

## Module 1 Activity 1: Safety Poster/ Video

Student Name: \_\_\_\_\_

Group Name: \_\_\_\_\_

Design and create a poster to instruct others how to properly wear a helmet.

Students will ensure they follow the guidelines of:

- 2 fingers above their eyebrow
- 4 fingers to make a v around the bottom of their ears
- 1 finger underneath the chin strap

Make sure your headings stand out and make the instructions clear.

You could also make a short video showing how to put the helmet on and include a QR code on their poster if you wanted!

Complete the cloze activity to demonstrate understanding of safe helmet wearing.

### Cloze Activity: Wearing a Helmet Safely

**Instructions:** Fill in the blanks with the appropriate words or phrases from the word bank below.

**Word Bank:** (fit, straps, chin, Queensland, helmet, law, minors, secure, head, fingers)

- 1 A helmet must be worn at all times while riding a bicycle, scooter, or skateboard. In \_\_\_\_\_, it is a \_\_\_\_\_ for all \_\_\_\_\_ under 16 years old to wear a properly fitted helmet.
- 2 To ensure your helmet is safe, it should fit snugly on your \_\_\_\_\_.
- 3 The helmet should sit level on your head and cover your forehead, with your \_\_\_\_\_ above your eyebrows.
- 4 Adjust the \_\_\_\_\_ so that there are two \_\_\_\_\_ making a "V" shape around the bottom of your ears.
- 5 Ensure that there is only one \_\_\_\_\_ underneath the chin strap to keep it comfortable but secure.
- 6 Always check that the \_\_\_\_\_ are fastened correctly and that the helmet does not move when you shake your head.
- 7 If your helmet is not \_\_\_\_\_, it won't provide adequate protection in case of an accident.
- 8 Remember, wearing a helmet not only keeps you safe but also follows the \_\_\_\_\_ in your state.