

# Keeping Safe



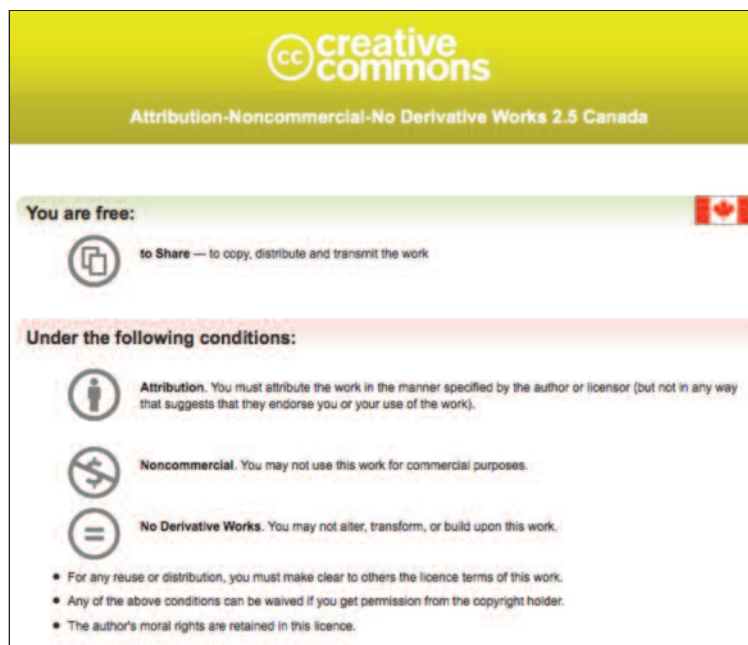
**Joan Acosta**

bestofthereader.ca










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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 ©Imagegami; 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

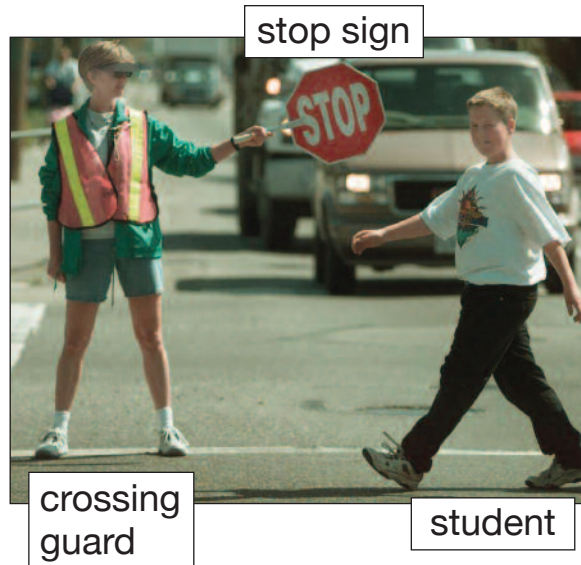
- ✓ Drive carefully.  
Watch for children  
crossing streets  
and roads.



- ✓ 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.

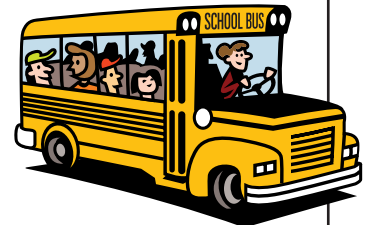
1. Watch for children crossing \_\_\_\_\_
2. Watch for red lights \_\_\_\_\_
3. Watch for crossing guards \_\_\_\_\_
4. Watch for street signs near \_\_\_\_\_

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 \_\_\_\_\_.





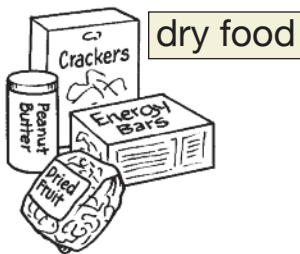
## Driving in the winter

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



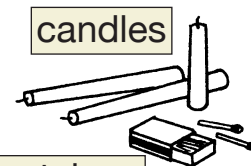
booster cables



shovel



brush and scraper



candles

matches

*The Westcoast Reader 11/2008*



## Winter weather

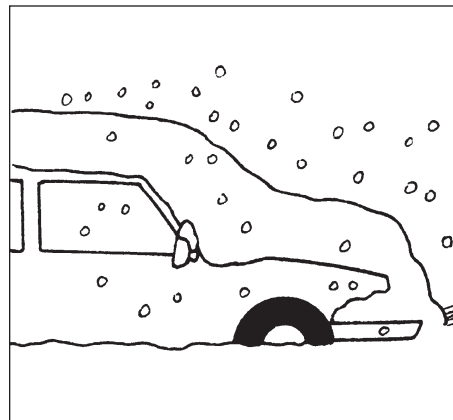
Where can you find out about the weather?

