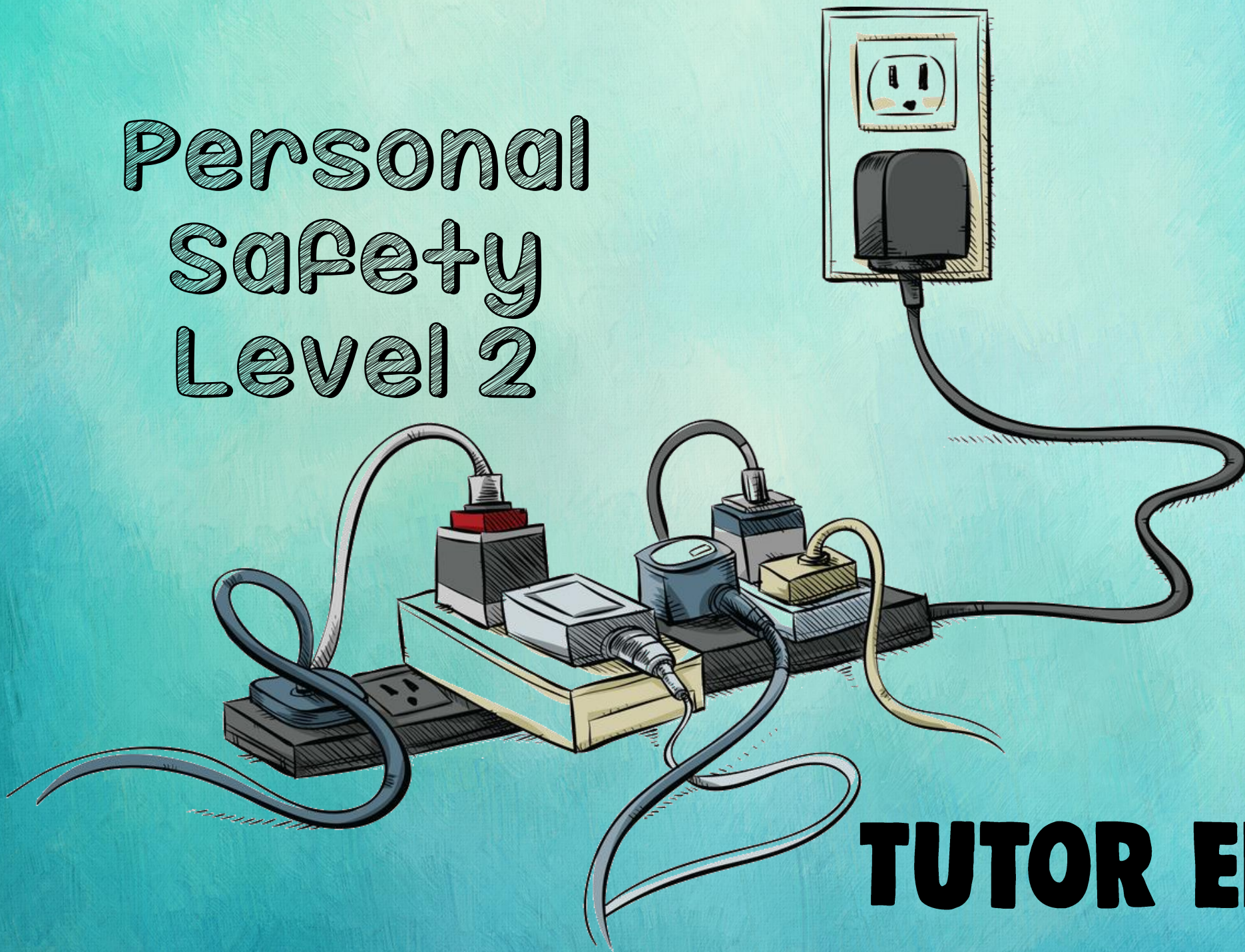


Personal Safety Level 2



TUTOR EBOOK

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.
2. List key safety risks in the workplace/home/community.
3. Recognise when his/her own safety is threatened, e.g. bullying/harassment, using equipment/common chemicals.
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.
5. Name the appropriate response when a risk is identified, e.g. finding a safe exit, contact person/organisation, fire drill.

Safety at Home - Kitchen Safety



Risks in the kitchen



Examples: fires, hot items, sharp tools, slips and falls, food contamination, electricity, chemicals, heavy lifting, gas leaks, garbage, etc.

What safety measures can you see?



How would you sort this out?

Talk about this kitchen. Is it safe?


CAUTION!



Food safety



COOK



cook to proper temperatures

SEPARATE



do not cross-contaminate

CLEAN

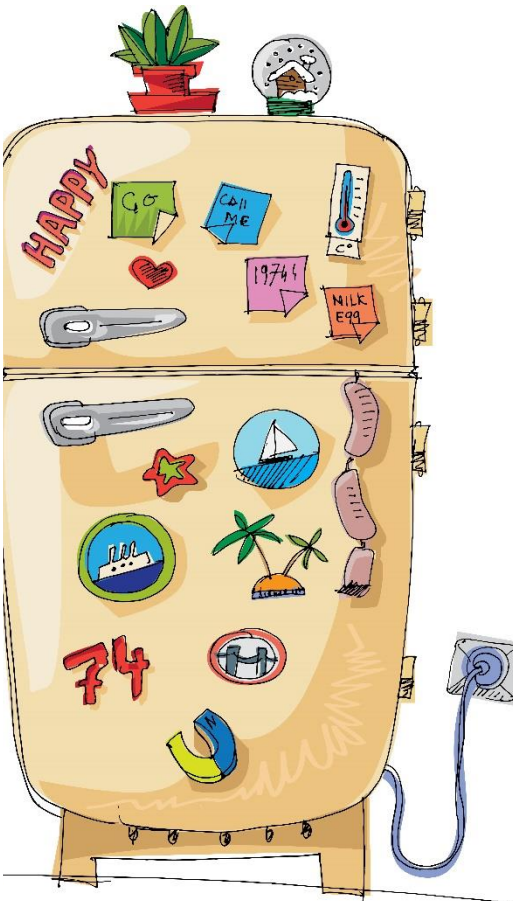


wash hands and surfaces often

CHILL



refrigerate promptly



give bacteria no chance

Handwashing

Wash your hands before, during and after cooking.



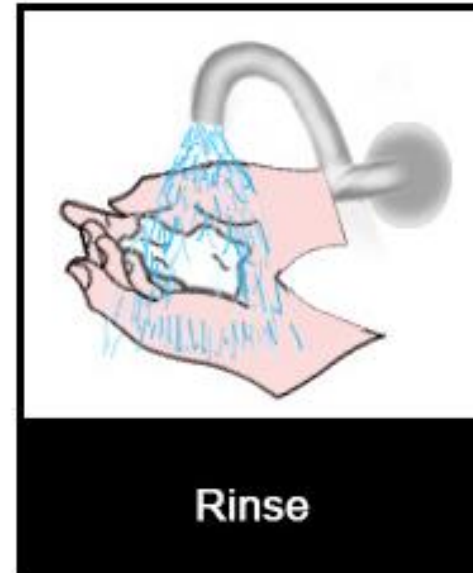
Wet hands



Soap (20 seconds)



Scrub backs of hands, wrists, between fingers, and under fingernails



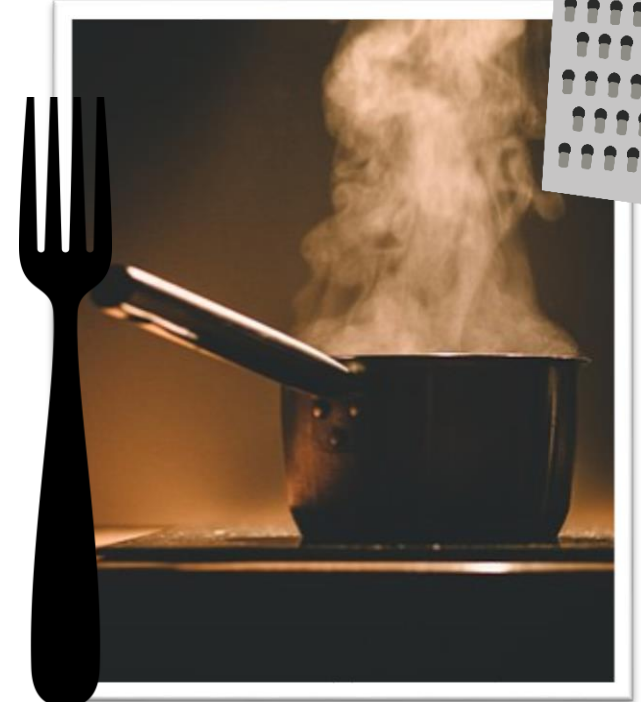
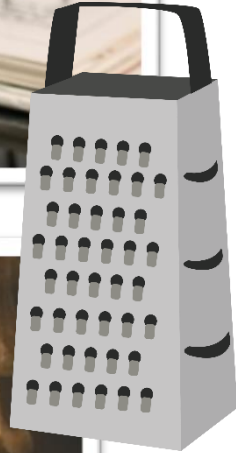
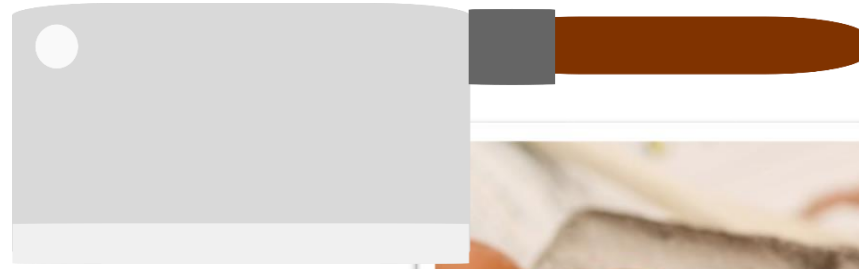
Rinse



Towel dry and turn off taps with towel

Kitchen safety

How could these be dangerous?



