



# Summer Smart

Safety Instructions for Students on Vacation



ונשמרתם מאד לנפשותיכם

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Dear Parents and Teachers,

The Summer Vacation presents us with challenges that we don't meet during the school year. The family routine changes, the schedule is unbalanced and the children have far more hours of free time: they tour more, spend more time at home and take part in a wide range of activities.

Naturally, the number of accidents and incidents occurring at home and outside the home rises dramatically during the summer months. Accidents can happen at the playground, whilst travelling, crossing the road, at the beach, the pool and of course at home.

In our role as adults, it is our duty to prepare for the summer months and the hazards that they bring, both by taking preventative measures and by teaching our children the importance of safety.

We at the Zraim Center along with Magen David Adom have prepared early in order to teach the children relevant safety rules in a new, experiential and challenging way.

We're pleased to present "Summer Smart" – an inclusive workbook about Safety for the Summer Vacation. The booklet includes basic safety instructions as well as challenging and thought-provoking activities.

We recommend that you work alongside the children through this workbook, by adding explanations and examples from the child's life, as well as assessing the child's response to a relevant situation.

We hope that the children will learn the subject and have a safe and enjoyable summer.

**With wishes for a healthy and safe summer,  
The Zraim Center**

Hello Children!

We'd like to tell you about an organization with 28,000 people, who all want to save lives. This organization, Magen David Adom, has crews who respond to calls at all hours - day and night – across the country, treating sick and injured people in every corner of the country, so that even if you call us in the middle of the night, by Ambulance, or Medicycle, or even a helicopter!

And now you too can take part in the important act of saving lives! Using this workbook you can learn how to stay safe and how to help someone in need – your siblings, your friends, even your parents! Through this book you'll discover that you have a superpower: the power to do good and help all those around you.

Read the workbook carefully, work through the activities, and you too could become a life saving superhero!

**Have a safe and happy summer, and remember: In any case of emergency, dial 101 for Magen David Adom.**

## Helly the Helicopter



**Hi Children!**

I'm Yehuda, and I'm from Magen David Adom.

I'm sure you all know about MDA - Magen David Adom. It's an organization filled with amazing people who give first aid when we need help, treat every medical emergency, and make sure that everybody feels well.

Come and meet my friends - Ambo the Ambulance, Maddy the Medicycle and Helly the Helicopter, and learn along with us all about staying safe all year, but especially during the Summer Vacation.

Ambo, Maddy, Helly and I have prepared this fantastic workbook for you, filled with fun challenges. You can solve the clues and puzzles, and learn all the important safety rules.

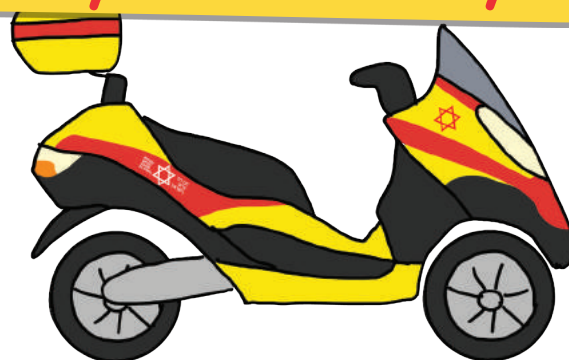
**Wishing us all a fun and safe summer,  
and a healthy holiday!**

**Yours,  
Yehuda from MDA**



## Ambo the Ambulance

## Maddy the Motorcycle





# YOUNG DETECTIVES!

► Break the code and find the Golden Rule for a safe holiday



Clue: In this special code, we've only used items that will help us to have a safe summer.



