



SAFETY ACTIVITY BOOK



TO NEW BRUNSWICK'S FUTURE WORKERS AND THOSE GUIDING THEM

At WorkSafeNB, we're committed to making New Brunswick the safest place to work, and that starts by helping young New Brunswickers learn the importance of safety from the very beginning.

We created this activity book for you to enjoy with your parents, guardians or caregivers. Inside, you'll find fun activities that will help you learn how to **stay safe at home, at school and one day, at work.**



MAKING
New Brunswick
THE SAFEST
PLACE
TO WORK





WHAT BELONGS IN A FIRST AID KIT?



Scissors



Robot Toy



Tweezers



Rubber Gloves



Stuffed Bunny



Square Gauze



Surgical Mask



Fork



Band Aids



Basketball



Rolled Up Bandage



Safety Pins



Jump Rope



Hamburger

Look at all the items around the open first aid box. Can you find the eight correct items that belong in a first aid kit? **Draw a line from each correct item to the matching shape inside the box.**



List of non-first aid items:
Fork | Basketball | Stuffed bunny | Jump rope | Robot toy | Hamburger



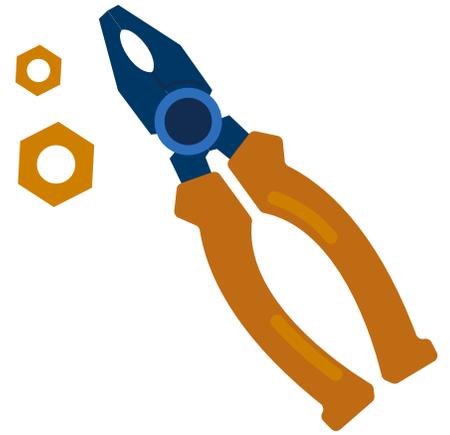
SPOT THE HAZARD IN YOUR HOME

Look around your home for anything that could be a safety hazard. **Write down what you find and think about how you can make it safer.**





FIND THE SAFETY PAIR



Draw a line to match each safety item to its correct pair on the other side of the page.

BIKE

FIRE EXTINGUISHER

FIRE

LIFE JACKET

BOAT

SEAT BELT

OVEN

HELMET

CAR



SIGN

SAFETY

GLASSES

STOP



OVEN MITTS



FINISH THE SAFETY SENTENCE

Can you figure out which word is missing?
Fill in the blank to complete each safety sentence
and become a safety superstar!

1 Look both ways
before your cross
the _____ .

2 Hold the _____
as you walk up and
down the stairs.

3 Stop, drop and
_____ .

4 _____ , don't
run in an emergency.

5 Wear your _____
when riding a bike.

6 _____ your
hands before eating.

7 Never _____
electrical outlets.

wash

road

touch

railing

walk

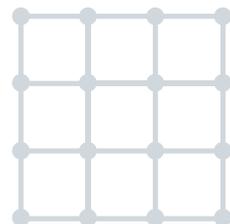
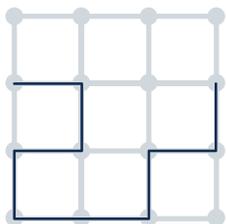
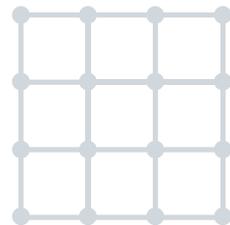
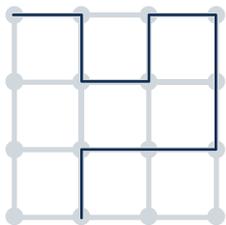
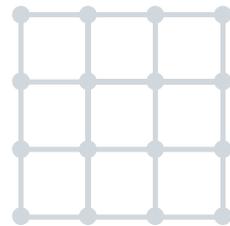
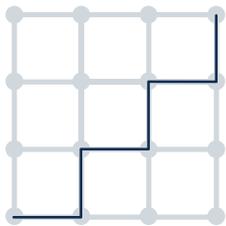
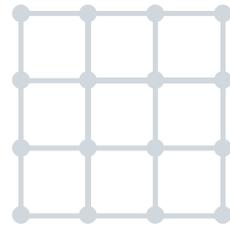
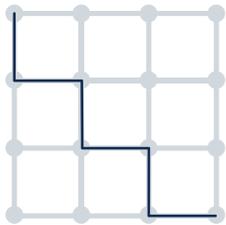
roll

helmet



DRAW A LINE PATH

It's very important to stay safe around big machines.
Carefully trace the lines on the right to match the ones on the left and help steer the heavy equipment!





