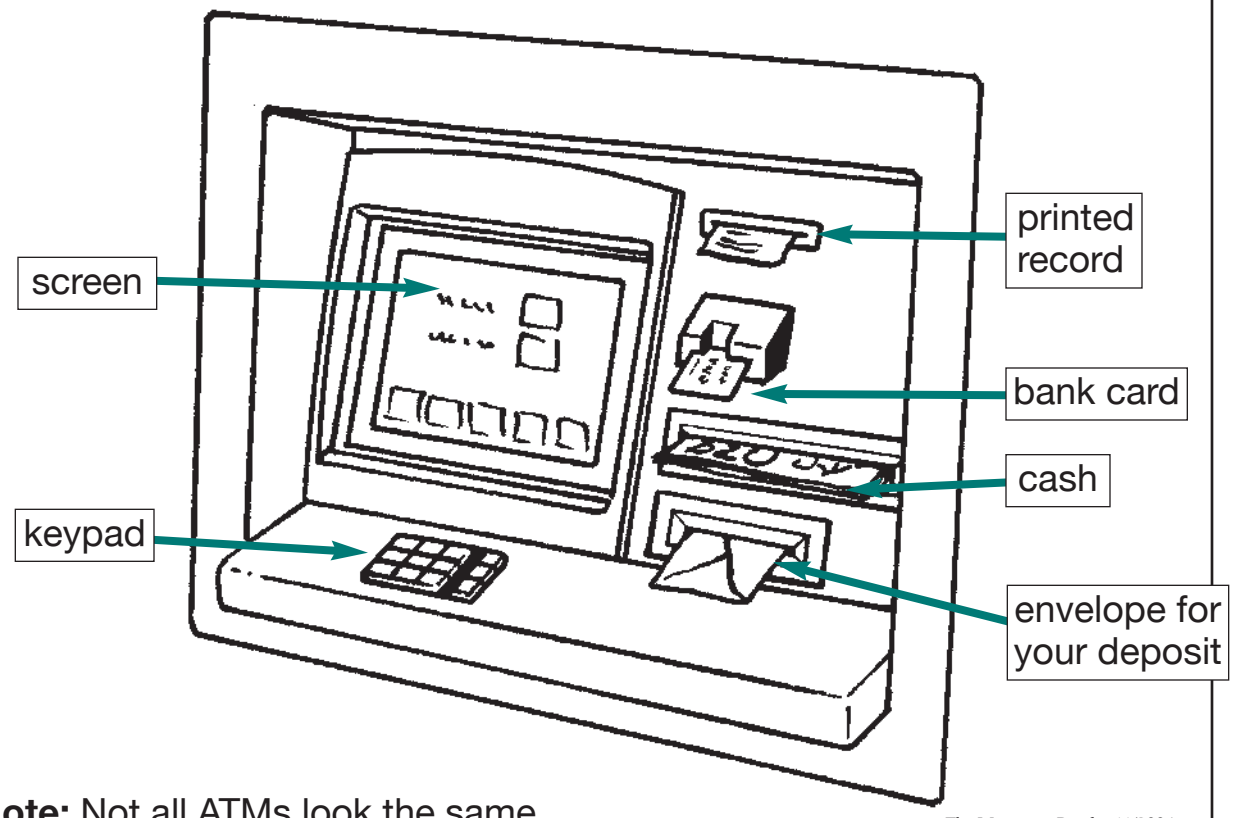
✔ Always take your card and printed records with you when you leave the ATM.

✔ Call your bank or credit union right away if your bank card is lost or stolen.

✔ Check the balance in your account often. Make sure it is correct.

✔ Talk to your bank or credit union if you have a problem at the ATM.

ATM



Note: Not all ATMs look the same.

Which comes first?

Here are the steps for withdrawing money from an ATM.
Put the steps in the correct order.

_____ Take your money, bank card, and printed record.

_____ Enter the amount of cash you want.

_____ Select the account you want to take the money from.

_____ Enter your personal identification number (PIN).

_____ Insert your bank card in the ATM.

_____ Select the transaction: for example, withdrawal.

Finish the sentences

Circle the correct answer.

