

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف ملخص الوحدة السابعة safety fire and Road

موقع المناهج ← المناهج الإماراتية ← الصف الثاني عشر ← علوم صحية ← الفصل الثاني

روابط مواقع التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

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المزيد من الملفات بحسب الصف الثاني عشر والمادة علوم صحية في الفصل الثاني

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# Unit 7 Boys – Road and fire safety

## Definitions

**Assembly point:** a safe place to go in the event of an emergency.

**Drill:** an activity about how to respond to a certain event; to be practiced many times.

**Evacuate:** to remove yourself or someone from a dangerous place.

**Extinguish:** to cause something to stop burning.

**Hazardous:** describes a risk or danger.

**Penalty:** punishment for breaking a rule or law.

- ❖ Road traffic safety measures are the steps taken to prevent deaths and serious injury to all road users.

## **Types of fires**

Fire is a chemical reaction that produces bright light, heat and smoke

- ❖ Uses of fire:
    - Cooking
    - Warmth
    - Light
    - Engineering and Manufacturing
    - Powering vehicles
  - ❖ Fire is very useful, but can also be very dangerous by causing damage to buildings, nature and humans. When fire comes into contact with skin (even for a short amount of time) it can burn or cause blisters. If the fire is big enough, it can result in death.
  - ❖ All fires need three different elements to start:
    - Heat: increases the temperature of a material until a fire starts, sources include: the sun, oven or even sparks.
    - Fuel: may be a solid (coal, wood, paper or cloth); a liquid (gasoline, kerosene, paint or cooking oil); a gas (propane, natural gas or butane). The type of fuel that is burning will decide which way the fire should be put out.
    - Oxygen: fires need oxygen to stay alight.
  - ❖ Fires can be stopped by removing one of the elements of the triangle
  - ❖ Fire extinguishers are used to control small fires, but If the fire is too big and could be a danger to you, the best thing to do is to leave and find a safe area.
- 1) Which of the following about fire extinguishers is True ?
- Used in too big fires
  - They will either control the heat or smother a fire
  - They can help a fire spread and become bigger
  - There is only one type of fire extinguishers



- 2) Which of the following isn't part of the triangle of fire elements?
- Fire extinguisher
  - Oxygen
  - Heat
  - Fuel



- 3) Which type of fire extinguishers can be used in cases of flammable gas?
- Water
  - Foam
  - Co2
  - Powder

WOOD, PAPER, FABRICS, ETC.	✓	✓	✗	✓
FLAMMABLE LIQUIDS	✗	✓	✓	✓
FLAMMABLE GAS	✗	✓	✗	✗
ELECTRICAL	✗	✓	✓	✗
COOKING OIL, FATS	✗	✗	✗	✗

- ❖ Putting too many plugs into a single socket and overloading it can lead to an electrical fire.

What to do? If it is possible to remove the plug safely, then do so. If not, find the fuse box and switch off the main power. Then extinguish the fire using dry powder or CO<sub>2</sub>. If the fire becomes too large, get out of the building and call the Civil Defense.

- ❖ When oil gets too hot, it can catch fire on its own (without a spark). What to do? If it is possible to turn the cooker off safely, then do so. Try to cover the pan with the correct lid or use a fire blanket. Do not move the pan as the contents could spill and burn you. If the fire gets out of control, get out of the building and call the Civil Defense.

- ❖ Paper, plastic and wood are all flammable materials. Most bins have these materials inside. What to do? If the bin has a lid, and it is safe to do so, close it which will cut off the oxygen to the fire. Or use water, foam or dry powder to extinguish the fire. Aim at the base of the fire, not the flames. If the fire gets out of control, call the Civil Defense.

- ❖ Do not throw burning cigarettes into rubbish bins or down trash chutes. This is a common cause of fires in apartment buildings.

- ❖ Using the fire extinguisher:

- Check you have the right extinguisher and that the pressure is correct (the needle should be in the green area on the gauge).
- Remove the tamper seal
- Pull the pin
- Aim at the base to extinguish the fuel at the bottom of the fire.
- Squeeze the handle to release the contents
- Sweep from side to side until the fire is completely out.

## Emergency evacuation

- ❖ In the event of an emergency, such as a fire, it is important to move quickly and safely to an assembly point.
- ❖ Large buildings such as offices and schools need a safe place for the people to go to during an emergency. Having an assembly point means everyone will know exactly what to do and where to go in an emergency.



- ❖ Once at the assembly point, checks can be made to see that everyone who was in the building has made it out safely. This is why it is important to take an attendance register in your school or workplace. Attendance registers hold information about who is in a building at a certain time.
  - ❖ If you think there are still people in the building during the emergency, you should tell the fire safety officer or the emergency services as soon as you can.
  - ❖ When choosing an assembly point, these things should be considered:
    - The location: safe distance from the building
    - The size of the space: big enough
    - Accessibility: easy to reach
- 4) Which of the following should be done in case of fire emergency in your building?
- a) Collect all your stuff and leave
  - b) Go in and try to save everyone
  - c) Leave as soon as possible to the assembly point
  - d) Run as fast as you can out of the building
- 5) An assembly point is the place people head to in cases of emergency, which of the following characteristics about the assembly point is False ?
- a) Should be big enough for everyone
  - b) Should be easy to reach by the people
  - c) Easily accessed by the civil defense
  - d) Should be very close to the building
- ❖ Rules for evacuating the building safely:
    - Don't use elevators
    - Help others where needed, ex: if it is safe for you !
    - Do not run
    - If there is smoke, get low and out
    - Do as you are instructed



## Road traffic safety

- ❖ Road traffic safety aims to prevent road users being killed or seriously injured while traveling on public roads.
- ❖ Males are 3 times more likely to be killed in a road traffic crash than females.
- ❖ Harm from road traffic crashes is greater than that from all other forms of transportation combined (air, sea, rail, off-road).
- ❖ Strategies to improve road safety including:
  - Speed management measures: speed limits that tell the driver the maximum speed for the road they are using, police patrols and speed cameras to catch drivers who are driving too fast, setting speed limits that suit the type of road (city road, motorway).
  - Educating road users: a driving test, awareness campaigns to educate motorists, minimum age for a driving license in the UAE is 18 years.