Safety at Home - Garden Safety



Your responsibilities in the garden

- o Store garden tools safely.
- o Do not leave garden tools lying around.
- o Always follow instructions.
- o Wear a hat to avoid sunburn.
- o Use a sunscreen cream to avoid sunburn.
- o If in the garden for some time, remember to drink water to avoid dehydration.
- o Do not try to pick up bugs, spiders and other creatures.
- o Do not interfere with any wildlife in the garden.
- o Lift heavy items safely.
- o Store garden chemicals safely.
- o Wear gloves when gardening.
- o Wash your hands after working in the garden.



Risks in the garden



Examples: sharp tools or thorns, chemicals, poisonous plants, dehydration, sunburn, lifting heavy items, bug bites, noise (noisy trimmers, lawnmowers)

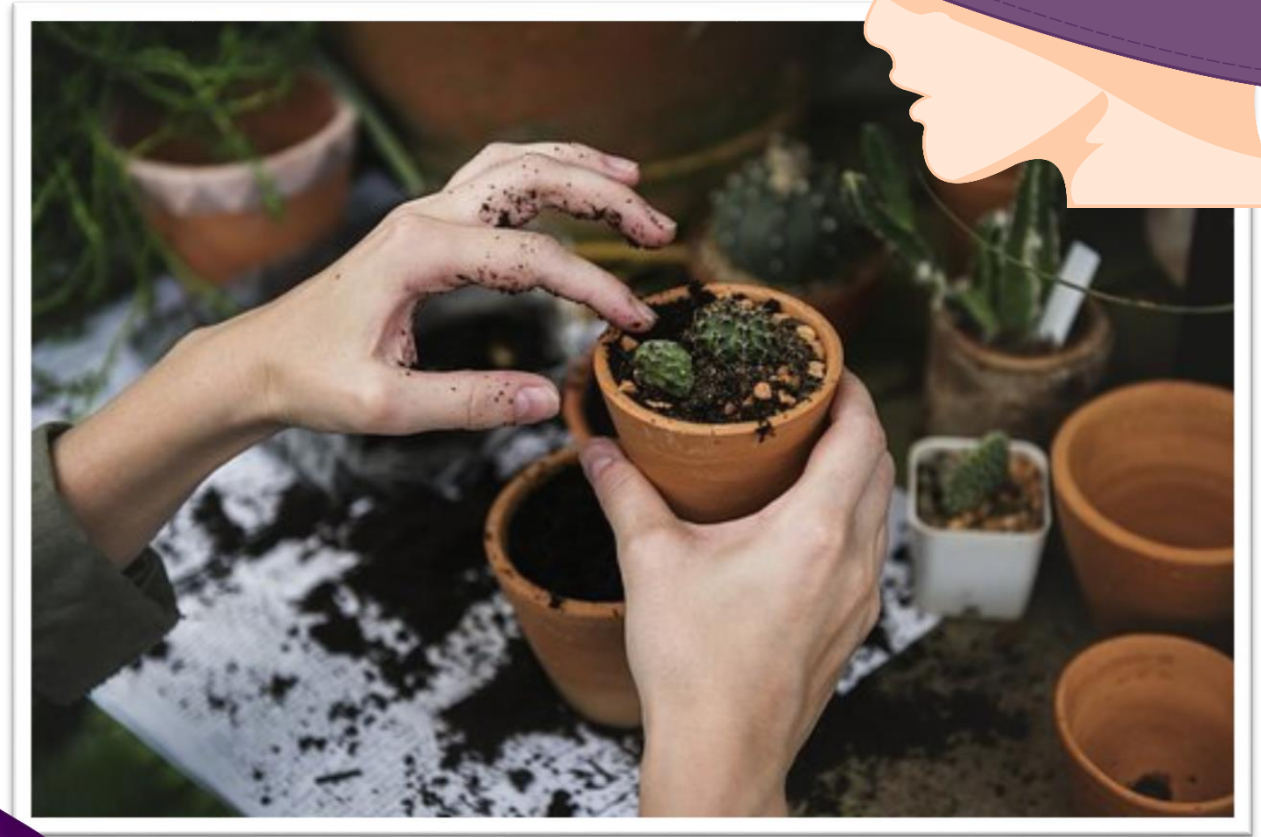
What are the possible risks?



Garden safety rules

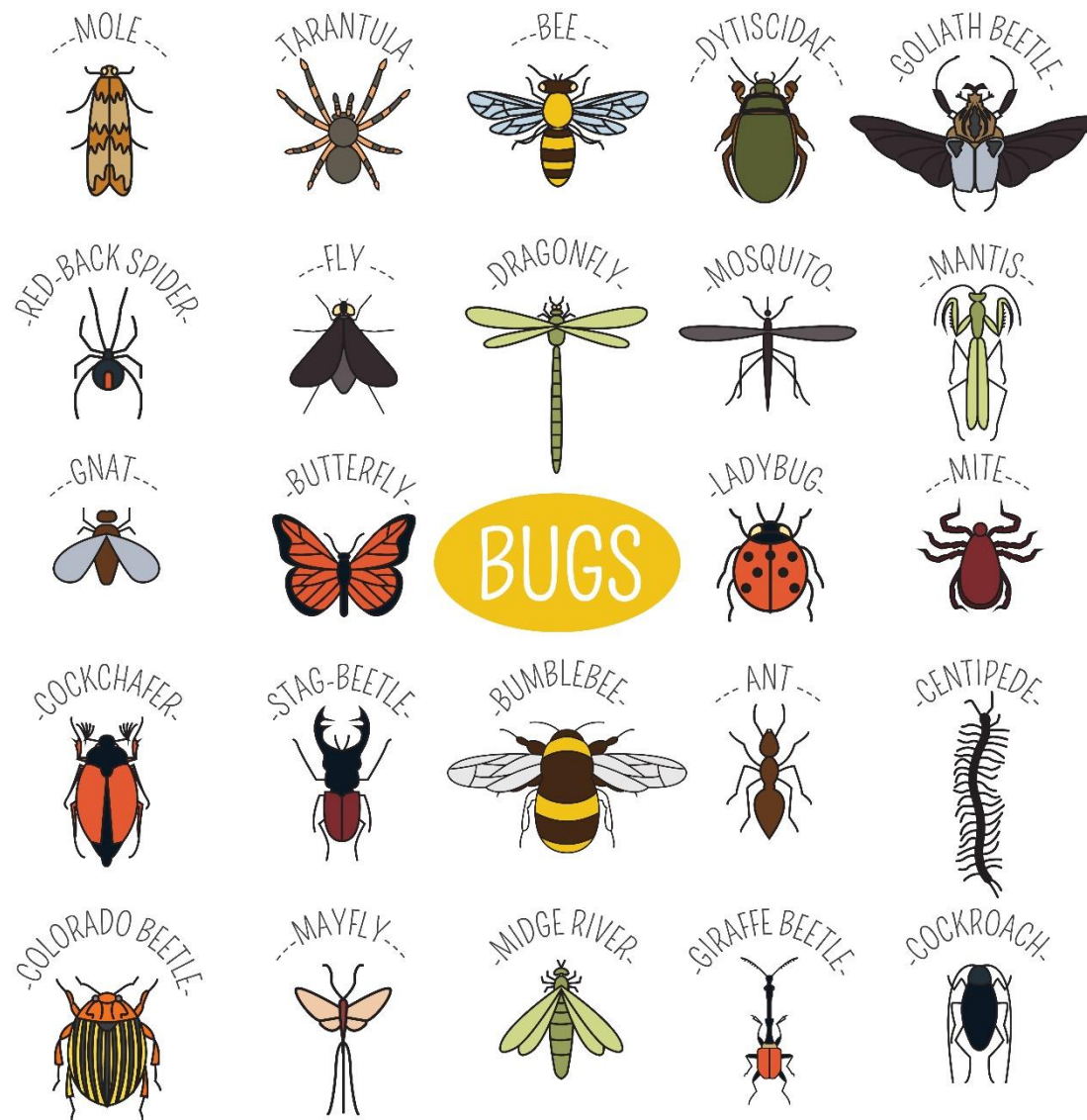
Examples:

- I store garden chemicals safely away.
- I put away garden tools.
- I wear a hat when I am gardening.



Bugs

Talk about how to get rid of pests in your garden, without disturbing nature!



Try organic gardening!



Some plants can be dangerous!