1. Don't ___ your bank card to anyone.
   a. borrow
   b. lend
2. Deposit means to ___ .
   a. take out
   b. put in
3. You can ___ money to your other accounts at an ATM.
   a. transfer
   b. withdraw
4. You need a ___ to use an ATM.
   a. SIN
   b. PIN
5. You can ___ money from an ATM.
   a. credit
   b. withdraw
6. You need a ___ to use an ATM.
   a. bank card
   b. price card
7. Check the ___ in your account often.
   a. PIN
   b. balance
8. Keep your PIN a ___.
   a. secret
   b. credit

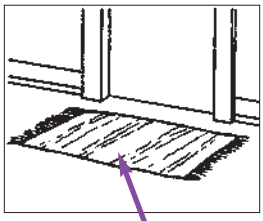
Tips for preventing falls

Every year, one in three seniors in Canada has a fall. Some seniors are badly hurt. For example, they break a hip.

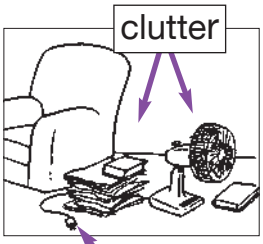
Are you a senior? Does a senior live with you? Here are a few tips to prevent falls.

Make your home safer

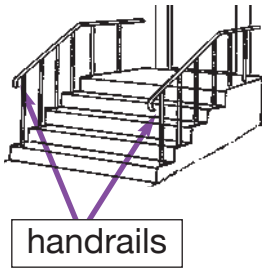
✔ Take away things that you can trip over. For example:

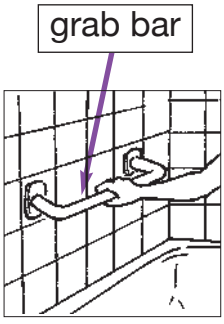


throw rug



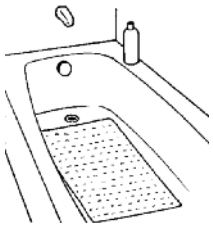
✔ Make sure the stairs inside and outside your home have handrails.





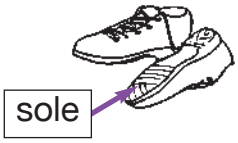
✔ Have a carpenter put grab bars beside toilets, and in bathtubs and showers.

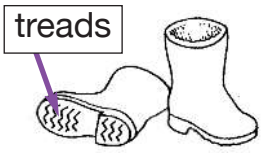
✔ Use rubber mats in bathtubs and showers.



More tips

✔ Wear flat shoes with rubber soles. In the winter, wear boots with rubber treads.





✔ Exercise every day. It can help your balance.

✔ Get your eyes checked every year.

✔ Talk to your doctor or pharmacist about the medicines you take. Some medicines can make you dizzy. You might fall.

The Westcoast Reader 2/2005

A safe home

Edna is a senior. Last year, she fell and broke her arm. She doesn't want to fall again. Edna's friend gives her some advice.

Fill in the blanks with the words in the boxes.

1. Don't leave so much _____ on the floor of your living room.
2. Wear boots with _____ treads in the winter.
3. Use a rubber _____ in your bathtub.
4. Get a carpenter to put up _____ on the stairs to your basement.
5. Exercise every day. It will help your _____.

bathmat

rubber

handrails

balance

clutter

Make a choice

Two words are correct. Put a checkmark (✓) beside the correct words.

1. Take away things in your home that you can _____ over.
   - ❑ trip
   - ❑ fall
   - ❑ wear

2. Get your eyes _____ every year.
   - ❑ prevented
   - ❑ examined
   - ❑ checked

3. Have a _____ put up grab bars in your bathroom.
   - ❑ handyman
   - ❑ pharmacist
   - ❑ carpenter

4. Some _____ can make you dizzy.
   - ❑ medications
   - ❑ medicines
   - ❑ treads

What to do in an earthquake

Do you know what to do in an earthquake?