- ✓ on TV
- ✓ on the radio
- ✓ on the Internet

Listen for these weather warnings:



blizzard



heavy snowfall



freezing rain



frost

*The Westcoast Reader 12/2003*



## 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?

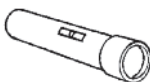


Match the first part of the sentence with a part from the bottom of the page.  
Write the second part of the sentence on the line.

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 cell phone.
- ☐ 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.

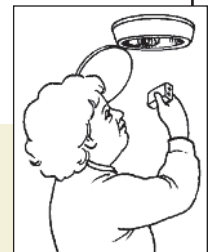
Dustan's dad said his son was a hero for warning people of the fire.



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.



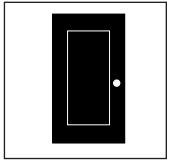
*The Westcoast Reader 10/2008 • Adapted from The Province*

# Fire safety

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



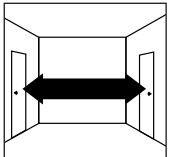
1. Put smoke \_\_\_\_\_ in your home.  
slaram



2. Sleep with your bedroom \_\_\_\_\_ closed.  
rodo



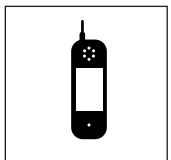
3. If the smoke detector goes off, \_\_\_\_\_ to the door.  
wralc