# SUN

## SAFETY

With MDA



It's fun to stay outdoors, but too much time in the sun can be dangerous. We can prevent damage from the sun if we follow these rules:



Stay in the shade



Wear sensible clothing



Wear a hat



Wear sunglasses



Go out during the cooler hours



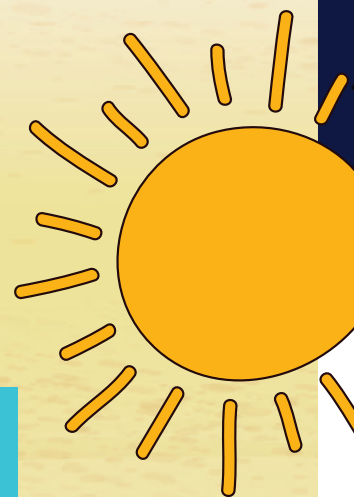
Drink plenty of water



Apply sunscreen

### WHEN IS IT SAFE TO BE OUT IN THE SUN?

- ➔ **In the morning** - The sun rays are pleasant and these are safe hours to be in the sun.
- ➔ **Between 10 in the morning and 4 in the afternoon** - Time to stay out of the sun.
- ➔ **After 4 in the afternoon** - Safe again to be out in the sun and enjoy the warmth.



### SAFE TO KNOW THAT...

#### JELLYFISH

A jellyfish is a sea creature that has no head or fins, and we see them mainly at the beach. Jellyfish can sting when in the sea and also on the beach.

How do we treat a jellyfish sting? You can ease the sting by washing with vinegar or with sea water. Don't use sweet water. (The First Aid Station at the beach will be happy to provide the vinegar). Go to hospital if there is a very large sting or if the eyes have been affected.

Did you see a Purple Flag flying over the lifeguards' hut? Warning! There are jellyfish on the beach.





# WATER

## SAFETY

With MDA

Remember the special rules for when we're at the beach or by the pool:


- ➔ Babies and children must never be near the water without an adult.
- ➔ We must only use recognized beaches and listen to the lifeguard. If there's no lifeguard - No Swimming!
- ➔ We mustn't jump or play dangerous games near the water. We shouldn't run by the pool so that we don't slip and hurt ourselves.
- ➔ Armbands and floats don't prevent drowning - use them wisely.
- ➔ Drink lots of water!
- ➔ Stay away from deep water.
- ➔ Always use sunscreen and wear a hat!
- ➔ In any case of drowning - dial 101 to call for MDA!


## RED FLAG - WHITE FLAG


There's a flag flying on the lifeguard's hut. What does it mean?


- White flag - the sea is calm.
- Red flag - there are big waves but it still safe to swim.
- Black flag - Stormy seas, no swimming allowed!


► Color the flag - White for Safe and Red for Danger!

 Yossi: "I'm going to get in the water even though the lifeguard's left. It's not that bad!"

 Dad: "It's not a good idea to go to the beach before 4pm. We'll get there at 4.30."

 Reuven: "If you've got armbands, you can swim even where the water's deep."

 Gadi: "We like to play Tag in the water."

 Eli: "We must always listen to the lifeguard's instructions."



# ROAD

## SAFETY With MDA

### WALKING SAFELY

- ➔ Make sure you're walking safely - stay away from the road.
- ➔ When walking after dark, wear reflective strips on your arms, ankles and body.
- ➔ Choose safe roads and stay away from the busy ones.
- ➔ Remember! A child under 9 should never cross a road alone.

### AT THE CROSSWALK

- ➔ Stop and wait at a safe distance from the crossing.
- ➔ Look in all directions, listen for traffic too.
- ➔ Cross only when the road is completely clear.
- ➔ Walk straight across - don't run.



Traffic Sign



Traffic Island

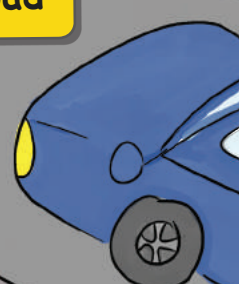
Traffic Light

Stop Sign

Crosswalk

Sidewalk

Road





## TRAVELLING IN A CAR

- ➔ Never put your head or hands out of the window
- ➔ Before starting to drive, make sure all doors are closed properly
- ➔ Use the correct sized child seats
- ➔ Don't forget seatbelts in the back too
- ➔ Make sure that nobody is left behind in the car

► Find the safest way to get home. Remember - When the traffic light is red, stop and look for a green light instead!