If you are outside

✔ Get into an open area away from trees, hydro lines, and telephone poles.

✔ In downtown areas, stand in a doorway. Cover your head with your arms.

If you are inside

✔ Get under a table or desk. Or stand in a doorway or corner. Cover your head with your arms.

If you are driving

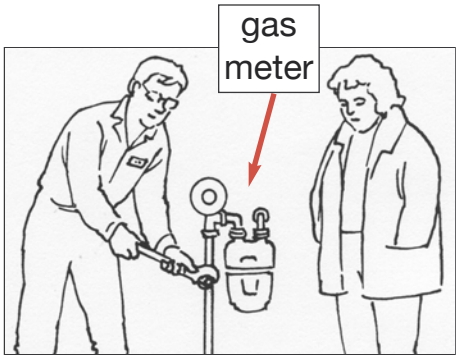
✔ Drive to the side of the road and stop.

✔ Stay in your car until the shaking stops.

After an earthquake

- Check everyone in the family for injuries.
- Check the gas, water, and electrical lines.
- Shut off gas only if you think there is a leak.

Note: Do not try to turn gas back on yourself.



Be prepared for an earthquake. Learn to shut off gas at the meter.

- Keep telephone lines open. Call 9-1-1 only in an emergency.
- Use your car only in an emergency.
- Keep off roads with this sign. These roads are only for emergency vehicles, for example: ambulances and police cars.

The Westcoast Reader 6/2009 and 4/2001

Be prepared for an earthquake

Are you ready for an earthquake? Here is a basic one-person emergency kit. It has supplies for 72 hours.

Grab-and-go kit

- ✔ water for three days
- ✔ food for three days
- ✔ emergency blanket
- ✔ whistle
- ✔ first aid kit
- ✔ copies of important papers
- ✔ dust mask
- ✔ flashlight and batteries
- ✔ toilet paper

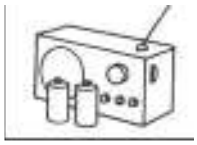
Add any other items you will need. For example, important medicines.

Keep the supplies together

Put the supplies in a small backpack or waterproof bag. Keep the bag in your car or your home.

A family kit

Make a grab-and-go kit for each person in your family. Or make one kit for the whole family. You can add more items. For example:

- extra clothes and sturdy shoes
- cash (coins and bills)
- tools
- pet food
- radio and batteries 

An emergency plan

Talk to your family about an emergency plan.

✔ Give everyone in the family a job to do in an emergency. For example:

- turn off the electricity
- get the grab-and-go kit
- take care of the pets

✔ Choose a safe place to meet after an emergency.

✔ Give everyone the phone number of a contact person to call after an emergency. For example, a relative in another city.

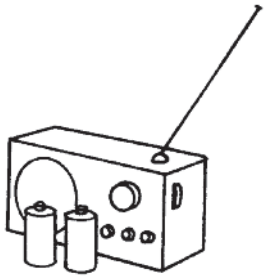
The Westcoast Reader 11/2005

Unscramble the letters

Unscramble the letters and write the words on the lines.

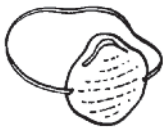
1. terwa _____

2. sewtlih _____

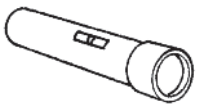


3. daior _____

4. nediciem _____



5. kams _____



6. gillhafths _____

7. odof _____

8. capkkabc _____

Finish the sentences

Draw a line under the correct word to finish each sentence.