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

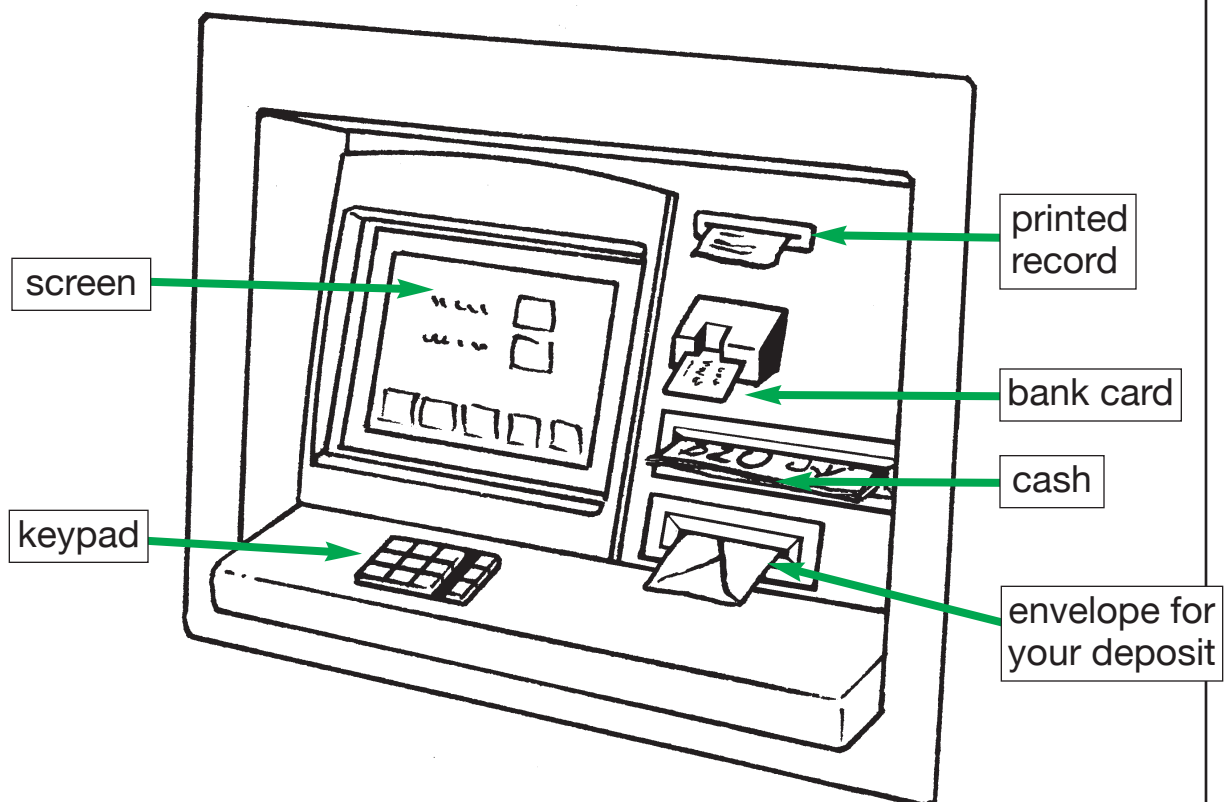
## At the ATM

- ✓ 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



*The Westcoast Reader 11/2004*

## 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.<br>a. borrow<br>b. lend                       | 5. You can ____ money from an ATM.<br>a. credit<br>b. withdraw     |
| 2. Deposit means to ____ .<br>a. take out<br>b. put in                                | 6. You need a ____ to use an ATM.<br>a. bank card<br>b. price card |
| 3. You can ____ money to your other accounts at an ATM.<br>a. transfer<br>b. withdraw | 7. Check the ____ in your account often.<br>a. PIN<br>b. balance   |
| 4. You need a ____ to use an ATM.<br>a. SIN<br>b. PIN                                 | 8. Keep your PIN a ____.<br>a. secret<br>b. credit                 |



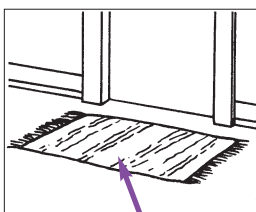
## Tips for preventing falls

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

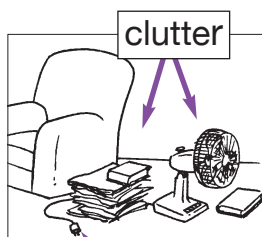
Are you a senior? Does a senior live with you? Here are a few tips to prevent falls.

### Make your home safer

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



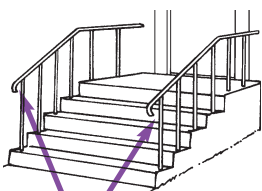
throw rug



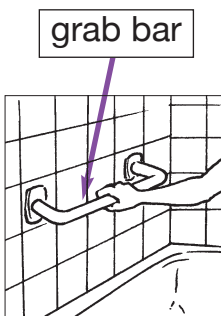
clutter

cord

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



handrails



grab bar

✓ 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.



sole

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.



## A safe home

Anita is a senior. Last year, she fell and broke her arm. She doesn't want to fall again. Anita'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

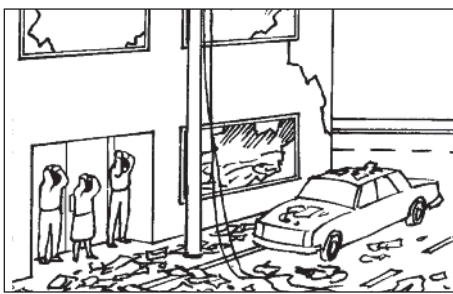
# What to do in an earthquake

 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.



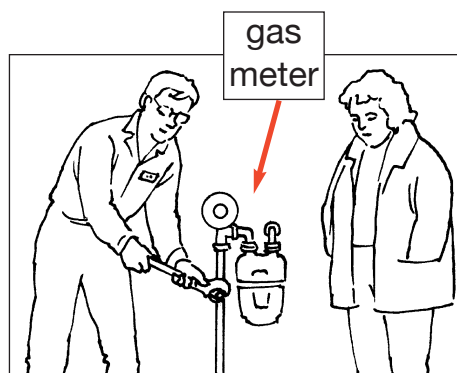
## After an earthquake

■ 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.






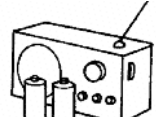
## Keep the supplies together

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.

# Unscramble the letters

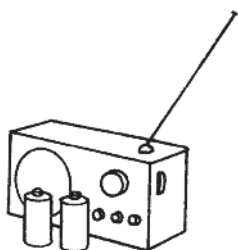
Unscramble the letters and write the words on the lines.