WHO YOU GONNA CALL?

Different situations call for different helpers!
Read each scenario and decide who you should
call to stay safe.

If there's a
FIRE in your house:

If there's
STRANGER DANGER:

If your
PET IS LOST:

If there's a
MEDICAL EMERGENCY:

If you feel
SCARED or **UNSAFE**:



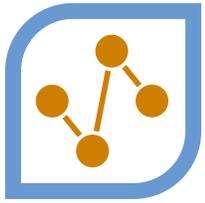
What are **OTHER IMPORTANT PHONE NUMBERS**
YOU CAN CALL to STAY SAFE?



MY FIRE ESCAPE PLAN

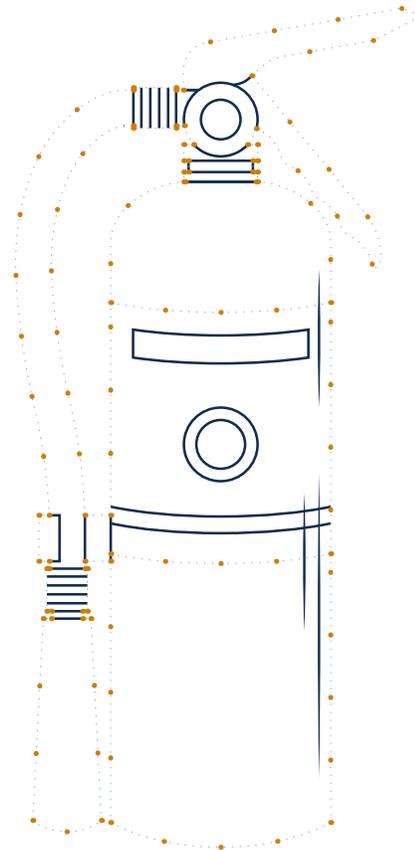
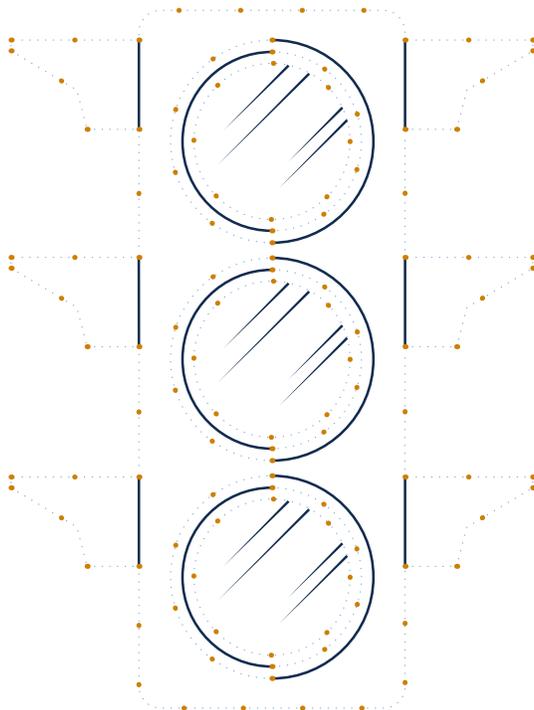
Work with your family to create a fire escape plan. Look for exits, smoke alarms, and fire extinguishers, then pick a meeting place outside. **Now draw your plan so everyone knows what to do!**





CONNECT THE DOTS

Connect the dots to reveal important safety items that help keep us safe. **Can you connect them all?**



STICKERS







ADDITIONAL RESOURCES

Congratulations on finishing the safety activity book! You're helping make New Brunswick the safest place to work. Parents, guardians and caregivers, **keep the conversation going by visiting these helpful resources:**



WorkSafeNB: worksafenb.ca

Guide to OHS Legislation: ohsguide.worksafenb.ca

Threads of Life: threadsoflife.ca

Canadian Centre for Occupational Health and Safety: cchohs.ca

Young Workers Zone: cchohs.ca/youngworkers

NB Copes – Family Grief Support: nbcopes.ca