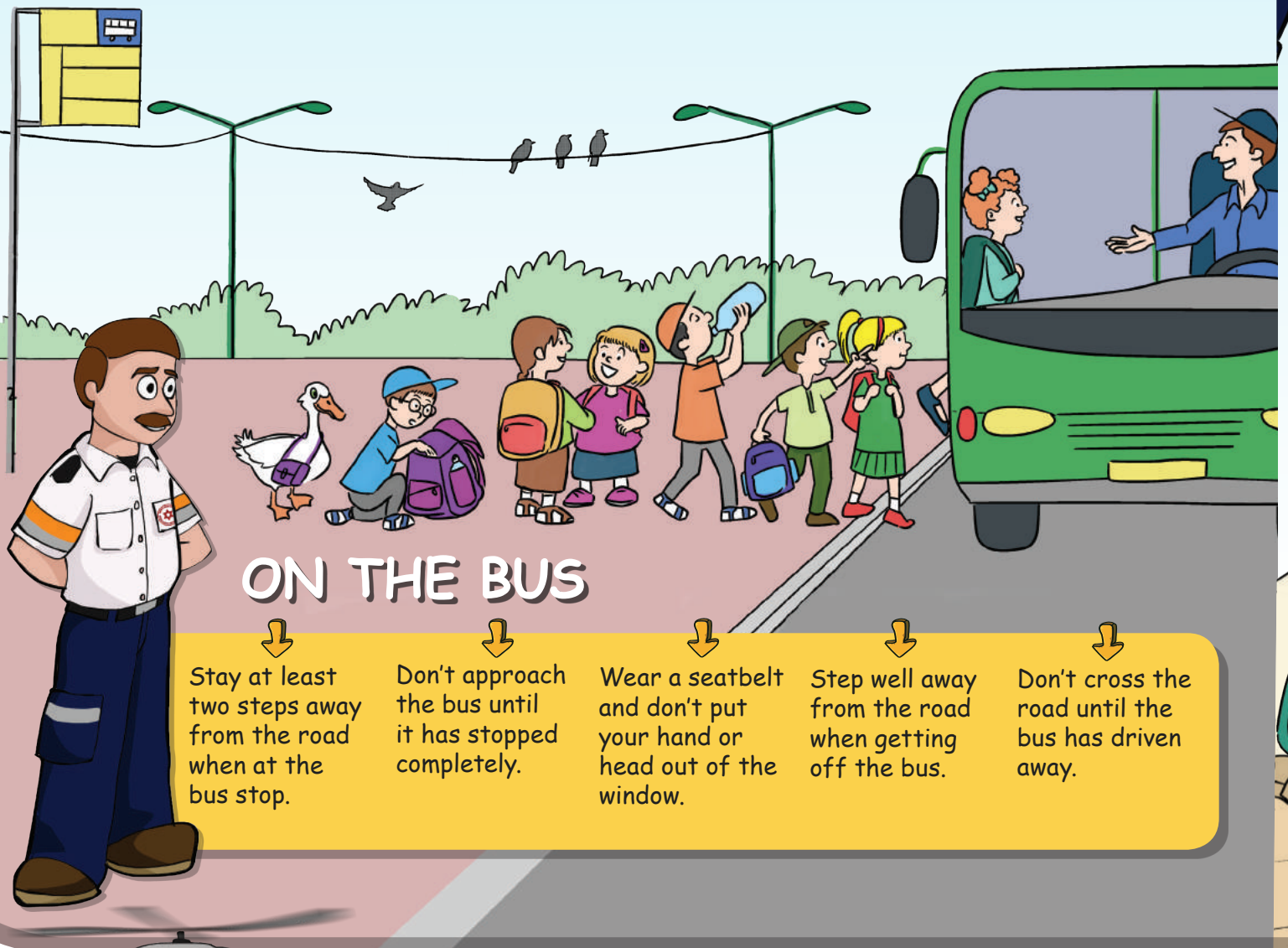






Test your math skills while waiting for the bus!