1. terwa \_\_\_\_\_



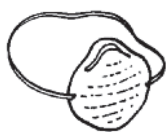
2. sewtlih \_\_\_\_\_



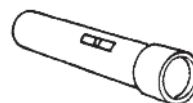
3. daior \_\_\_\_\_



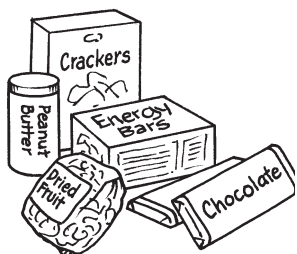
4. nediciem \_\_\_\_\_



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 \_\_\_\_\_





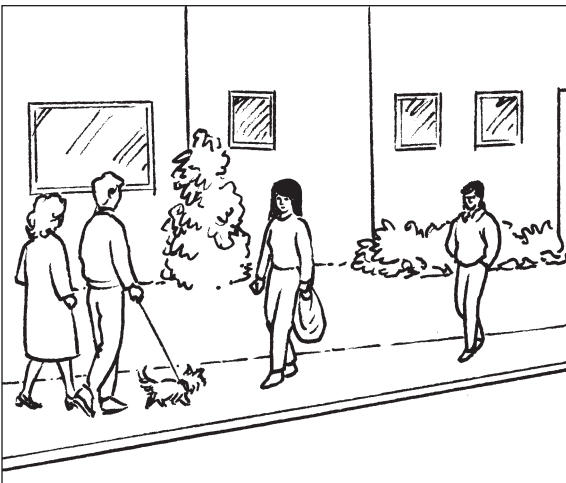
## Personal safety

 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?

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

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---

---



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

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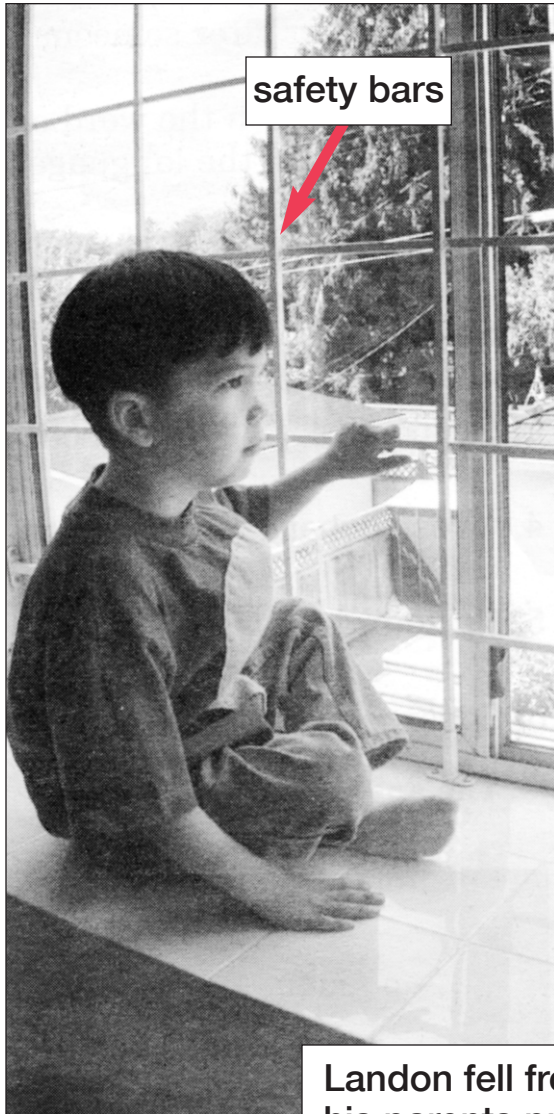
4. Carmen is walking home at night. A man is following her. She is scared. What should she do?

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## Landon is a very lucky boy



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.

### Mother found 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."

### 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.

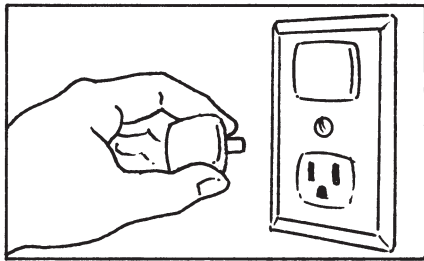
The Westcoast Reader 11/1999

# Make your home safe for children

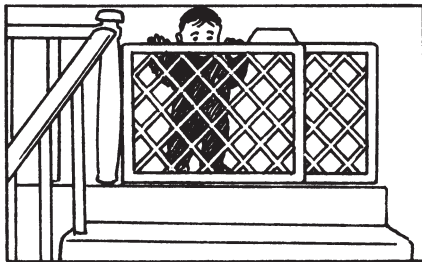
 Do you have small children?  
Do children sometimes visit your home?