1. If you are outside during an earthquake, get into an open area / house.

2. In downtown areas, stand / lie down in a doorway.

3. If you are inside during an earthquake, get under a bed / table.

4. Cover your head with your arms / legs.

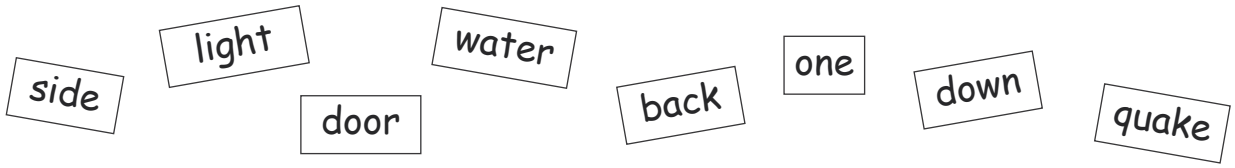
5. If you are driving during an earthquake, drive to the side / middle of the road.

6. Stay in your car until the shaking starts /stops.

Compound words

Use the words in the boxes to make eight compound words.

1. _____ town
2. earth _____
3. _____ way
4. every _____
5. _____ pack
6. out _____
7. _____ proof
8. flash _____

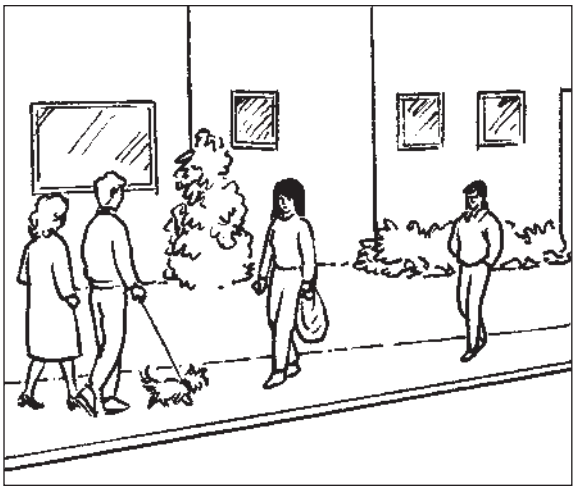


Personal safety

These safety tips are for everyone, but they are especially important for women, children, and seniors.

Walking

■ Walk on busy streets. Don't take shortcuts through wooded areas or parking lots. At night, make sure the streets you walk on have street lights.

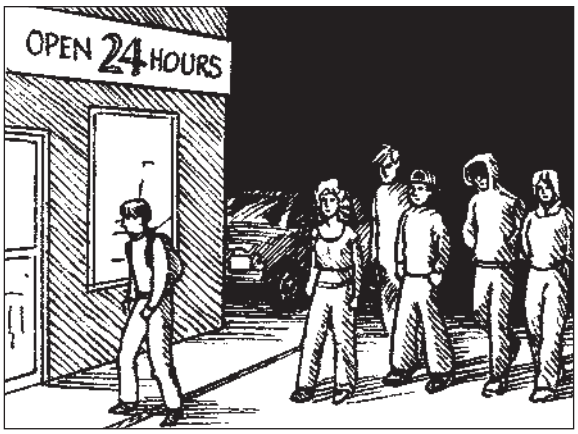


■ Do you think someone is following you?

✓ Change direction.

✓ Cross the street.

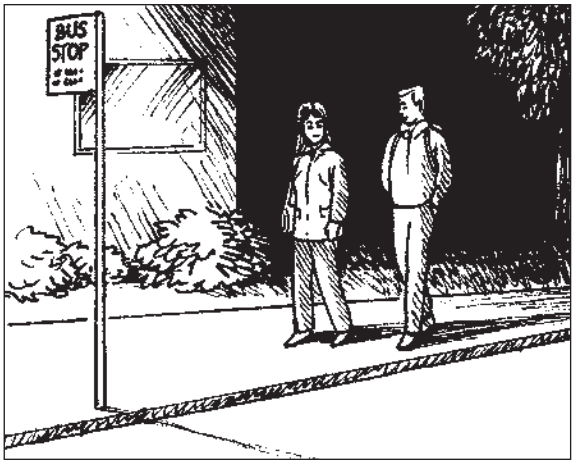
✓ Walk to the nearest place where there are other people. For example, a restaurant or store.



■ Do you feel you are in danger? Shout for help. Use your cell phone to call the police.