► Draw a line between the buses that add up to the number written on the bus stop signs



## ON THE BUS

Stay at least two steps away from the road when at the bus stop.

Don't approach the bus until it has stopped completely.

Wear a seatbelt and don't put your hand or head out of the window.

Step well away from the road when getting off the bus.

Don't cross the road until the bus has driven away.

# HIKING

## SAFETY

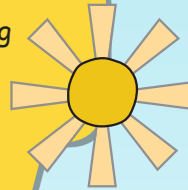
With MDA

### SAFE WALKING

Follow the marked paths and stick to them.



No trekking after dark.



► When we're out in nature, there are important rules for us to follow:

Go on a hike only with an adult who has a mobile phone and a map of the area.



### ANIMALS

Take care of the surroundings and the animals you meet along the way



### DRINK PLENTY

Never go on a hike without plenty of water to drink. Make sure you drink a lot, even if you don't feel thirsty.



Don't pick up stones, tree trunks or other items that may be hiding snakes.



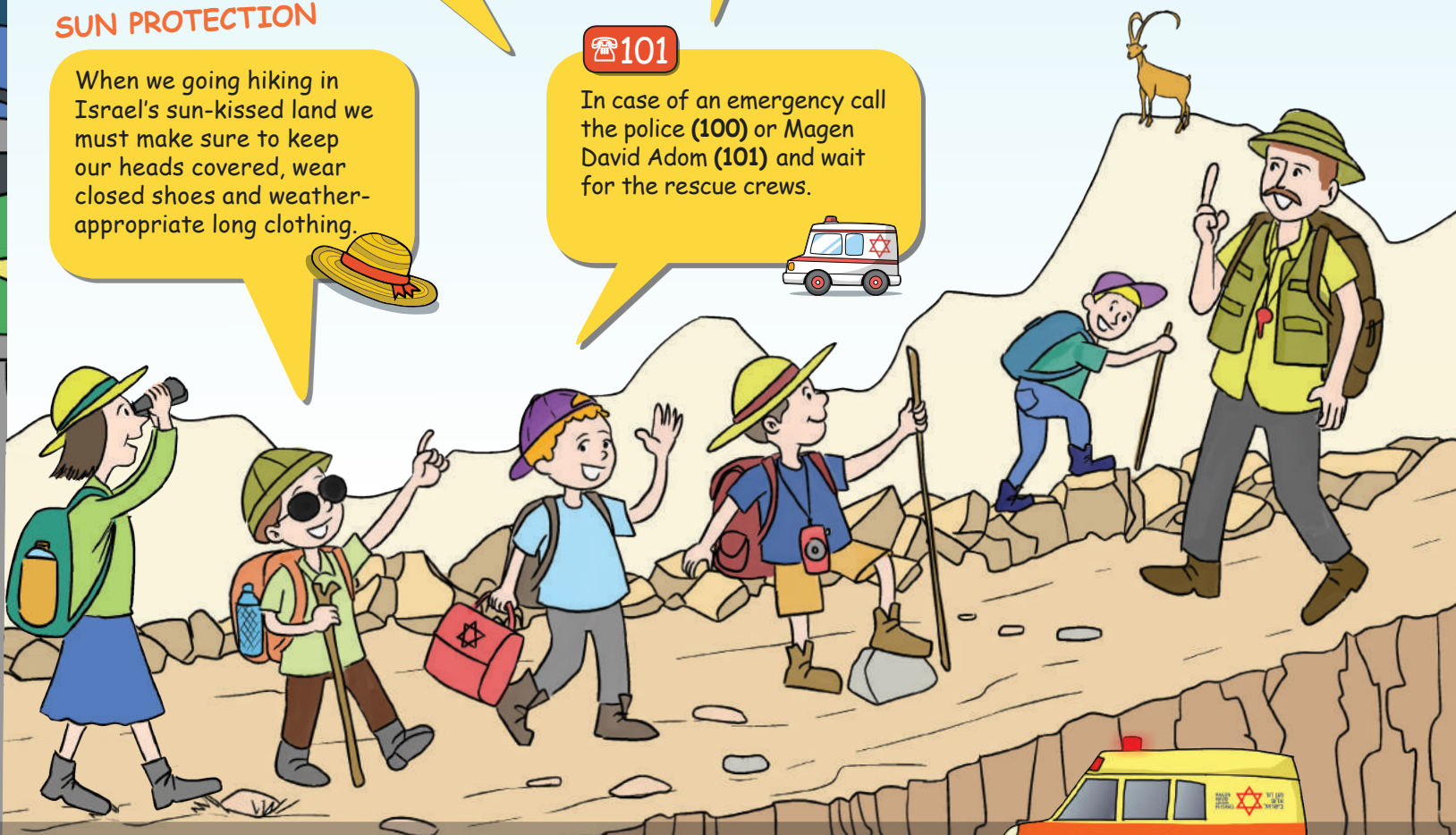
### SUN PROTECTION

When we going hiking in Israel's sun-kissed land we must make sure to keep our heads covered, wear closed shoes and weather-appropriate long clothing.



☎101

In case of an emergency call the police (100) or Magen David Adom (101) and wait for the rescue crews.



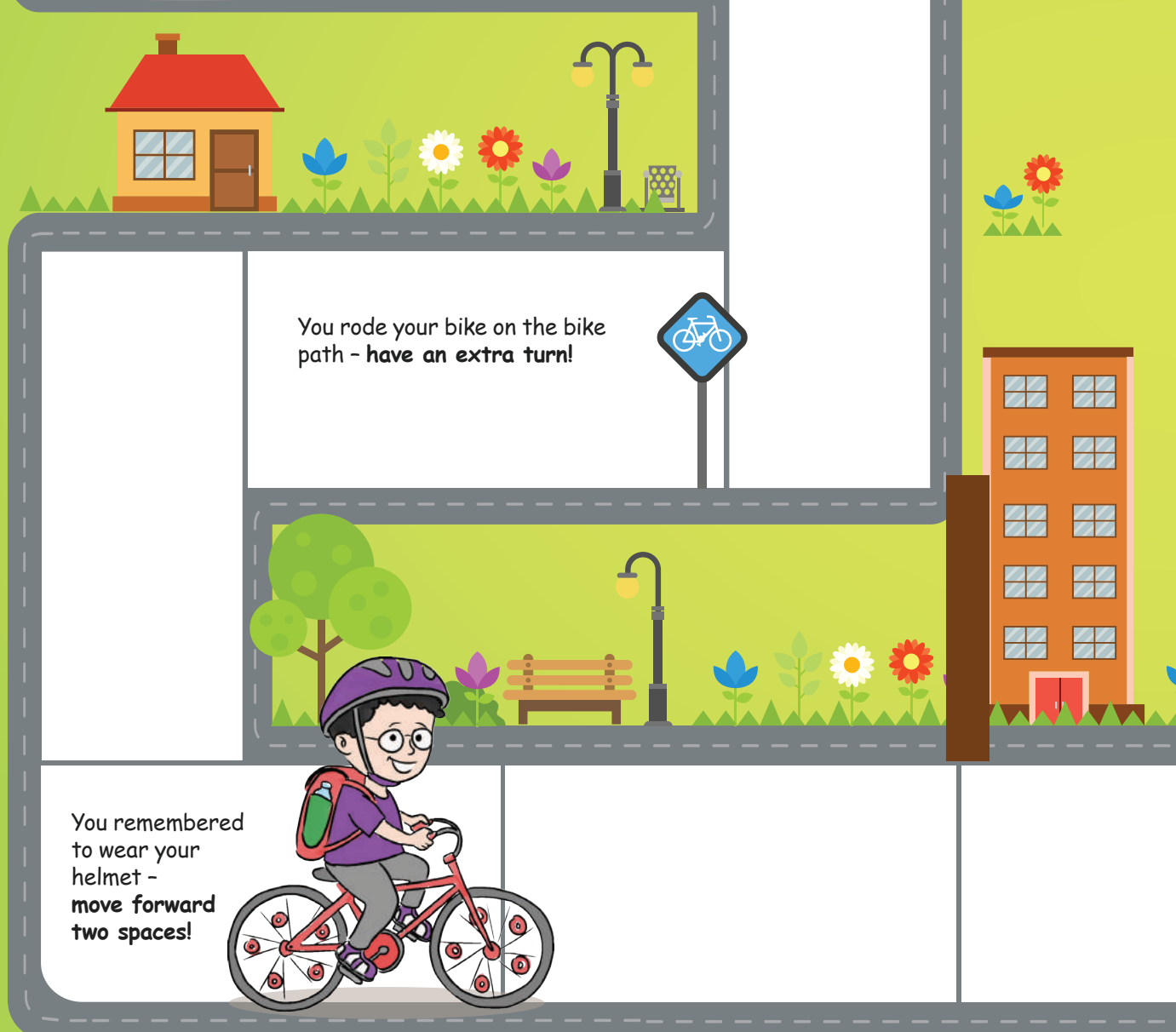
IN CASE OF AN EMERGENCY DIAL ☎101 MDA ISRAEL