Fire Safety at Home

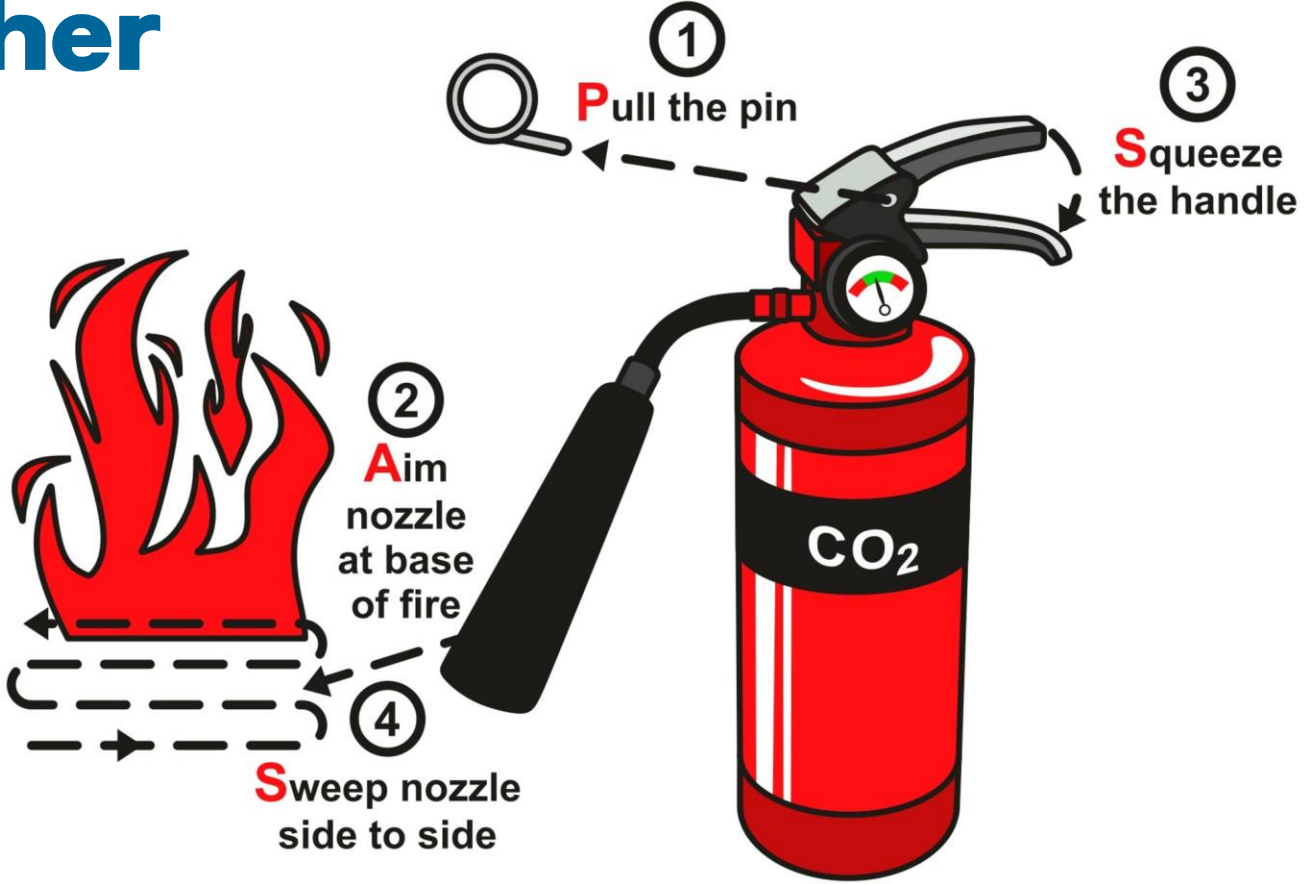


How To Operate An Extinguisher?

Using a fire extinguisher



Pull
Aim
Squeeze
Sweep



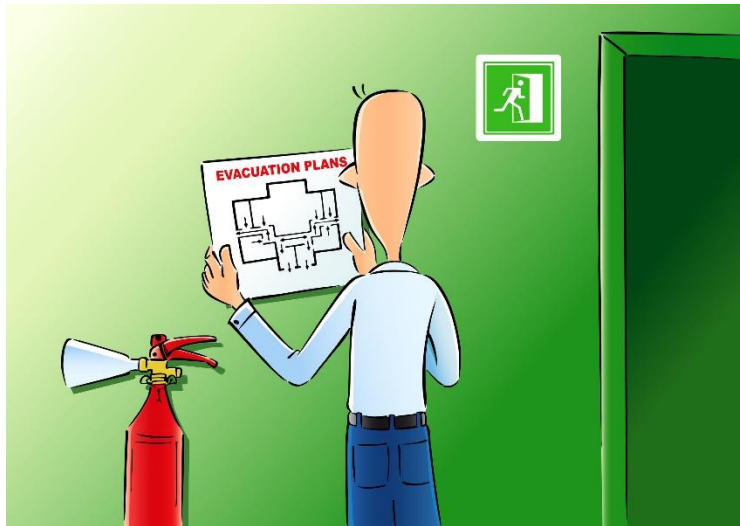
Know Your Extinguisher

Use the Correct Extinguisher

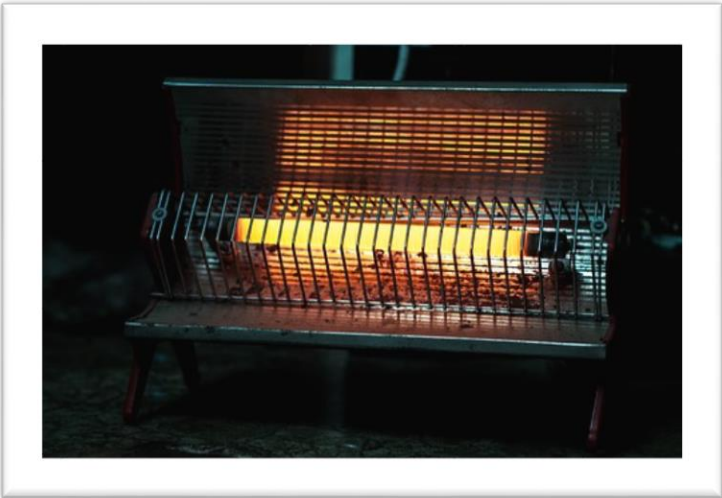
Check your smoke alarm regularly!



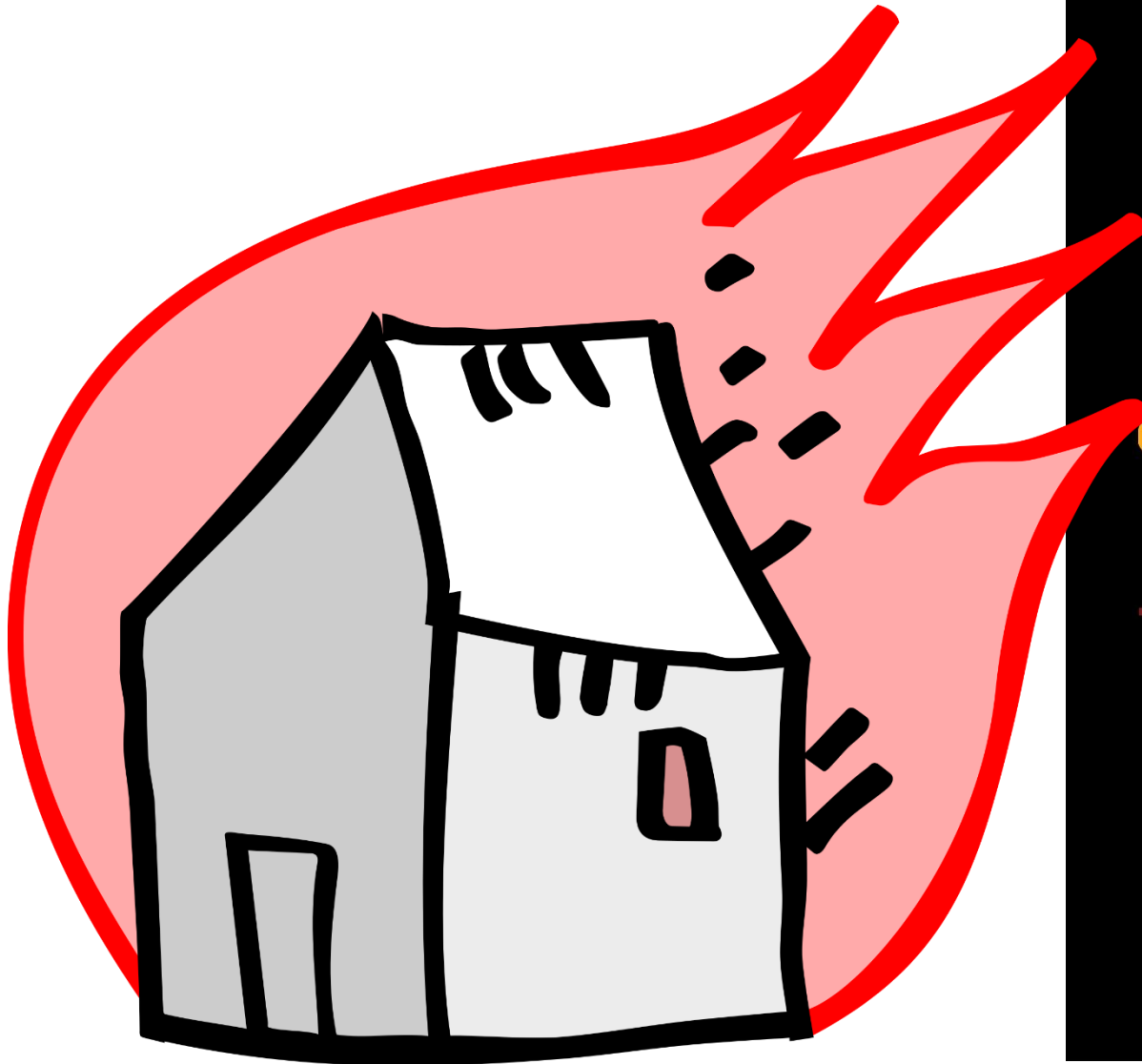
**Have a
fire safety
plan at
home!
And
practise it!**



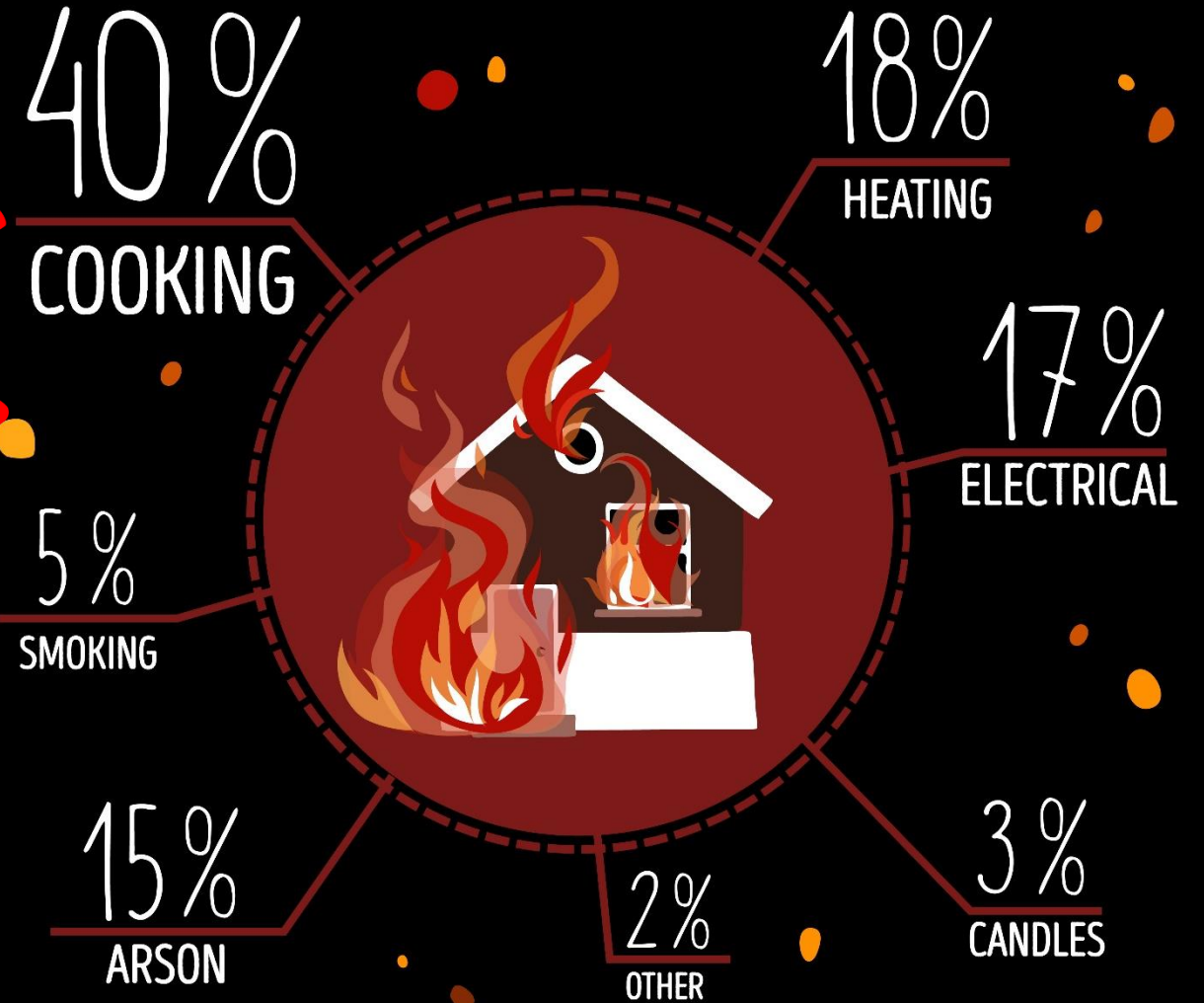
What are the fire risks?