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

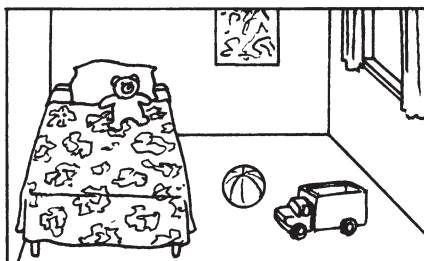
- ✓ Put covers on all electrical sockets.



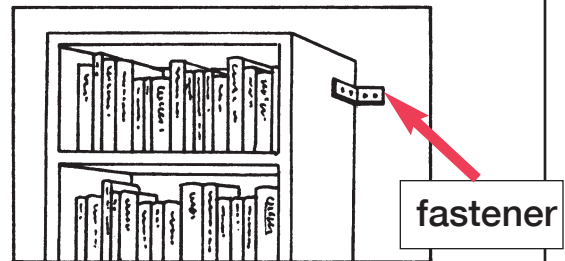
- ✓ Use safety gates at the top and at the bottom of stairs.



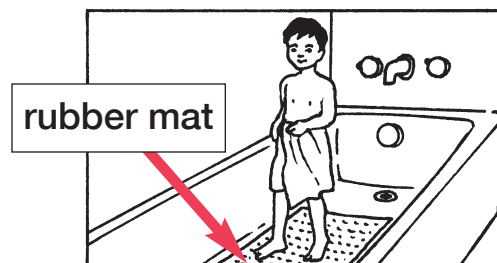
- ✓ Keep beds and cribs away from windows.



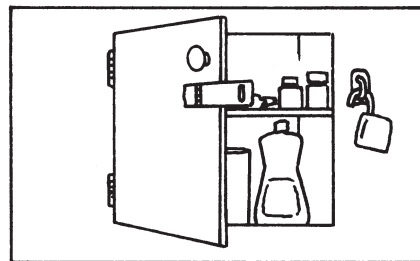
- ✓ Fasten heavy furniture to the wall or floor. Children can sometimes pull over bookcases, TV sets, and dressers.



- ✓ 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

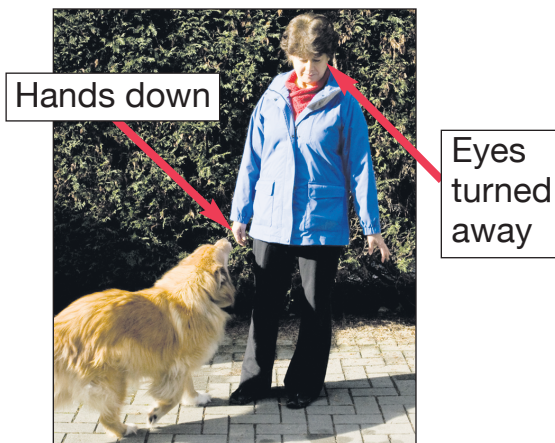
 Many people own dogs. Most dogs are friendly, but sometimes dogs bite people.

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.

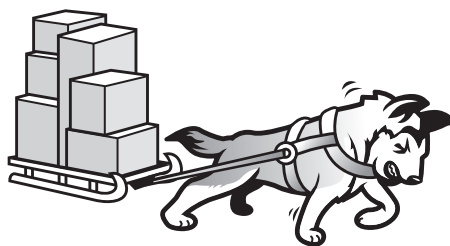


## to work like a dog

**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 gave him  
a doggy bag.



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## 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

## How much do you remember?

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## 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 hungry and ate some crackers and peanut butter.
6. He used his flashlight to see in the dark.

### Fire safety (p 11)

- |           |                |
|-----------|----------------|
| 1. alarms | 4. smoke       |
| 2. door   | 5. out, family |
| 3. crawl  | 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 | 3. bathmat   | 5. balance |
| 2. rubber  | 4. handrails |            |

### Make a choice (p 16)

1. trip, fall
2. examined, checked
3. handyman, carpenter
4. medications, medicines

### Unscramble the letters (p 19)

- |             |               |
|-------------|---------------|
| 1. water    | 5. mask       |
| 2. whistle  | 6. flashlight |
| 3. radio    | 7. food       |
| 4. medicine | 8. backpack   |

### Finish the sentences (p 20)

- |          |          |
|----------|----------|
| 1. area  | 4. arms  |
| 2. stand | 5. side  |
| 3. table | 6. stops |

### Compound words (p 20)

- |               |               |
|---------------|---------------|
| 1. downtown   | 5. backpack   |
| 2. earthquake | 6. outside    |
| 3. doorway    | 7. water      |
| 4. everyone   | 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