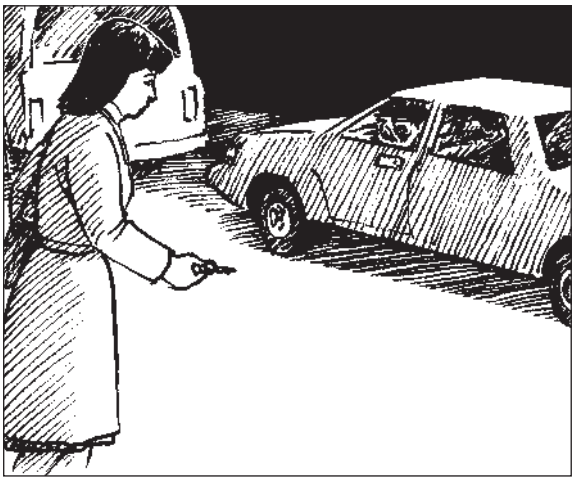
On the bus

■ Do you have to stay late at work or school? Ask someone you know to walk you to your car or to the bus stop.

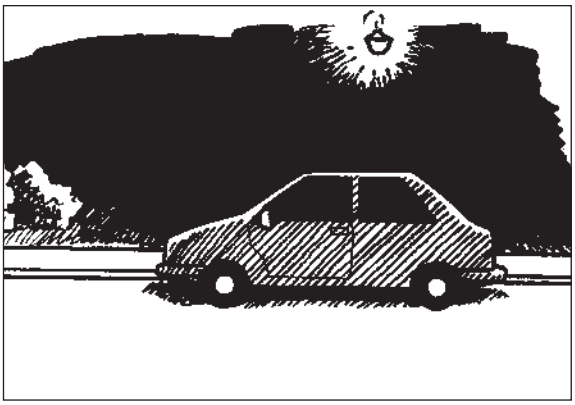


■ Sit near the driver if the bus is not very full. Is someone bothering you? Say in a loud voice, “Leave me alone!”

In your car



■ Have the car keys in your hand before you reach your car. Check inside your car before you get in. Lock all the doors once you are inside.



■ Do you park your car on the street at night? Park under a street light away from shrubs or fences.

■ Always lock your car.

The Westcoast Reader 1/2003

What to do

Write your answers on the lines.