Number of players: 2

► Each player takes a turn to roll the dice and moves forward the number of spaces shown. The winner is the first to reach the finish line.





# CYCLING SAFETY With MDA

## Cycling Rules

Make sure your bicycle isn't broken and that it's at the right height for the rider.

Always wear a helmet to protect your head. Elbow and knee pads are also a good idea.

Find areas with little traffic, or use bike lanes and bike parks for riding.

Get off the bike at the crossing and walk across.  
Move forward two spaces.

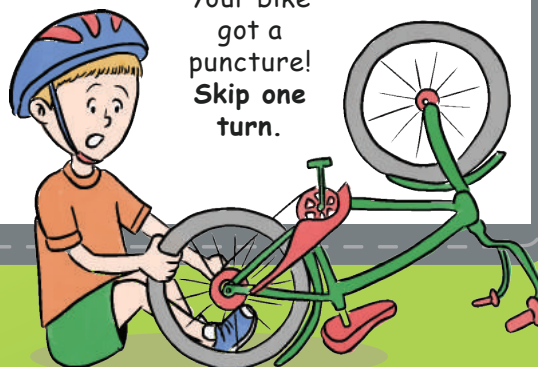
It's late! No riding after dark. Time to go home.



## End



Your bike got a puncture!  
Skip one turn.



# PLAYGROUND

## SAFETY With MDA

- ➔ Always play in safe places: playgrounds, sports courts, public or private gardens that are protected by a high fence.
- ➔ Never play by roads or car parks.
- ➔ On the way to the playground always carry the ball in a bag so that it doesn't roll away.
- ➔ Never climb on a broken climbing frame.
- ➔ Never climb on roofs or the outsides of buildings.





To whom does the ball belong?

In which city is the park?

Who has finished their bottle of water?

Which child's bicycle is broken?

Which of the children are following the safety rules?



# SAFE

## AT HOME

With MDA

# LETTER SALAD

Below is a special type of salad - a letter salad!

► See if you can guess what the jumbled words are.

All the words are items that could be dangerous for children.

Don't use them without adult supervisions!

LIRLD	<input type="text" value="DRILL"/>	DINEMECI	<input type="text"/>
FINKE	<input type="text"/>	THAMSEC	<input type="text"/>
LEACBH	<input type="text"/>	KOTSEC	<input type="text"/>
NINGAECL DOCTRUPS	<input type="text"/>	GULP	<input type="text"/>
AWS	<input type="text"/>	OPT	<input type="text"/>
REHAMM	<input type="text"/>	GRINFY NAP	<input type="text"/>

In the house too, we will keep safe and secure, and prevent any accidents.