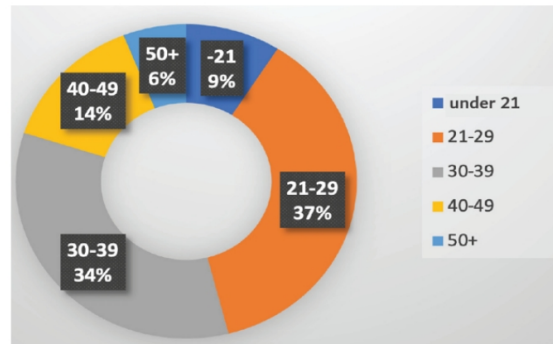
- Protecting pedestrians and cyclists: reduced speed limits in built-up areas where there are more pedestrians and cyclists, making more zebra crossings and pedestrian bridges so that people can cross the road safely, creating school safety zones.
  - Laws to protect car drivers and other road users: safe routes for cyclists. laws that cyclists must follow, including wearing a protective helmet, having lights fitted on the front and back of their bike, and using cycle tracks where available. Cyclists are not allowed to ride their bike on the pavement.
- 6) Which of the following are good methods to improve road safety ?
- a) Allow children under 18 to drive
  - b) Create safe routes for cyclists
  - c) Remove zebra crossings
  - d) Reward drivers who are driving too fast

### UAE Road Traffic Accident

- ❖ traffic-related accidents is the 2<sup>nd</sup> most common cause of deaths in the UAE after heart related issues.
- ❖ Top 7 causes of road accidents in the UAE:
  - **Sudden swerving/lane changing:** when a car moves into another lane without making a signal or checking that the lane is clear. This is the top cause
  - **Driving without keeping a safe distance (tailgating):** If a car is following another too closely, there is not enough time to stop if the driver in front brakes suddenly.
  - **Dangerous driving.** Ex: speeding, running red lights, cutting people off or passing illegally.
  - **Entering a road without checking that it is clear:** joining the highway without checking for traffic, or turning into a street when there are other cars coming.
  - **Lack of attention or judgement:** using a mobile phone or being distracted while driving.
  - **Not following the road lanes:** driving between two lanes or driving on the wrong side of the road.
  - **Reversing without checking what is behind the car.**
- ❖ Around 2 people are killed and 18 are injured on UAE roads every day. 90% of car accidents are caused by males, and 10% by females. 2 out of 3 people killed in road accidents in Abu Dhabi were not wearing seatbelts

❖ Who cause more accidents?

- 1. Private car: 64%
- 2. Truck/bus: 11%
- 3. Taxi: 8%
- 4. Bike: 8%
- 5. Minibus: 5%



❖ Fines and penalties for breaking UAE traffic laws:

Rule	Fine	Penalty
Speeding over the speed limit by no more than 20 km/hour	AED 300	-
Speeding over the speed limit by more than 80 km/hour	AED 3,000	23 black points
Dangerous driving	AED 2,000	23 black points
Jumping traffic signals	AED 1,000	12 black points
Using a mobile phone when driving	AED 400	-
Sudden lane changing	AED 1,000	4 black points

7) Which of the following is from the top causes of car accident in the UAE?

- a) Driving safely
- b) Checking before entering a road
- c) Using the mobile while driving
- d) Following road lanes

8) Which of the following is True about car accidents in the UAE?

- a) 90% are caused by females
- b) Most are caused by trucks
- c) Most are caused by people between the age of 40-49
- d) 2 people are killed on UAE roads every day from car accidents

❖ Importance of wearing a seatbelt:

- keep people in their seats during a crash
- reduces the risk of injury during a crash
- reduces deaths by 50%

❖ If people do not wear a seat belt, they might hit the steering wheel, dashboard or even go through the windscreen. A backseat passenger who is not wearing a seat belt can be thrown forward with enough force to kill the person in front of them.

❖ Infants (babies) and children are the people most at risk during a car accident. A child in the back of a car, without a seat belt, has very little chance of surviving a crash. The most dangerous place is the middle of the back seat where, in most cases and even at low speeds, the child will be thrown into the front window. It is possible for the child to go right through the window and land outside of the car.

❖ There are different types of car seats and seat belts for children. All of them should be fitted in the front of the car, never in the back:

- Rear-facing car seat: Infants up to 2 years of age.
- Front-facing car seat: 2 years and above, up to 125cm.
- Booster seats: Children between 125cm and 145cm.



❖ Children can use normal seat belts when they are at least 145 cm tall and can sit in the front when they are 10 years old.

❖ UAE laws state that everyone travelling in the car must wear a seatbelt, regardless of their age and whether they are travelling in the front or the back of the car.



❖ The car driver is responsible for making sure that these rules are followed. There are fines of AED 400 and 4 black license points for failing to observe the laws.

9) Sami is 4 years old and 117 cm tall. Which type of seatbelts is the best for him?

- a) Rear-facing seat belt
- b) Front-facing seat belt
- c) Booster seats
- d) Normal seat belts