1. Maria is sitting on the bus. A man in the seat behind her is bothering her. What should she do?

_____

_____

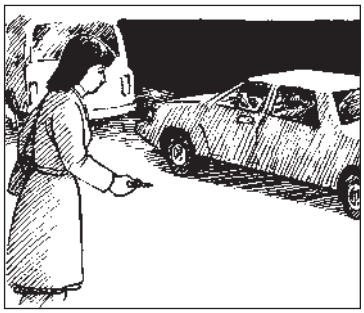
_____

2. Emily is walking on the street at night. Some boys are following her. What should she do?

_____

_____

_____



3. Nazy is parked in an underground garage. She is leaving work late. What should she do?

_____

_____

_____

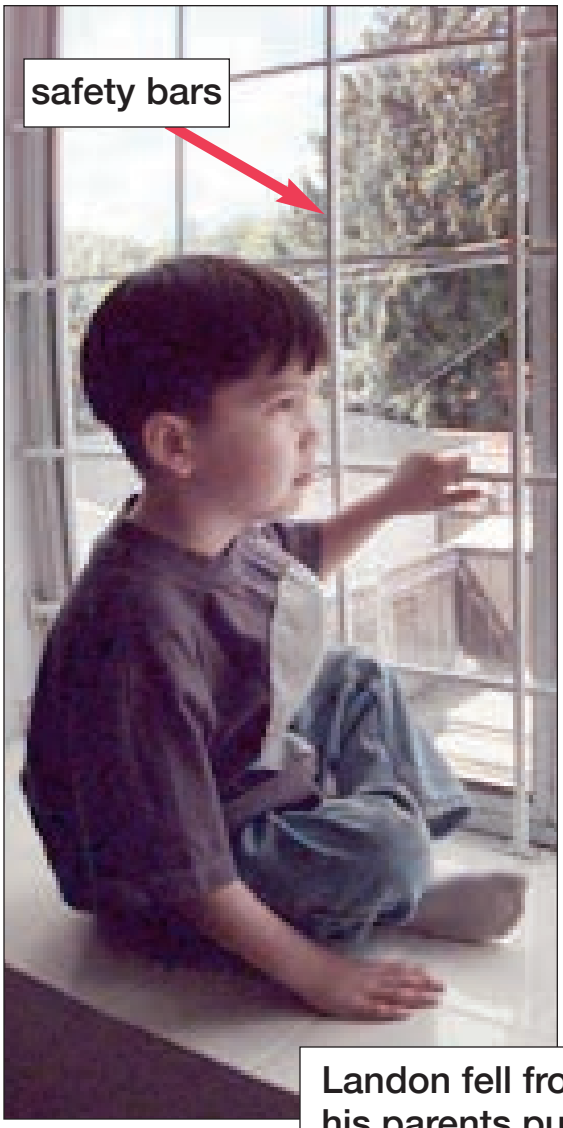
4. Carmen is walking home at night. A man is following her. She is scared. What should she do?

_____

_____

_____

Landon is a very lucky boy



Landon fell from this window before his parents put on safety bars.

Five-year-old Landon was playing on the window seat in his upstairs bedroom. The window had a screen. Landon leaned against the screen and fell out of the window.

Landon's mother found her son

Landon's mother was in the kitchen. She says, "I saw something fly past the window. I thought it was one of Landon's toys. I went outside to check. I found Landon lying on the deck. He wasn't breathing."

Landon's mother called 9-1-1

An ambulance took Landon to the hospital. The doctors said he was a very lucky boy. He did not have any serious injuries.

A safe home

Landon's parents put safety bars on all their upstairs windows. They also checked their house. They made sure it was a safe place for Landon.

Did you know?

✔ Most children who fall from windows are between 2 and 4 years old.

✔ Window screens cannot prevent children from falls.

✔ The heads of young children usually hit the ground first in a fall.

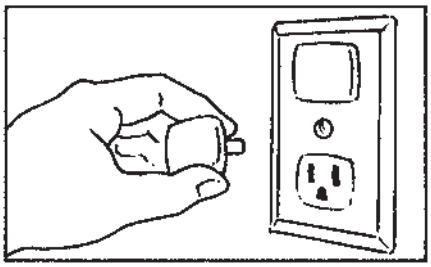
The Westcoast Reader 11/1999

Make your home safe for children

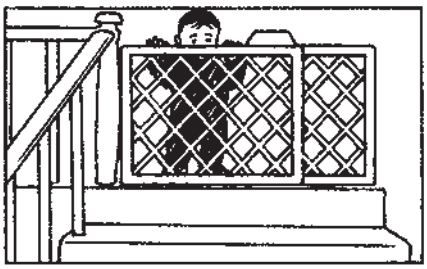
Do you have small children? Do children sometimes visit your home?

Here are some tips to make your home a safe place for children.

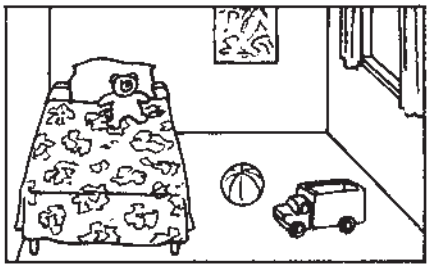
✔ Put covers on all electrical sockets.



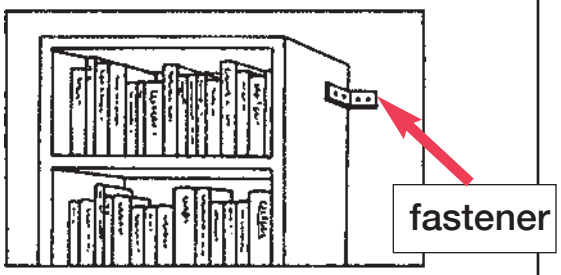
✔ Use safety gates at the top and at the bottom of stairs.



