

PLAYING IT SAFE

With Jr. & Safe-T-Bear

A Coloring & Game Book



**UPTON
FIRE & EMS**





IMPORTANT SAFETY INFO THAT YOU NEED TO KNOW!

This information will help Emergency Dispatchers, Police Officers, Firefighters and EMT's get you the help you need *Fast!* Remember to speak calmly! *Stay on the line with them until help arrives!*

My Name is: _____

My Address is: _____

My Home Phone Number is: (____) _____

My Cell Phone Number is: (____) _____

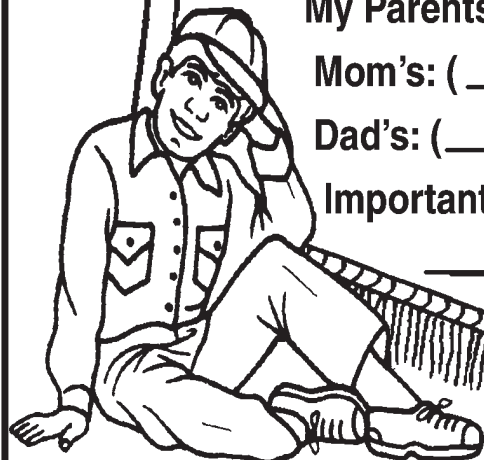
My Parents Names are: _____

My Parents Cell Phone Numbers Are:

Mom's: (____) _____

Dad's: (____) _____

Important Info: _____



Here's How To Dial: 9-1-1

It's always best to use a land line. The dispatcher will have a computer readout of your address and phone number!
 You may use either a corded or cord-free phone.
Calling 9-1-1 from a pay phone is FREE!

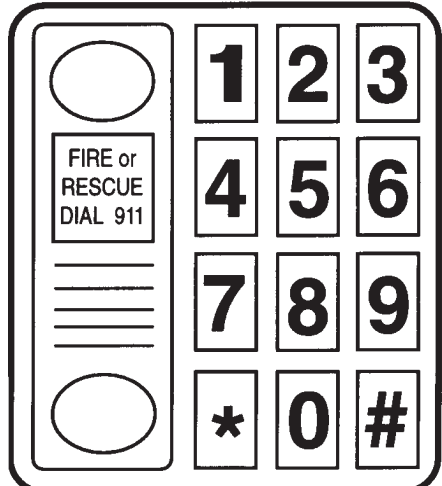
First touch the number 9,
 Then, touch the number 1,
 Then touch the number 1 again.
 The dispatcher will then pick up.
 Answer the dispatcher's questions.