Take note!



TOP CAUSES OF HOUSE FIRES

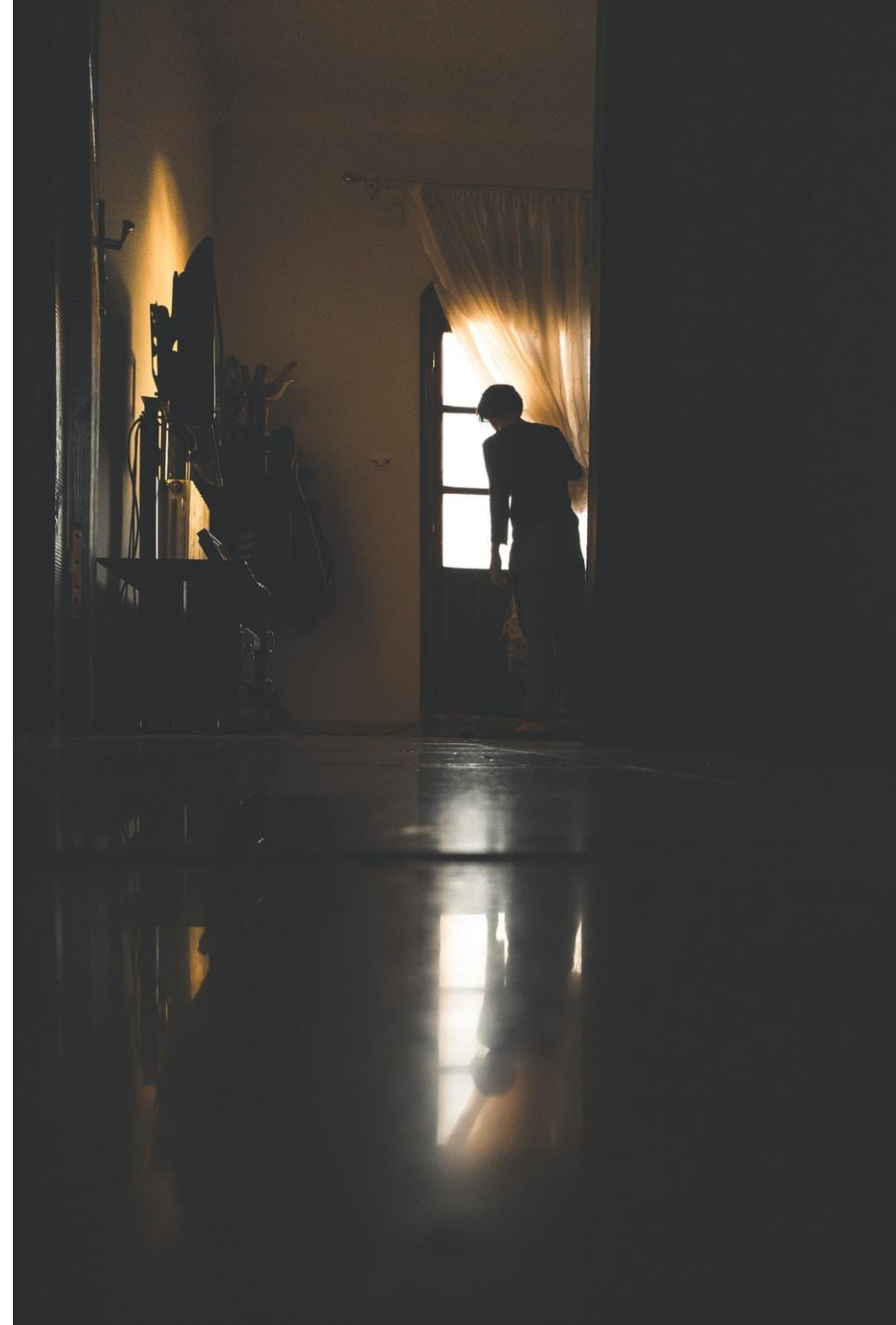


General Safety at Home



General safety at home

- o Know who is at your door before opening it.
- o Never let anyone into your home without proper identification.
- o Never let strangers into your home to use the telephone.
- o Always leave outside lights on after dark.
- o If you receive a wrong number phone call, don't give out your name or phone number.
- o If you see or hear anything suspicious, call the police.



Home security



Find the helplines you could ring!

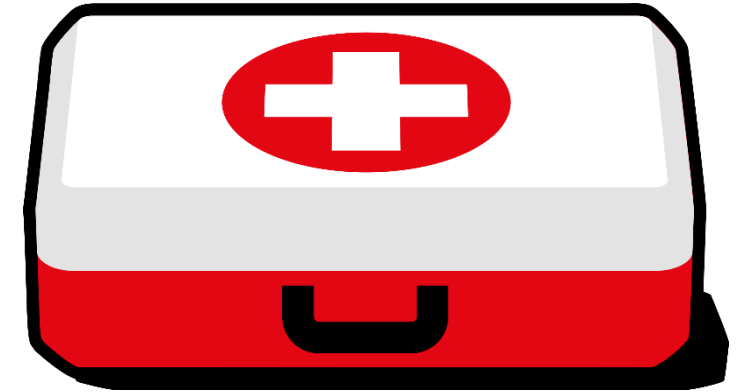


Keep a list of helplines you could call if you were experiencing difficulties, e.g. The Samaritans, MABS, etc.

Safety at Home – Medical Health



First aid kit



Look at a
real First
Aid Kit.

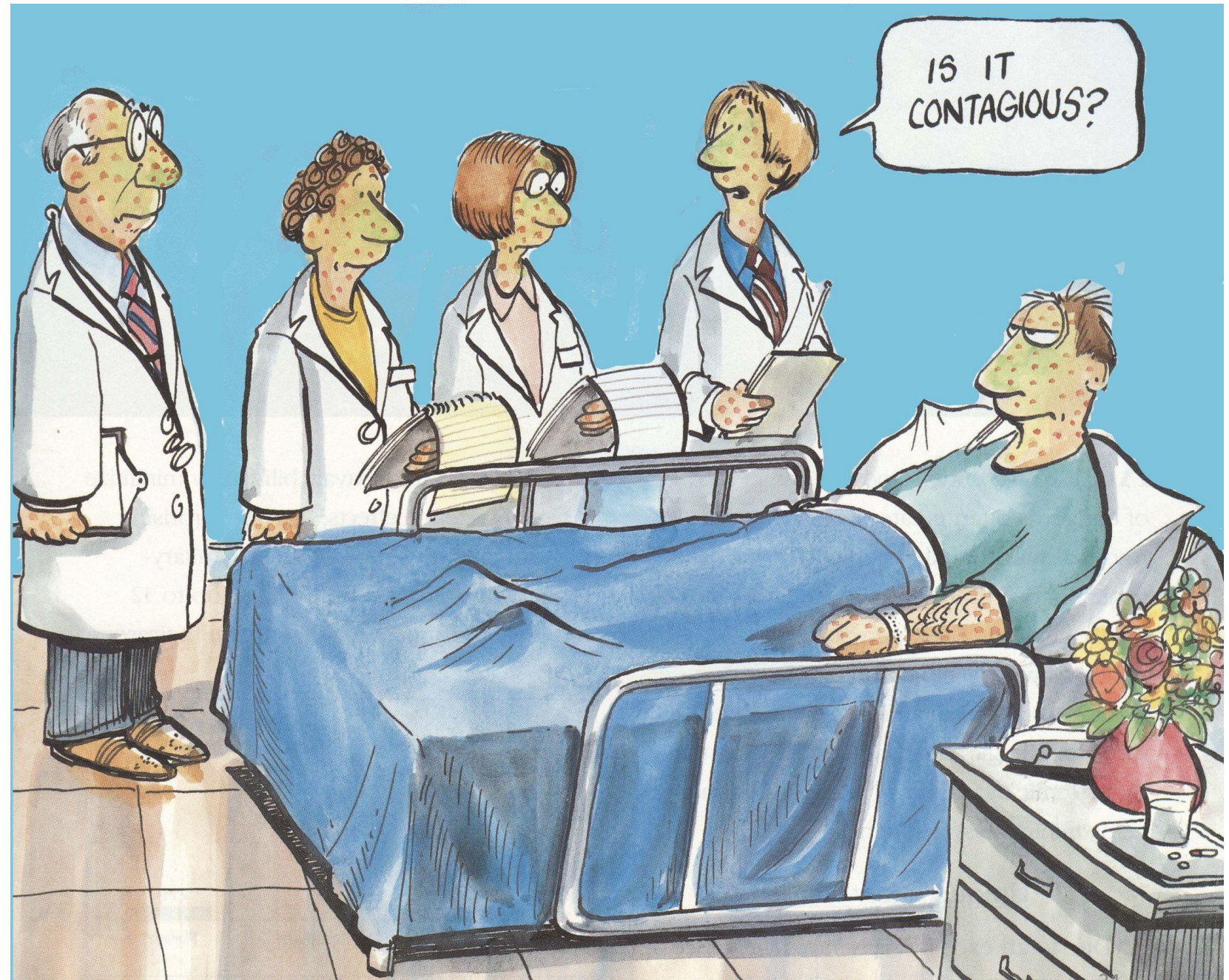


Follow these rules.