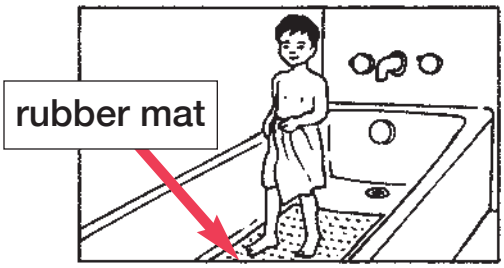
✔ Keep beds and cribs away from windows.



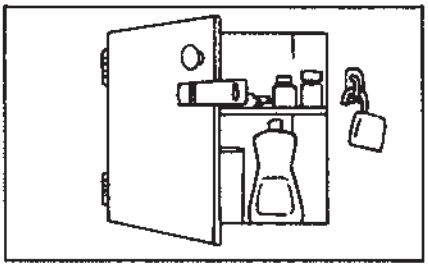
✔ Fasten heavy furniture to the wall or floor. Children can sometimes pull over bookcases, TV sets, and dressers.



✔ Use rubber mats in the bathtub. Children can sometimes slip and fall.



✔ Lock up all medicines and household cleaners.



The Westcoast Reader 11/1999

Finish the sentences

These sentences are divided into two parts. Match each part at the top with a part from the bottom. Then write the second part of the sentence on the line.

1. Landon's parents made their home _____

2. They put safety bars _____

3. They put covers on all _____

4. They moved Landon's bed _____

5. They locked up _____

6. They put a rubber mat _____

7. They fastened a heavy bookcase _____

- ❑ the electrical sockets.
- ❑ in the bathtub.
- ❑ on all their upstairs windows.
- ❑ all medicines and household cleaners.
- ❑ to the wall.
- ❑ safe for their son.
- ❑ away from the window.

Be safe around dogs

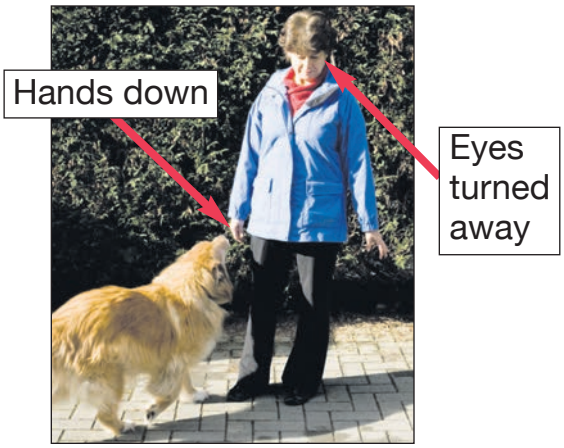
Many people own dogs. Most dogs are friendly, but sometimes dogs bite people.

Here are some tips to keep you safe around dogs.

What to do

If a dog you don't know comes up to you:

- ✔ Stand very still.
- ✔ Don't look the dog in the eye.
- ✔ Don't run away.
- ✔ Don't yell or make loud noises.



Remember

- Don't disturb a dog that is sleeping or eating.
- Never try to take a toy or a bone away from a dog.
- Small children should not play with a dog unless an adult is watching.

What to do

If you want to pet a dog:

1. First, ask the owner if it is okay to pet the dog.
2. If the owner says yes, slowly extend your closed hand to the dog.
3. Let the dog sniff the back of your hand.
4. Then pet the dog gently on the neck or chest.