9-1-1



Color in the number 9

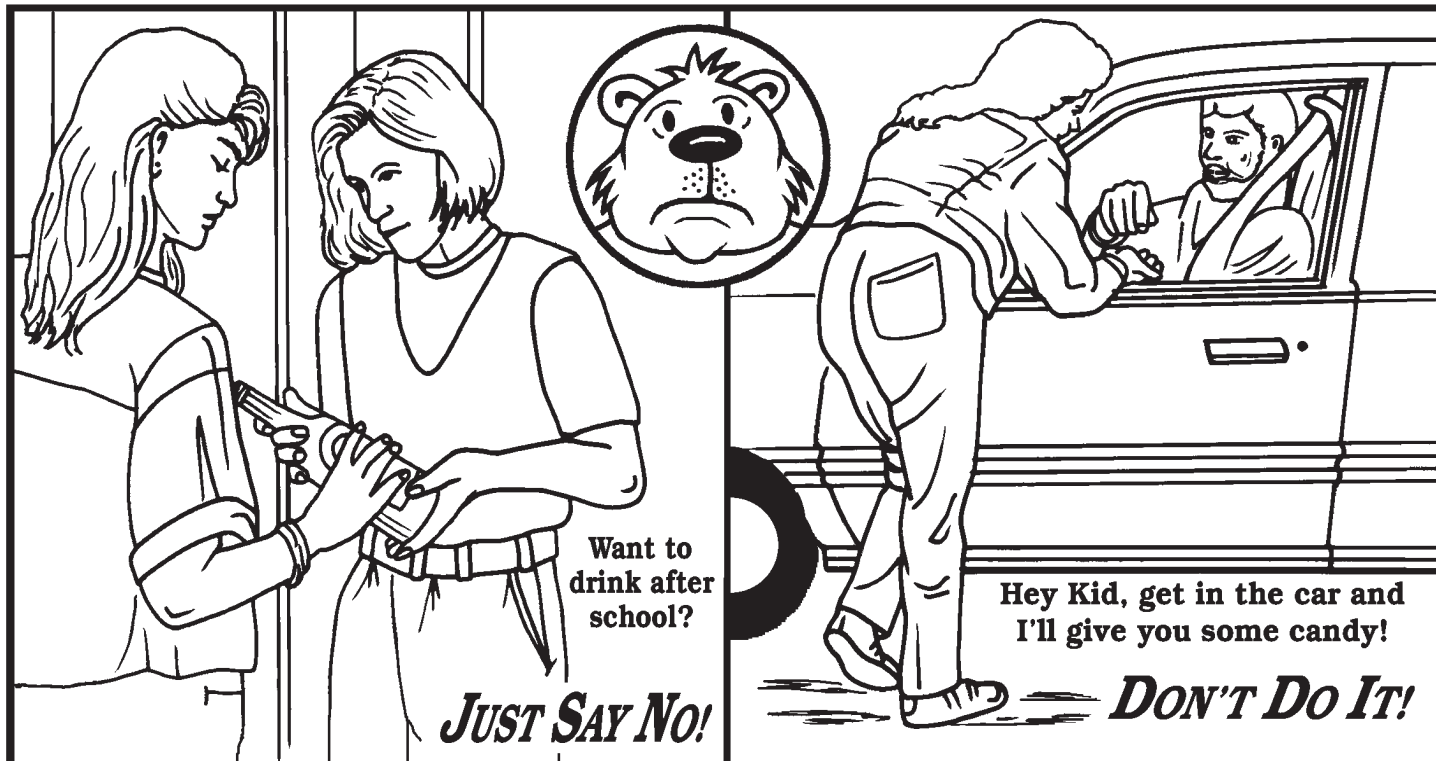


Color in the number 1



Color in the number 1

DIAL: 9-1-1
For FIRE or EMERGENCY



Want to drink after school?

JUST SAY NO!

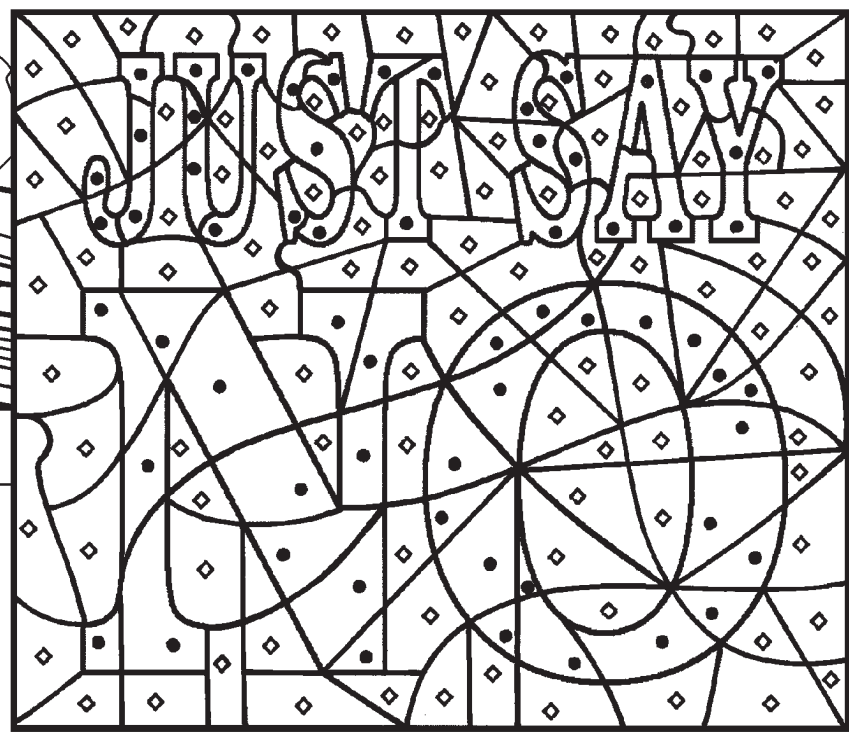
Hey Kid, get in the car and I'll give you some candy!