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

Stay at home if you are ill!

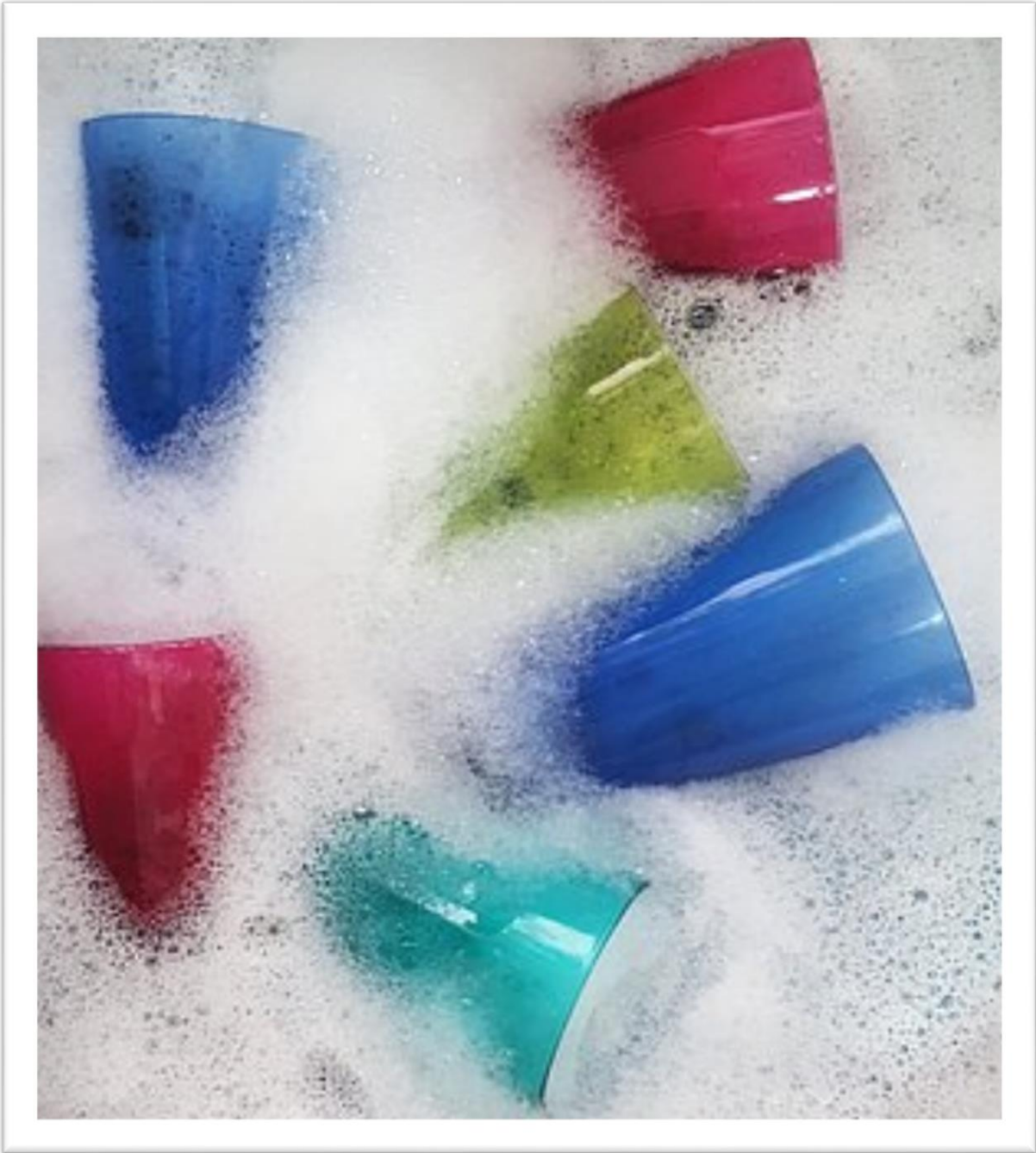


Home Cleanliness



Schedule it.

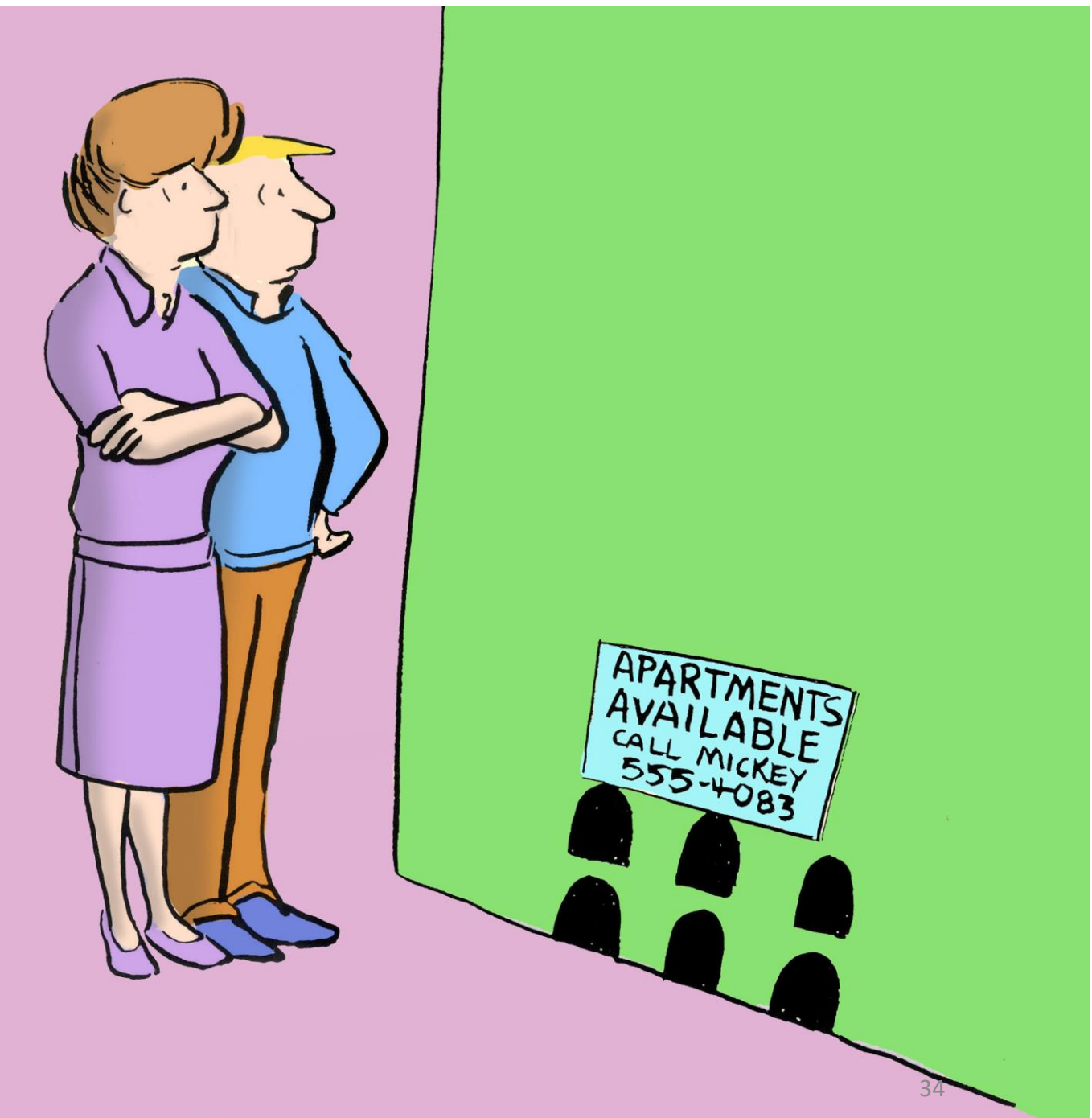
Use a cleaning checklist or schedule.



Keep your home clean!



"In the course of nibbling in your pantry I have discovered I have several food allergies."