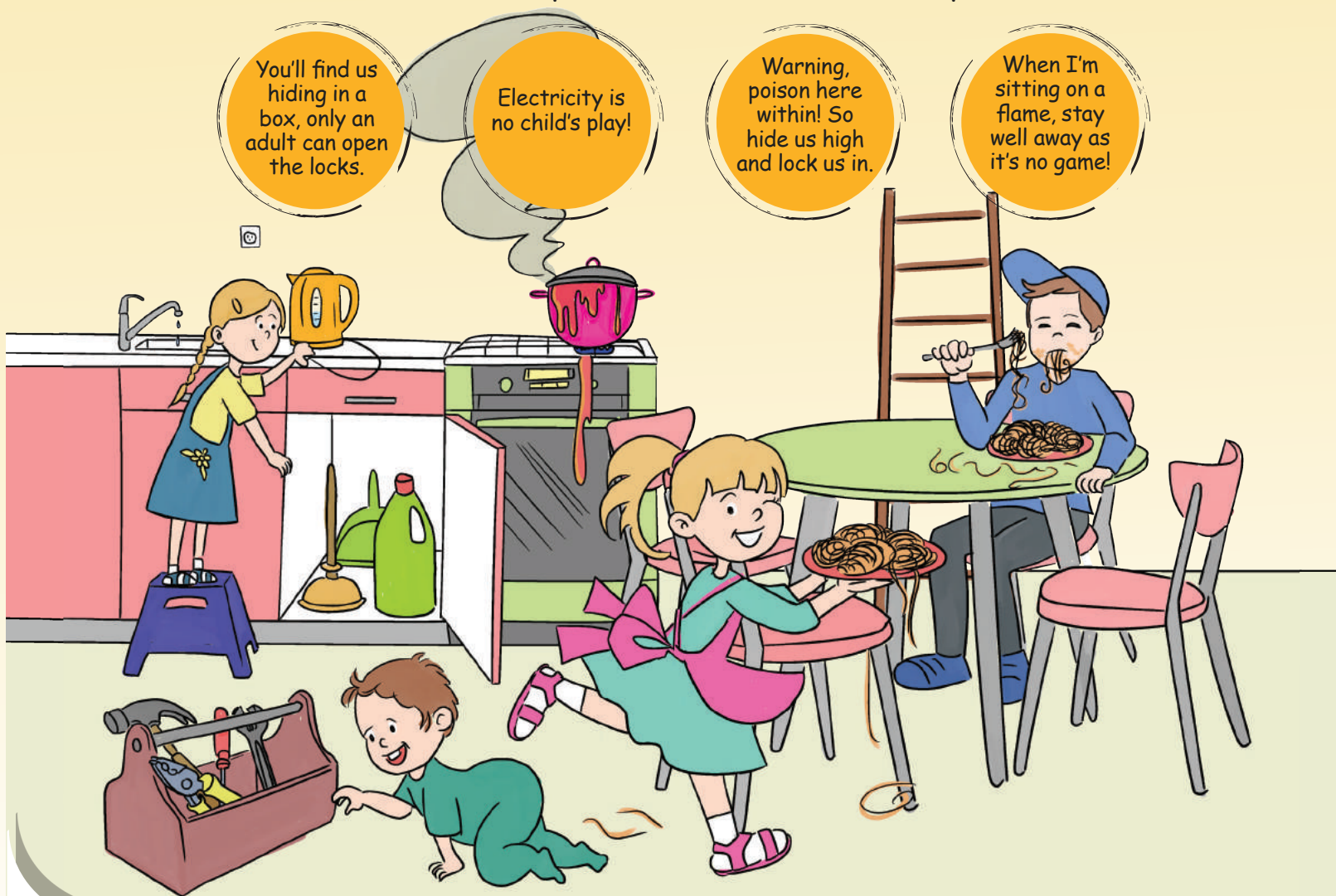
► Draw a line between the phrases and the relevant items in the picture below.

You'll find us hiding in a box, only an adult can open the locks.

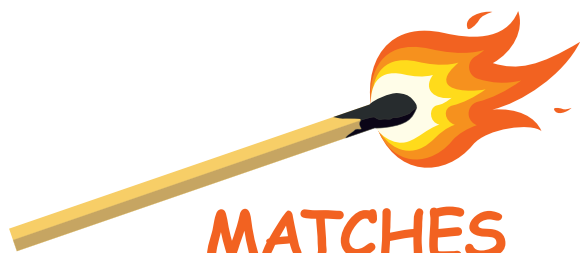
Electricity is no child's play!