DON'T DO IT!



You can always ask a Police Officer for help!

Color In The Message Below!
● = RED ◆ = YELLOW



IT'S OK TO WALK AWAY! JUST SAY NO!

If a stranger walks or drives up to you, *walk away!* A stranger is someone you don't know at all. It can also be someone you have seen around, but you don't know them well. If anyone, even a friend offers you drugs or alcohol, *just say NO!* Drugs and alcohol will not make you feel better, make you smarter, or make you a better athlete! **Just Say NO!**



We ALWAYS Wear Our Seat-belts!

Baby Bear in her Car-seat!

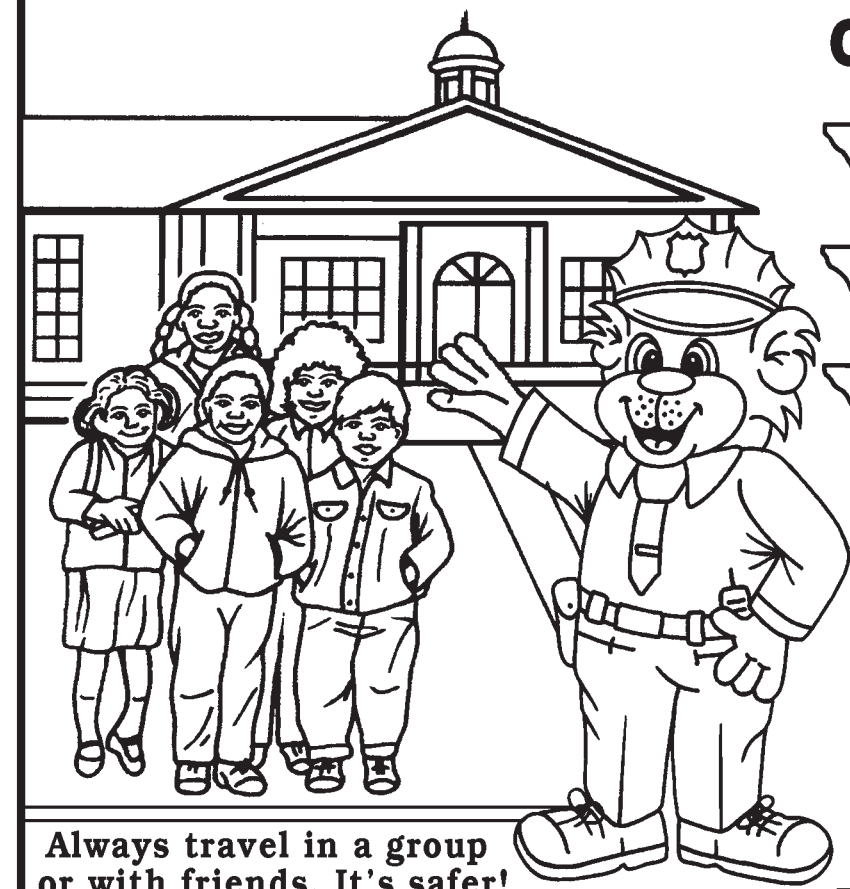
Jr... is on his Booster Seat

Teens use a regular seat-belt! All adults use a regular seat-belt!

Go Forward, backward, up, down & diagonally!