Safety at Work



Your responsibilities at work



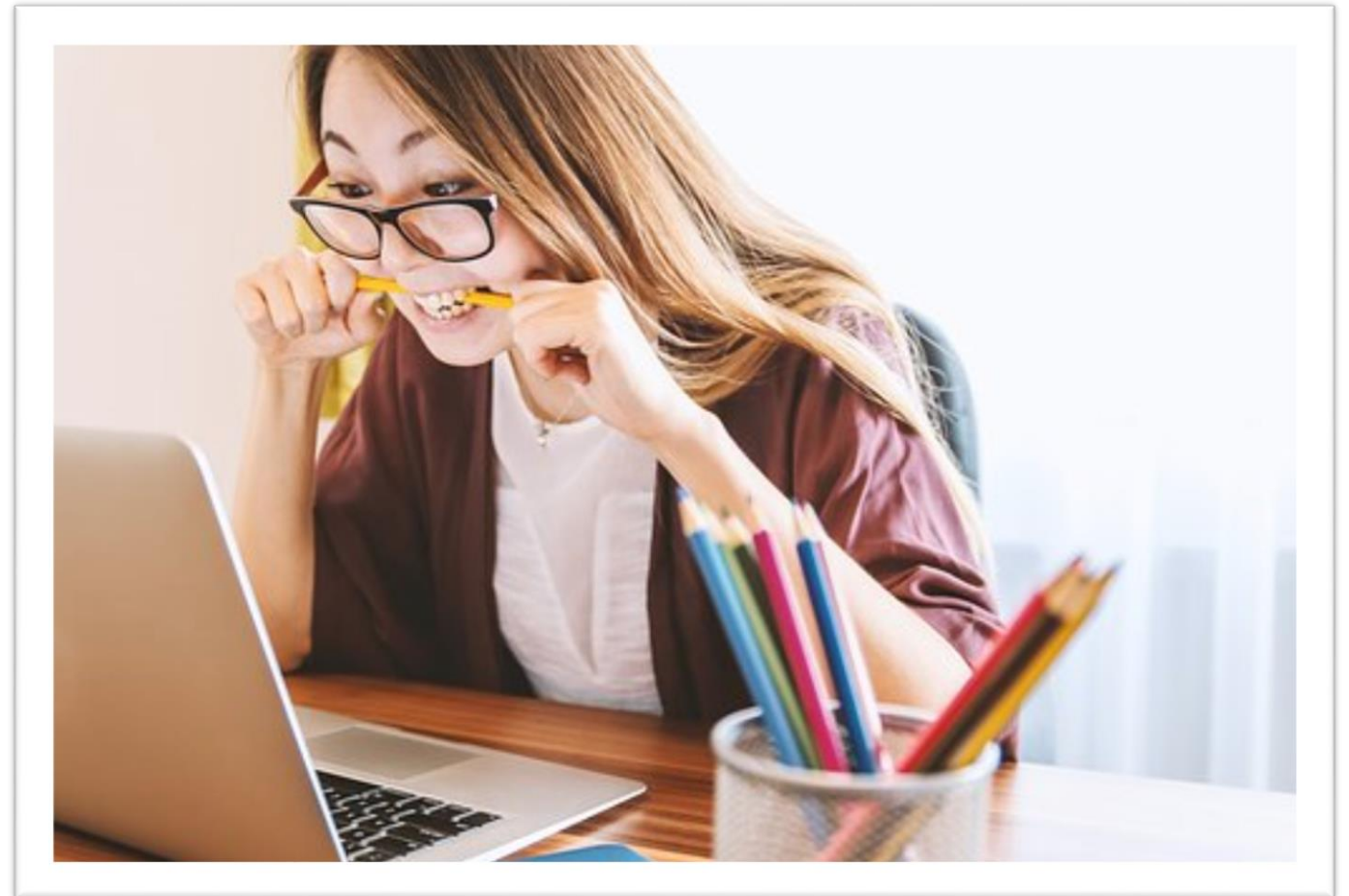
- o Report all accidents to your supervisor.
- o Follow all the safety rules.
- o Do not wear loose clothing or jewellery.
- o Do not distract other workers.
- o Wear protective clothing, such as goggles, safety glasses, masks, gloves, hair nets, etc.
- o Keep exits and fire doors clear.
- o Keep your work area clean.
- o Report any unsafe condition or acts to your supervisor.
- o Help to prevent accidents.

Risks at work

work hazards, machinery, injury, illness, chemicals, stress, bullying, etc.



**UNDER
CONSTRUCTION**



Talk about these accidents.



Talk about these accidents.



PPE (Personal Protective Equipment)

SAFETY FIRST

- EYE PROTECTOR**: Illustration of safety glasses.
- RESPIRATOR**: Illustration of a respirator mask.
- EAR PROTECTOR**: Illustration of earplugs.
- SAFETY GLOVES**: Illustration of work gloves.
- HARD HELMET**: Illustration of a yellow hard hat.
- HIGH VISIBILITY JACKET**: Illustration of an orange high-visibility vest.
- SAFETY BOOT**: Illustration of brown safety boots.
- ID CARD**: Illustration of an identification card with fields for Name, Position, Issued, and Expires, and a photo placeholder.

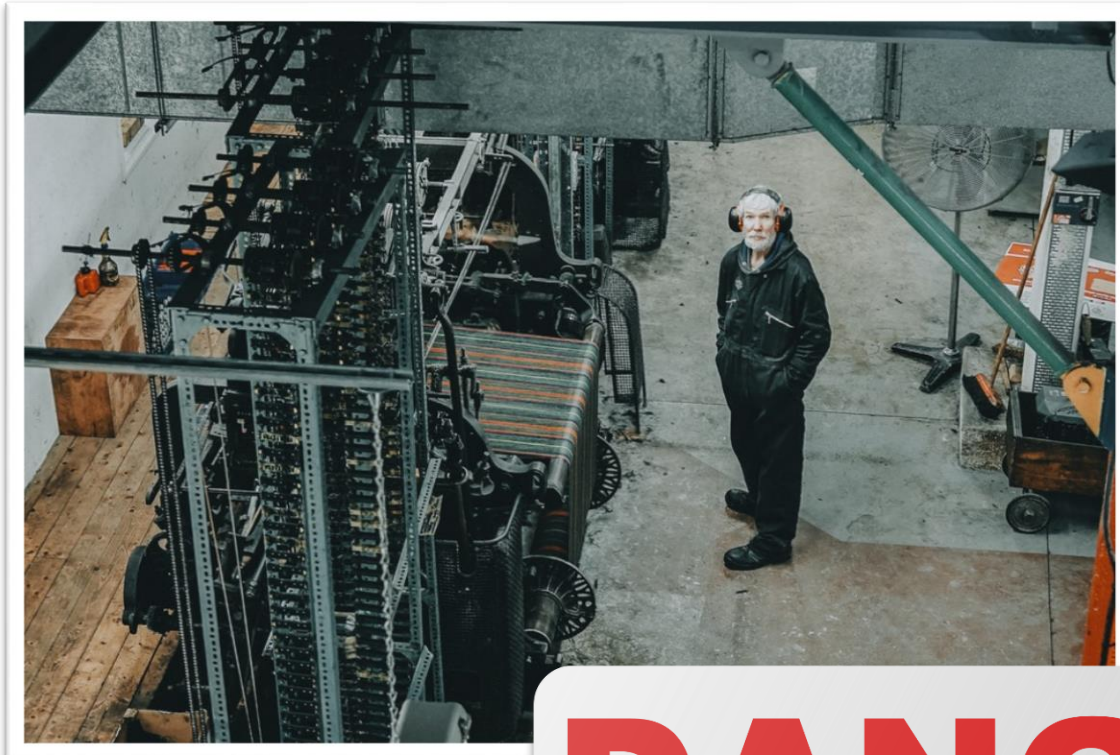


Here are some workers' rights.

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



Choose a workplace.



Name 3 safety risks at this workplace.

Examples in a factory:

- Moving machinery
- Fire hazards
- Working at heights

DANGER

Rate the dangers at your work.



General work safety rules



ASK FOR ASSISTANCE



KEEP AREA CLEAN



DRESS PROPERLY



DO NOT EAT



WASH HANDS

Other dangers at work



Stress



He had reduced his business strategy
panic attacks to under three hours.

Areas of the Body Where Stress Can Manifest

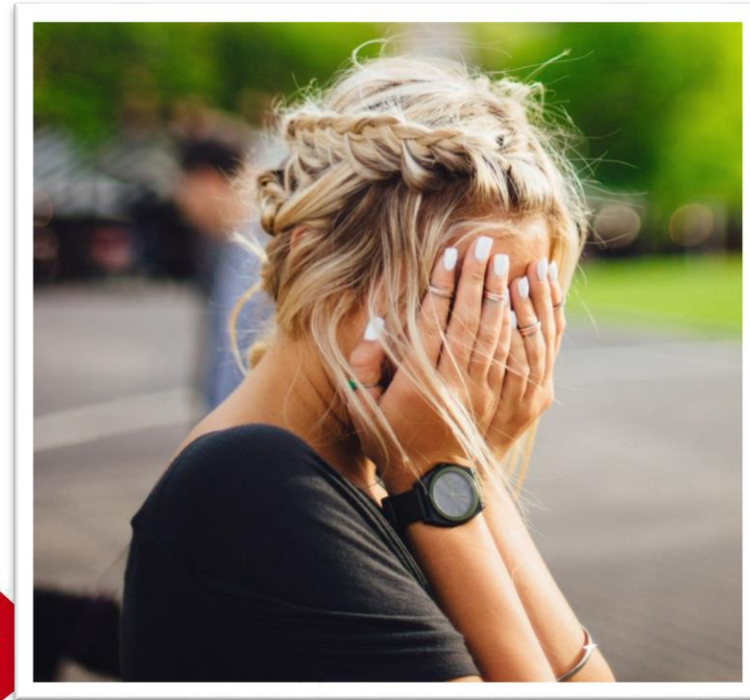


Bullying at Work



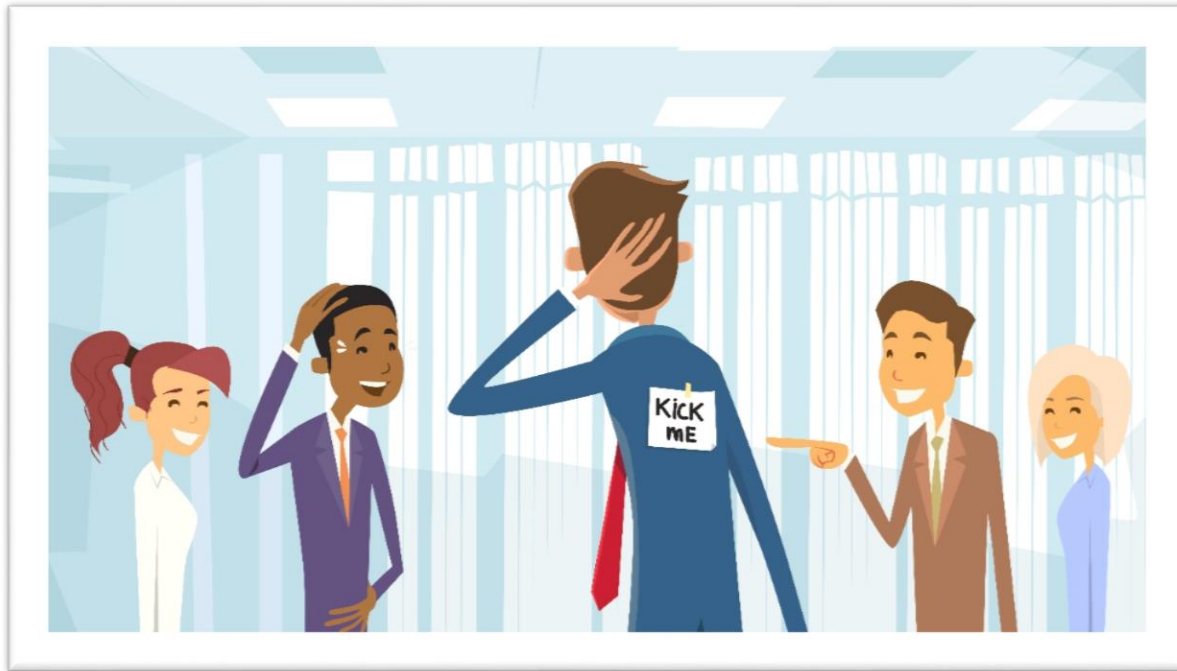
Bullying can be:

- o Putting someone down
- o Targeting someone in a negative way
- o Spreading lies or rumours
- o Isolating someone
- o Making someone feel afraid
- o Using aggressive or obscene language
- o Saying or writing offensive jokes
- o Annoying someone on purpose
- o Spying on someone
- o Stalking someone
- o Being unfair to someone



Types of bullying

STOP BULLYING!



