

Safety Zone



1st and 2nd grades

Produced by Puget Sound Fire

& Northwest Fireflies

Stay Safe Around Water

Find and circle the following words.

- | | |
|----------|-------------|
| adult | lifeguard |
| boats | life jacket |
| deep-end | obey |
| dive | ponds |
| docks | rules |
| drown | shallow |
| fake | strokes |
| floats | swim |
| frozen | water |
| lakes | |

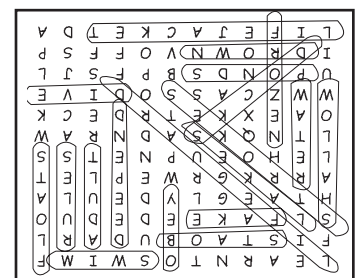
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A	R	R	K	G	R	W	E	P	L	E	T
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L	T	N	Q	K	S	A	D	N	R	A	W
O	A	E	X	K	E	T	R	D	E	C	K
W	W	Z	C	A	S	S	O	D	I	V	E
U	P	O	N	D	S	B	P	F	S	J	L
I	D	R	O	W	N	V	O	F	F	S	P
L	I	F	E	J	A	C	K	E	T	D	A

Fill in the blanks using the words above:

- Always wear a _____ around water.
- Learn to _____.
- Make sure an _____ is watching you in the water.
- Watch out for cold and fast-moving _____ when you swim.
- Never _____ in _____ water.



Answer Key:
1. life jacket 2. swim 3. adult 4. water 5. dive, shallow



Word Search Answers

Water Safety

Try to find the things that keep you safe in and around the water. **Circle these in red.**



- bottle of sunscreen
- emergency telephone
- first aid kit
- lifeguard
- life jackets (4)
- "NO DIVING" sign
- rescue boat
- ring buoy (this is a ring-shaped floating device)(3)
- rope around the swimming area
- sunglasses (3)
- sun hats (3)
- swimming instructor

Now look for things that make the beach fun! **Circle these in blue.**

- beach ball
- bucket
- ice cream cone
- inner tube float toys (2)
- mask and snorkel
- raft
- sailboat
- sand castle
- shovel
- seashell
- swim fin

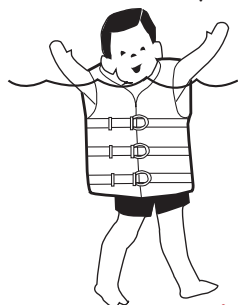
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How does your life jacket fit?

A life jacket will not help keep you afloat if it does not fit properly.

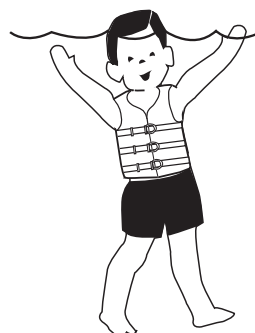
Too BIG

Problem: Can slip off over your head



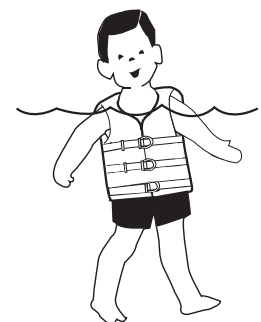
Too SMALL

Problem: May not be able to keep your body afloat



JUST RIGHT

No problem



How to get the right fit

Look at the label on the inside for the following:

- US Coast Guard Approved
- User weight should match your weight.
- Chest size should match your chest size.

Try it on and check for the following:

- Can all buckles be buckled tightly with no gaps or overlaps? If it overlaps, the jacket is too large; if there are large gaps, the jacket is too small.
- Pull up on the shoulders. Can it be pulled above the tops of ears? If so, it is too large.
- Are you able to move about comfortably? If not, try another size or style of life jacket.