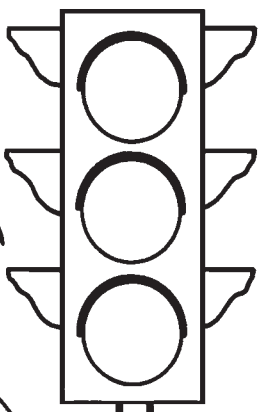
| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | L | I | S | T | E | N | E | E | R | G | I | R |
| O | O | T | L | O | O | K | L | E | F | T | E | |
| I | O | G | O | Y | K | N | U | R | T | N | O | D |
| T | K | O | P | K | T | M | B | U | C | A | R | S |
| C | R | Y | S | U | B | E | U | S | R | C | N | O |
| E | I | A | I | S | U | O | F | T | O | R | E | N |
| S | G | L | G | T | S | S | T | A | S | O | T | T |
| R | H | E | N | B | T | X | O | H | S | S | S | E |
| E | T | R | U | C | K | S | M | U | W | S | I | E |
| T | D | T | N | E | D | I | C | C | A | A | L | R |
| N | A | B | G | O | V | W | O | L | L | E | Y | T |
| I | L | Y | T | E | F | A | S | E | K | I | B | S |

ACCIDENT ACROSS ALERT BUSY BIKE SAFETY
CARS CROSSWALK DON'T RUN GO GREEN
INTERSECTION LISTEN LOOK BOTH WAYS
LOOK LEFT LOOK RIGHT RED SAFETY
STOP SIGN STREET TRUCKS YELLOW



Always travel in a group or with friends. It's safer!

CROSSING SAFELY!



This color means GO. Always look both ways before you cross!

This means STOP.

This color means the light will be turning RED soon. It doesn't mean run across the street!

Do You Know What The Traffic Light Is Telling You?
Color in the traffic light. Then draw a line from the colored light to its meaning!

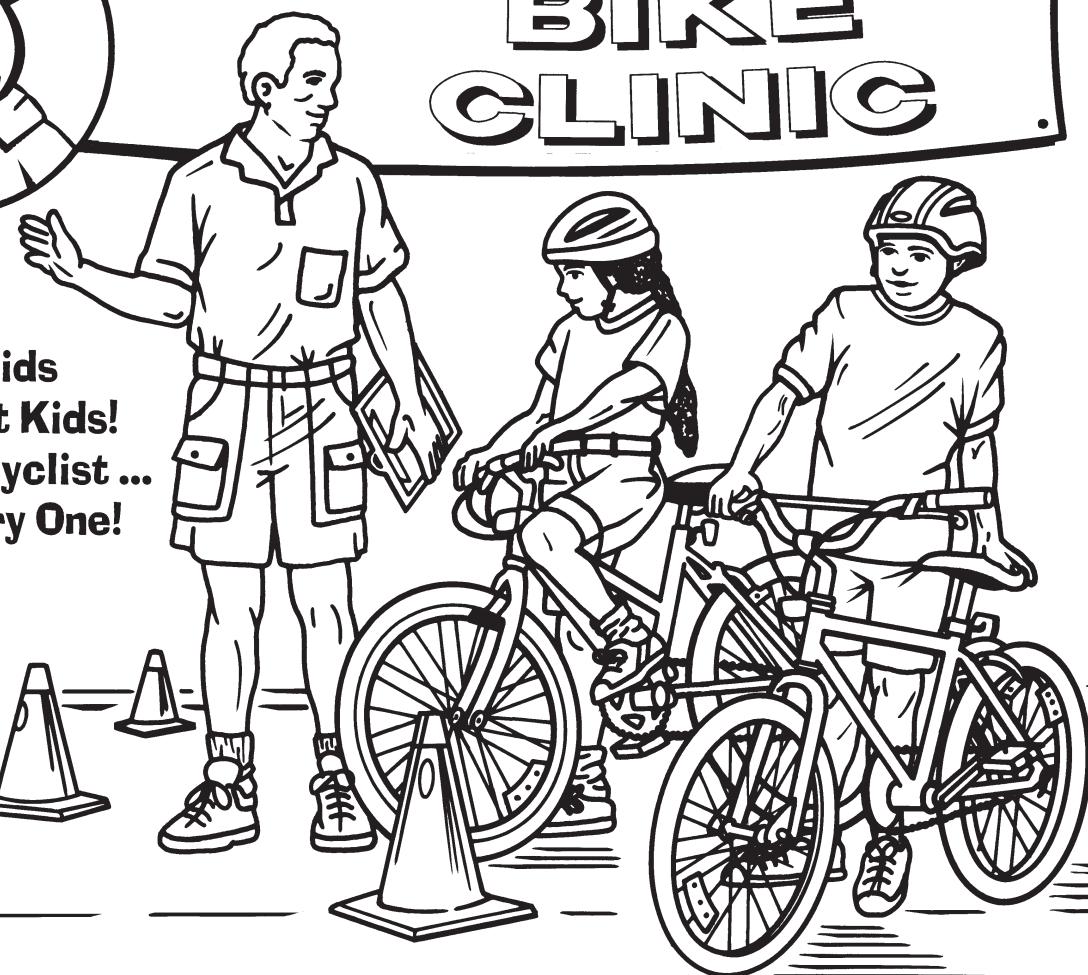
IN CARS OR ON FOOT - PRACTICE ROAD SAFETY!