Verbal



Social



Physical



Cyber-bullying

Write an anti-bullying message.



Safety at Work – Lifting



Look at the correct way to lift:



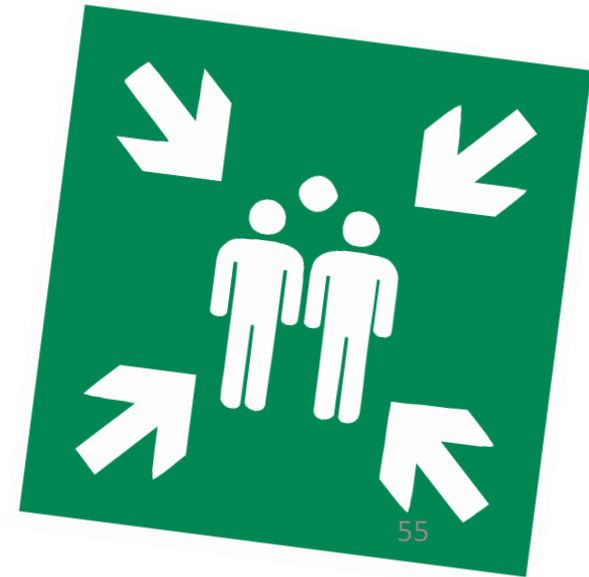
Safety at Work – Fire Drills



Your responsibilities in a fire drill

Fire drills must be taken very seriously. We practise fire drills just as we would do if there was a real fire or disaster..

- o You must listen to and follow all directions given.
- o Stay calm and quiet so that you can hear all directions.
- o Walk to the meeting point.
- o Keep up with the others.
- o Do take the drill seriously.
- o Stay at the meeting point; a roll call will be taken.



Name a rule you must follow in a fire drill.

Examples:

- Do not panic.
- Leave your stuff behind.
- Follow instructions.



Safety Out and About – Public Transport



Your responsibilities on public transport

- o Have a valid ticket.
- o Offer your seat to passengers with special needs, e.g. seniors, people with a disability and parents carrying small children.
- o Be courteous to other passengers.
- o Offensive behaviour is not tolerated.
- o On buses, do not ride in the cab area or speak to the driver while the bus is moving.
- o When riding on a train, move down the carriage.
- o Always use earphones for audio devices.
- o Smoking is not allowed on any public transport.
- o Your behaviour should be civil and orderly.
- o You must not damage or dirty the vehicle.
- o Report anything unsafe to the bus driver.



Your rights on public transport

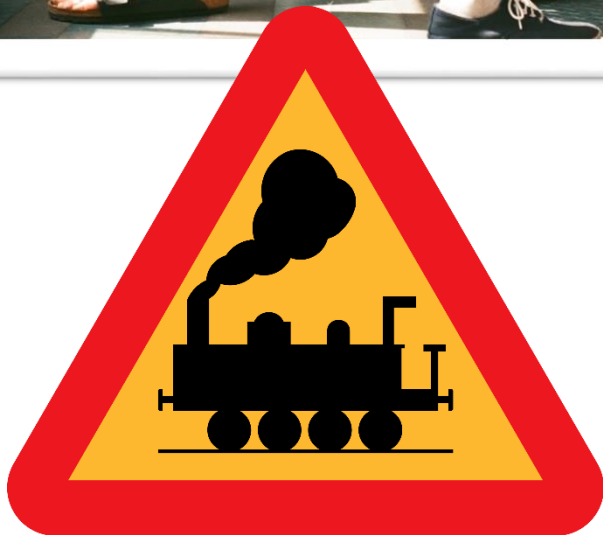
- o Taxi drivers may not charge more than the metered fare.
- o All public transport operators should be courteous, helpful and neatly dressed.
- o Public transport drivers should have a good knowledge of major routes.
- o The vehicle should be clean and roadworthy.
- o Taxi drivers must display their driver identification card.
- o At a taxi rank, the passenger may choose to travel in a taxi other than the one at the head of the queue.
- o Guide dogs/assistance dogs/mobility aids - public transport vehicles must carry guide dogs and mobility aids at no extra cost.



Public transport risks



injury from falling, traffic accidents, illness, crime, tripping over bags, moving vehicles, etc.



Safety rules on public transport



Examples:

- Be polite to other passengers.
- Do not litter.
- Do not listen to loud music.

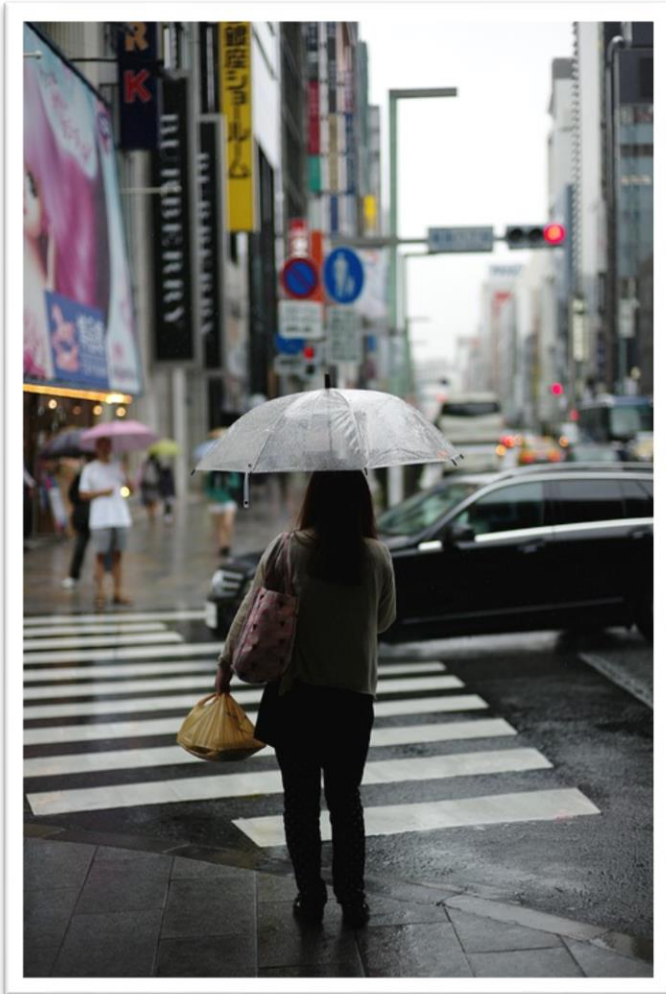
**Make use of
public
transport
when you
have been
drinking.
NEVER drink
and drive.**



Safety Out and About – Pedestrians



Your responsibilities as a pedestrian



- o Stop, look and listen.
- o Don't try to cross the road between parked cars.
- o If possible, cross at a pedestrian crossing or traffic lights.
- o Never cross at a bend.
- o If there is a footpath, use it.
- o Always wear high-visibility clothing.
- o Carry a torch on country roads.

Do not text on your mobile phone while walking!

Risks as a pedestrian

traffic, uneven surfaces, slippery paths, older people may be at risk, people who have been drinking alcohol will also be more at risk, crime



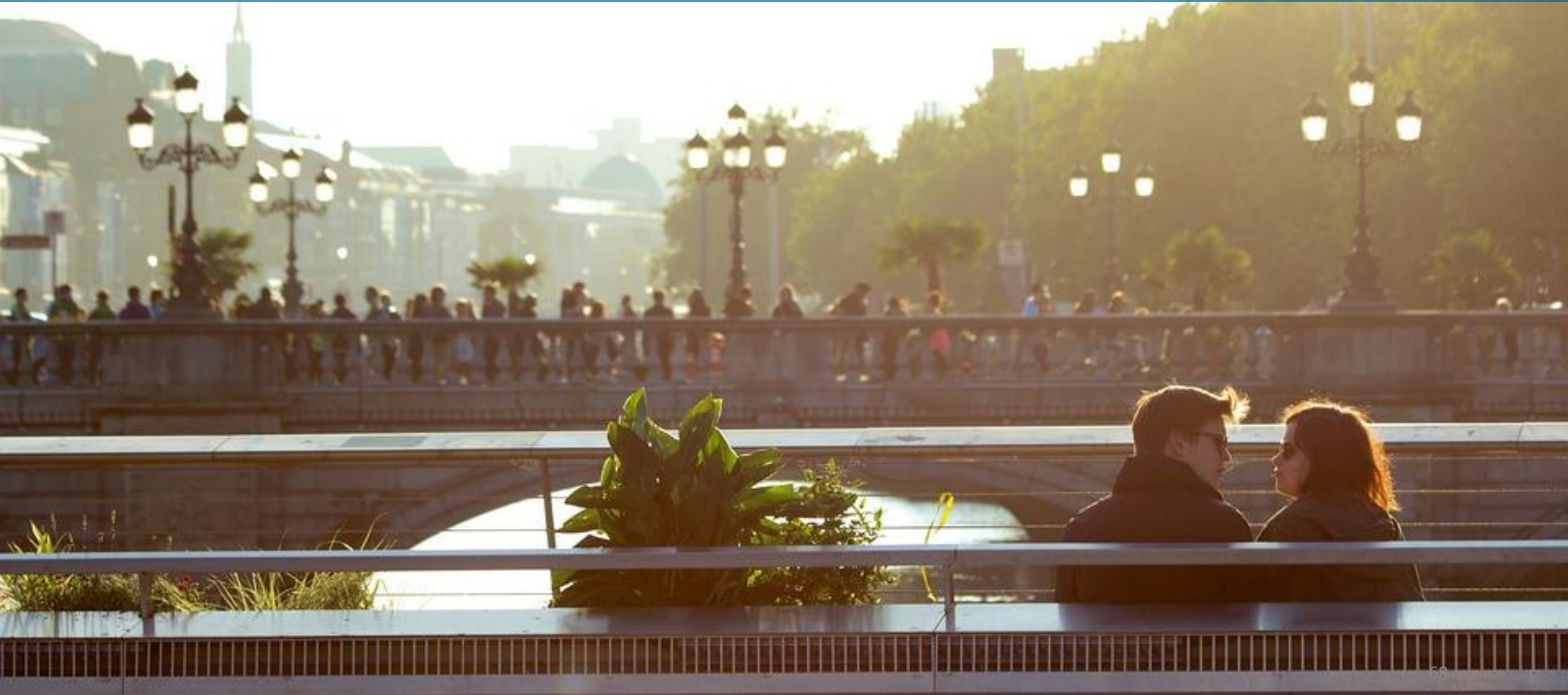
Don't walk and text!