Warning, poison here within! So hide us high and lock us in.

When I'm sitting on a flame, stay well away as it's no game!



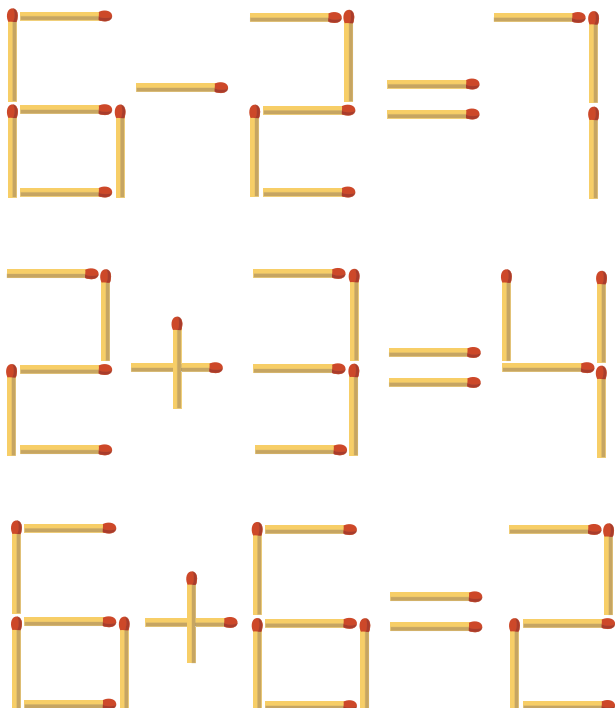




## MATCHES ARE NOT A GAME FOR CHILDREN!

But you can play with these matches. So here, sharpen your mind and solve this puzzle!

► Move one match so that the puzzle makes sense.



## SAFE TO KNOW THAT...

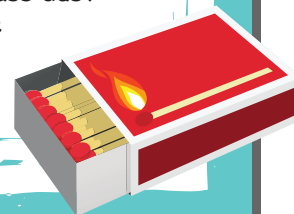
## HOW ARE MATCHES MADE?

Matches are made of thin strips of poplar tree.

The tops of the matches are dipped in a colorful bath (normally red or brown). After that they are dried and packed in small boxes, normally about 40 matches in each box.

Can you guess how many matches are made in a factory every day? Tens of millions!

Sulphur is the main fuel used to light the match. It also gives the matches their smell. Potassium Chloride attaches the match to the strike strip on the box. This strike strip contains glass dust to increase friction with the match, as well as glue that is used to stick the strip to the box.



### How do we prevent poisoning?

- ➔ Stay away from bottles of cleaning products or packets of medicine.
- ➔ Store the cleaning products in high cupboards and keep them locked.
- ➔ Never store cleaning products in unmarked containers.

### How do we prevent electrocution?

- ➔ Stay away from electric devices or uncovered plug sockets.



### How do we prevent burns?

- ➔ Stay away from pots and pans that are on the stove.
- ➔ Never play with matches, lighters or other flammable items.
- ➔ Never leave lit candles unattended.



✂ Cut out and hang on the fridge ✂

## MY PHONEBOOK (:

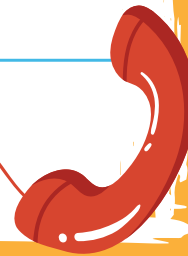
✓ My name: \_\_\_\_\_

✓ My address: \_\_\_\_\_

✓ Our home phone number: \_\_\_\_\_

✓ Daddy's phone number: \_\_\_\_\_

✓ Mommy's phone number: \_\_\_\_\_



Important  
phone numbers  
to remember!

📞 Magen David Adom

101



📞 Fire Department

102



📞 Police

100







HAVE A HEALTHY & SAFE SUMMER