If there is no Police Officer or Crossing Guard, always make sure you stop before crossing. Then, look left, look right, then look left again. Always be alert and listen for the sound of a car. If a friend decides to run fast to beat an oncoming car, Don't join him. Wait until the cars pass. When you're in a car, ALWAYS wear your seat-belt! Remember: Don't distract the driver!



BIKE CLINIC

**Safe Kids
Are Smart Kids!
Be A Safe Cyclist ...
Not A Sorry One!**



BICYCLE SAFETY TIPS

1. Always wear a helmet, even for short trips. Accident can happen anywhere, at any time.
2. Always wear brightly colored clothing so that you are easily seen by drivers.
3. Try to never ride at night. If you must, wear reflective strips on your clothes.
4. Place reflectors in the front, back and on both sides of your bicycle.
5. Stop and look both ways at every intersection. Look Left, then right, then left again.
6. Use hand signals whenever you stop or make a turn.
7. When riding in the street, ride in the same direction as the cars. Stay well to the right!
8. Never ride other passengers on your bicycle. It places both of you in danger!
9. Don't let your pants cuffs get caught in the chain. Use a chain guard or cuff clips.
10. When riding in a group, always ride single file. It is safer for everyone this way!
11. Riding with a friend is both fun and safe. Always tell your parents where you are going!
12. Bicycles are not toys, they are vehicles. Do a safety check before each ride!

HELP IS ON THE WAY!

START →

I told Mom where I was going!

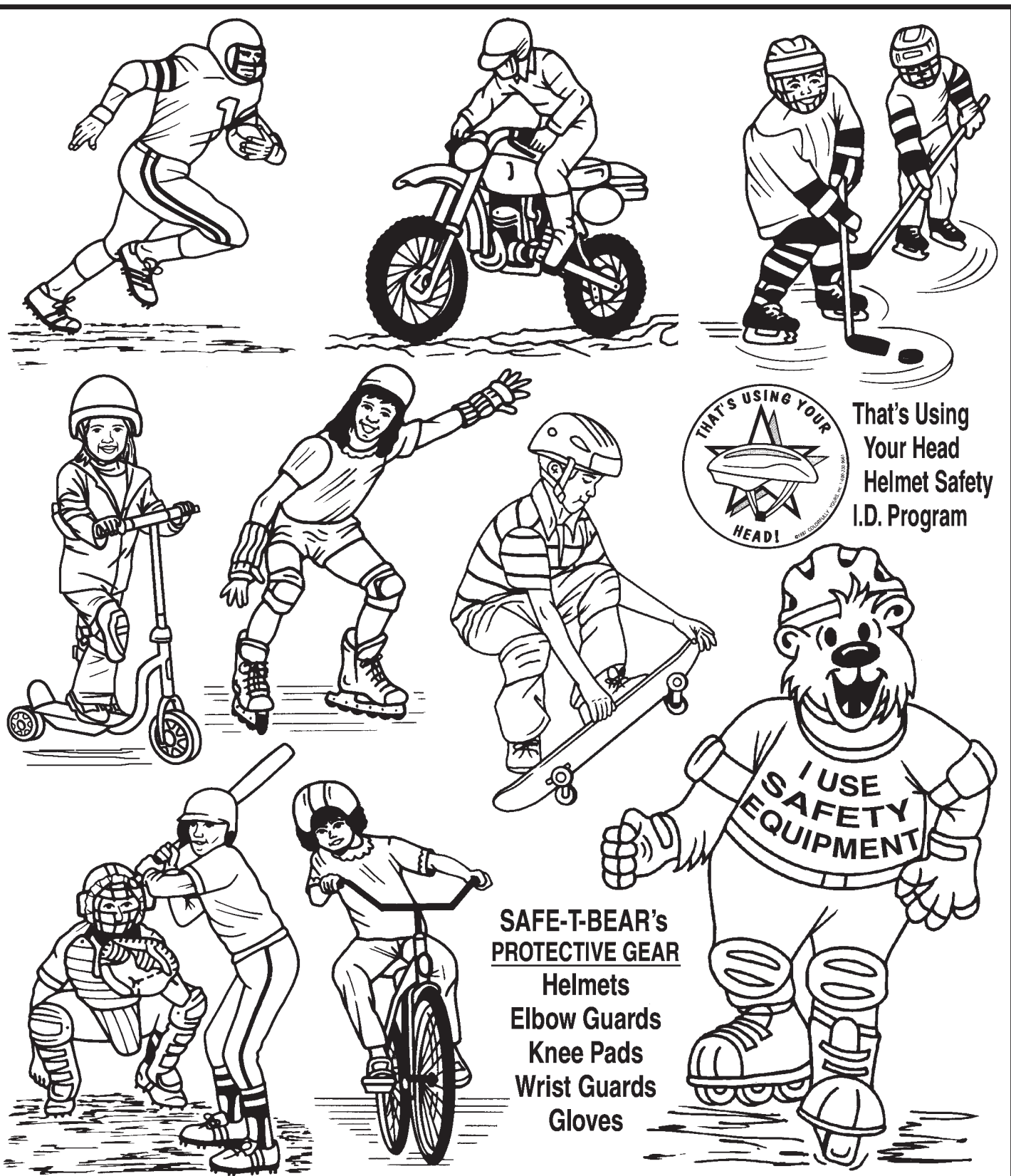
Family bicycle riding is FUN!