The Westcoast Reader 04/2009

Dog expressions

Do you know these dog expressions?

to be as sick as a dog

What does it mean?
to be very sick

Example: Marina has the flu. She is as sick as a dog.

to fight like cats and dogs

What does it mean?
to constantly argue and fight with someone

Example: Alice and her sister fight like cats and dogs.

to dog-paddle

What does it mean?
to do a simple swimming stroke

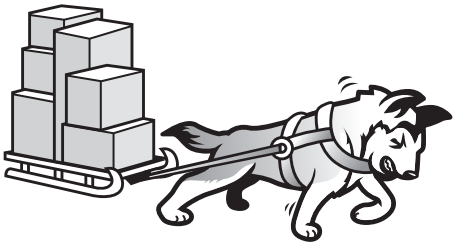
■ You paddle with your arms and kick with your legs—like a dog swims in water.

Example: Richard doesn't swim well, but he can dog-paddle.

to work like a dog

What does it mean?
to work very hard

Example: John painted houses all summer. He worked like a dog.



a doggy bag

What is it?
a container for your leftover food at a restaurant

Example: Mario didn't finish his lasagna. The waiter put the leftover lasagna in a doggy bag.

Fill in the blanks

Use the expressions in the box to finish the sentences.

1. I had to _____ to get the stains out of the carpet.

2. I never learned to swim well. I just _____.

3. Pam loves her sister, but they _____.

4. Ask the waiter for a _____ if you can't finish your meal.

5. Something I ate last night made me _____.

doggy bag	work like a dog	fight like cats and dogs
dog-paddle	rain cats and dogs	sick as a dog

Tips to remember

Write four tips to remember if a dog you don't know comes near you.

1. _____

2. _____

3. _____

4. _____

How much do you remember?

Add two items to each list.

1. What can you add to your grab-and-go emergency kit?

   water, _____, _____

2. What should you watch for near schools?

   crossing guards, _____, _____

3. What should you keep in your car in the winter in case of an emergency?

   shovel, _____, _____

4. What can seniors do to prevent falls in their homes?

   Put grab bars in bathrooms.

   _____

   _____

5. What can you do to make your home safe for children?

   Lock up medicines and household cleaners.

   _____

   _____

6. What should you do after an earthquake?

   Use your car only in an emergency.

   _____

   _____

Answers for exercises

Finish the sentences (p 6)
1. streets and roads
2. on the back of school buses
3. near schools
4. schools and playgrounds

Read the sign (p 6)
Do not drive more than 30 kilometres (km) per hour between 8 in the morning and 5 in the afternoon on school days.

David's car breaks down (p 9)
1. David called for help on his cell phone.
2. He took the emergency kit out of the trunk of his car.
3. David was cold. He put on extra clothes.
4. He covered up with a blanket to keep warm.
5. He got hungy and ate some crackers and peanut butter.
6. He used his flashlight to see in the dark.

Fire safety (p 11)
1. alarms
2. door
3. crawl
4. smoke
5. out, family
6. Call

Which comes first? (p 14)
Order may vary slightly from ATM to ATM.
6 5 4 2 1 3

Finish the sentences (p 14)
1b 2b 3a 4b 5b 6a 7b 8a

A safe home (p 16)
1. clutter
2. rubber
3. bathmat
4. handrails
5. balance

Make a choice (p 16)
1. trip, fall
2. examined, checked
3. handyman, carpenter
4. medications, medicines

Unscramble the letters (p 19)
1. water
2. whistle
3. radio
4. medicine
5. mask
6. flashlight
7. food
8. backpack

Finish the sentences (p 20)
1. area
2. stand
3. table
4. arms
5. side
6. stops

Compound words (p 20)
1. downtown
2. earthquake
3. doorway
4. everyone
5. backpack
6. outside
7. water
8. flashlight

What to do (p 23)
Answers will vary.

Finish the sentences (p 26)
1. Landon's parents made their home safe for their son.
2. They put safety bars on all the upstairs windows.
3. They put covers on all the electrical sockets.
4. They moved Landon's bed away from the window.
5. They locked up all medicines and household cleaners.
6. They put a rubber mat in the bathtub.
7. They fastened a heavy bookcase to the wall.

Fill in the blanks (p 29)
1. work like a dog
2. dog-paddle
3. fight like cats and dogs
4. doggy bag
5. sick as a dog

How much do you remember? (p 30)
Answers will vary.