Are they being safe?



Safety Out and About – General



Follow these safety rules.



- Try NOT to go out alone at night.
- Don't take shortcuts.
- Don't accept rides from strangers.
- If someone suspicious is following you, cross the street and walk into an open business.
- When meeting a new friend, exchange phone numbers only, not addresses.
- On a first date, let family and friends know where you are going.
- Meet new friends in a public place.
- Don't allow alcohol or drugs to impair your judgment.
- Don't carry large amounts of money.
- Don't carry unnecessary valuables.

Always carry a mobile phone!

**Always
be alert!**



Safety rules

Examples:

- Do not go out alone.
- Carry a torch at night.
- Take your mobile phone.



safety in your Centre



Follow these safety rules.

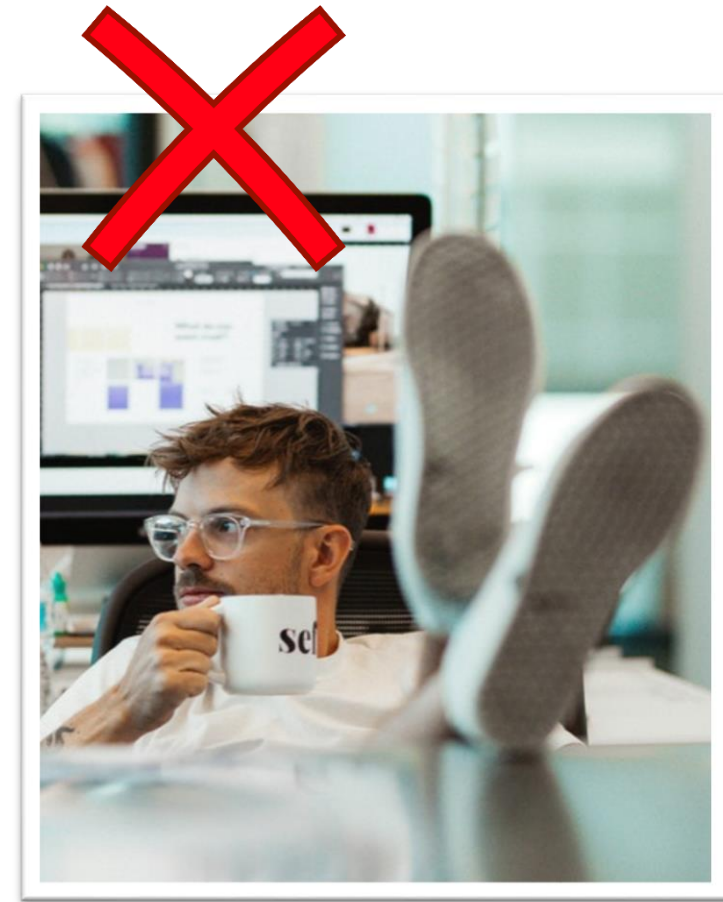
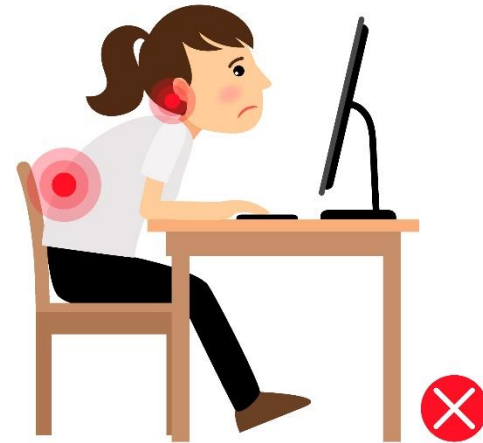
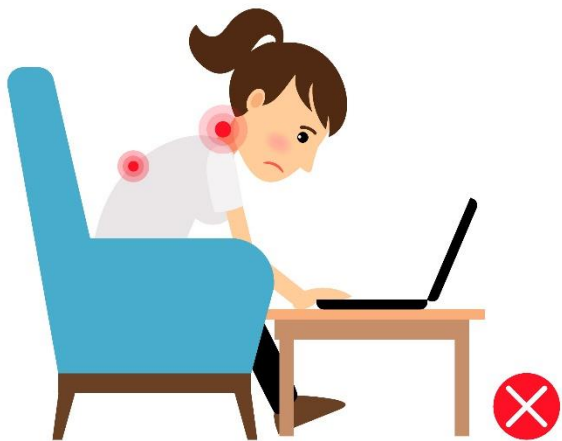


- o Follow all health and safety rules.
- o Be polite to your tutor.
- o Be polite to other students.
- o Keep your work areas clean and tidy.
- o Help others.
- o Have good personal hygiene.
- o Arrive and leave on time.
- o Do your best.

How is your centre or school safe?



Use good posture.



A top-down photograph of a group of people sitting on a green lawn. Their hands are placed in a circle on the grass, with some hands overlapping. The people are wearing various items like bracelets and a watch. A semi-transparent blue banner is overlaid across the middle of the image, containing the text 'Safety in your Community' in a white, hand-drawn font.

Safety in your Community

How can you help to keep your community safe?



- o Follow all safety signs.
- o Keep your own home and garden neat.
- o Help people in the communities.
- o Follow all the rules.
- o Welcome new people.
- o Keep the community clean.
- o Report anything unsafe.

Signs in the community



Be a volunteer in your community



What could improve your community's safety?

Examples:

- Cleaning up the main street
- Installing CCTV in the main street
- Having town meetings to discuss safety



**Do
you
have
this in
your
area?**



Be a good neighbour.



VEXATIOUS

NEIGHBORS



“I’m so glad we finally resolved the conflict with the neighbors.”



safety in sports

Follow these rules.

- o Always wear a helmet made for the sport you're playing.
- o Sport clothing should fit you well.
- o All eye protection should fit securely.
- o Wear a mouth guard if you play a contact sport.
- o Wear the right footwear.
- o Warm up before playing sport.
- o Follow the rules of the sport.
- o If you get hurt, see a doctor.



List 3 safety risks of playing sport.



Examples:

Boxing - getting punched in the head

Cricket - being hit with the ball

Fishing - falling into the water



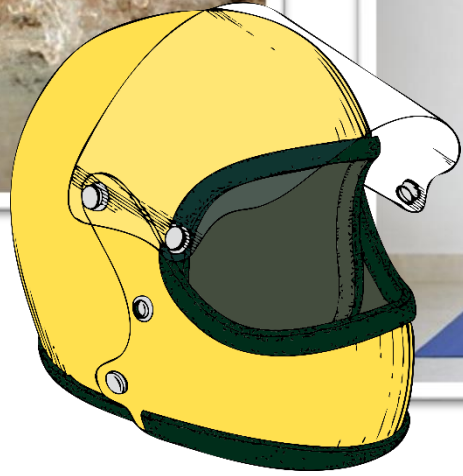
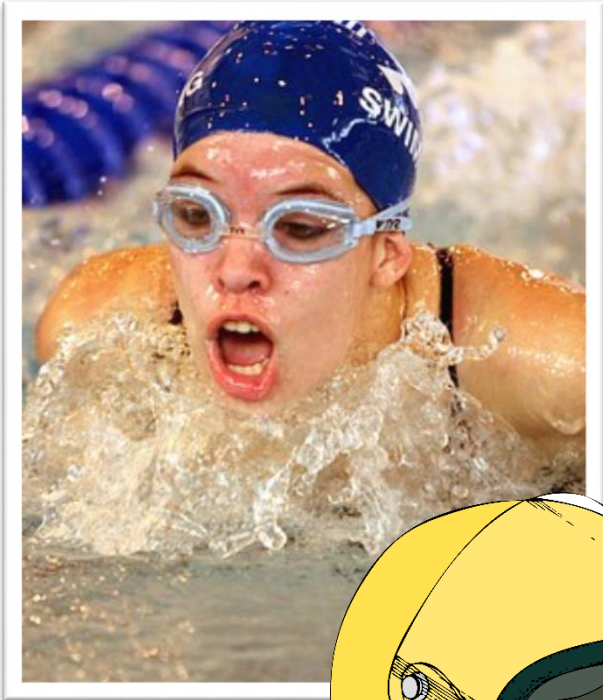
Talk about risks.

Look at the list of these sports. Talk about risks and any safety equipment.

- o football
- o golf
- o tennis
- o running
- o hiking
- o rugby
- o cricket
- o hurling
- o fishing
- o ice-skating
- o horse-riding
- o cycling



Safety gear



Cycling safety



Don't overdo it!



“How was Pilates?”

CAUTION

Stay Safe!