Why wasn't she wearing a helmet???

I get off and walk my bike across busy streets!

END ↓

An Amazing Journey for Safe-T-Bear and the EMT's!
A girl fell off her bike, hit her head and hurt her arm. Show the ambulance how to find her!!



THAT'S USING YOUR HEAD!
 That's Using Your Head
 Helmet Safety
 I.D. Program

SAFE-T-BEAR'S PROTECTIVE GEAR
 Helmets
 Elbow Guards
 Knee Pads
 Wrist Guards
 Gloves

THAT'S USING YOUR HEAD!

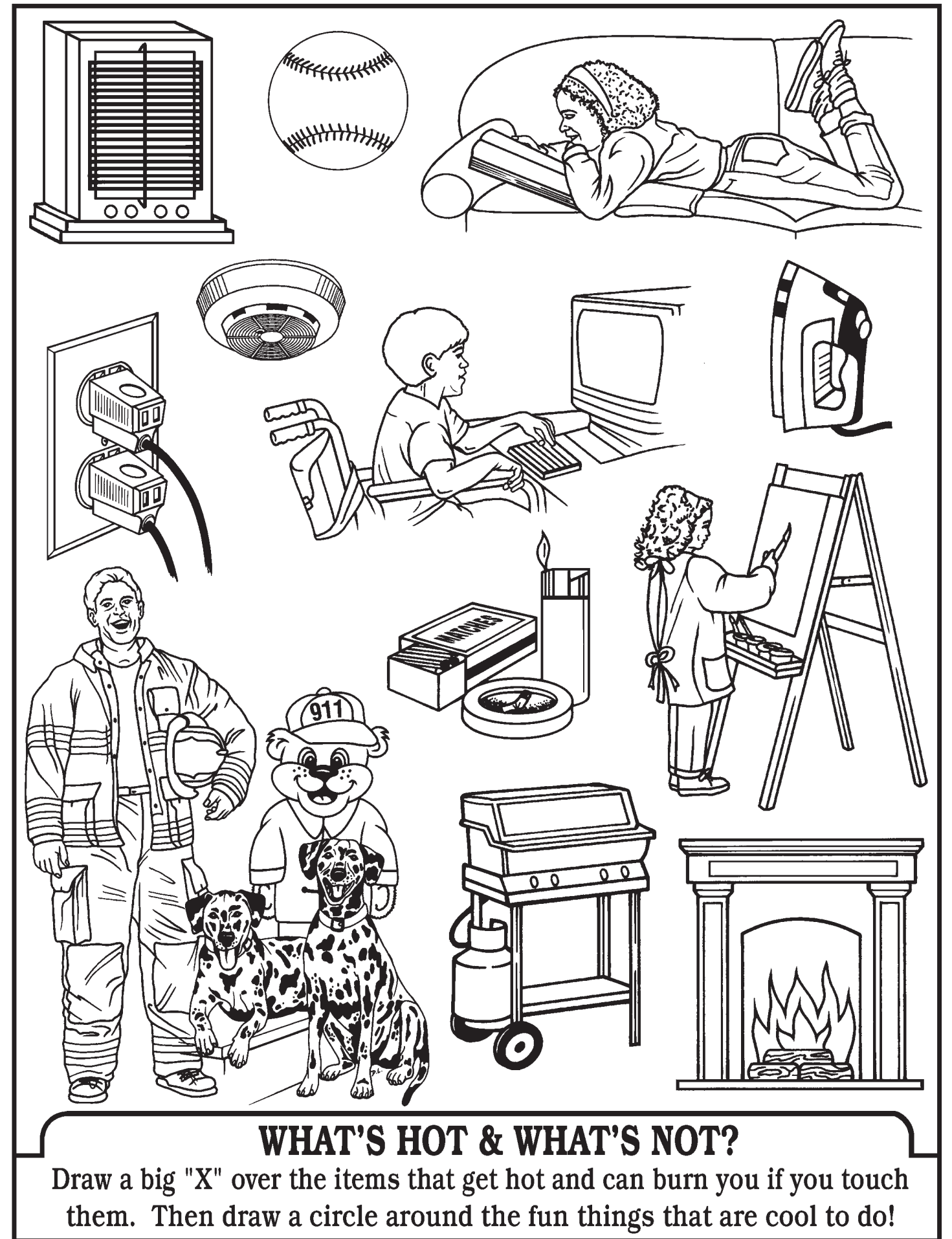
Safety & sports go hand-in-hand! Playing a sport is great fun, but be sure to take care of yourself! Professional athletes always wear helmets and protective gear when they practice and when the game is on! So, grab your helmet and other safety equipment every time you play a sport. Look Great & Play Safe... Now, That's Using Your Head!©



Always Be Sure You're Protected!

Always use sunscreen and reapply often. Beach umbrellas and hats also offer protection from the strong rays of the sun. Don't be fooled by cloudy days, you can still get a bad burn!

WHENEVER YOU'RE AT THE BEACH OR THE POOL... DON'T BE A FOOL!
Always make sure that there is a Lifeguard on duty.
 If you are in a backyard pool, always have a parent or guardian there!
NEVER SWIM ALONE! Accidents can happen at any time and you want help nearby!



SAFE-T-BEAR'S "BE SAFE" PLEDGE

Name of Safe-T-Bear's Junior Safety Officer

I promise to show respect and follow the rules given to me by police officers, parents, teachers and all other adults who are trying to keep me safe and out of harm's way.

*I promise to learn the emergency phone numbers I might need in case of an emergency.
My family will keep these numbers near every phone that we own.*

*Every time I get into a car I will fasten my seat-belt or ask for help if I can not do it myself.
If there is an adult in the car without their seat-belt on, I will politely tell them to buckle-up.*

I promise to tell my parents, teacher or baby-sitter where I will be going and when I will be back.

I will always call my parents if there is a change in my plans or if I am going to be late.

I will never pick up a gun or touch firecrackers. I will tell my parents right away or Dial: 911

I will always take the same bus or walk down the same streets when going to and from school.

I will always try to be with a friend whenever I'm playing outside. There is safety in numbers.

I will never get into a car with a stranger. I will quickly get away and tell a trusted adult immediately.

I will obey traffic safety rules and only cross the street at an intersection when the sign says "walk".

I will never try to be cool by trying illegal drugs or by taking someone else's medicine.

