


# HOW TO PROTECT YOURSELF WHEN YOU EXERCISE

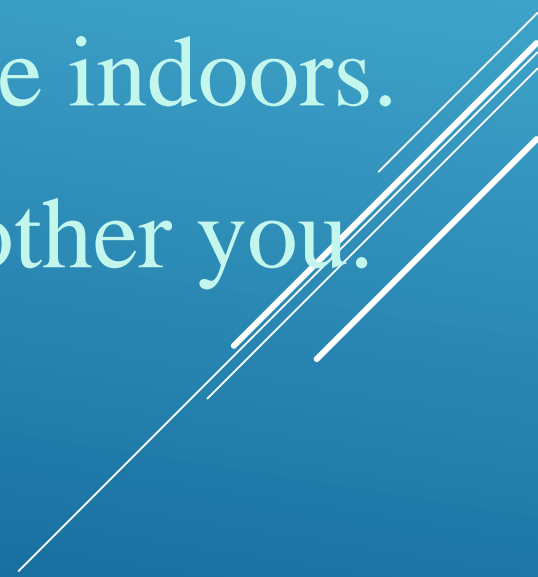
From: Uncle Tom




# WHY???

1. No accident, no harm.
  2. No harm, means safe.
  3. Safe, leads to happy.
  4. Happy brings you health.
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# CHECK PLACE WISELY

1. Check the place before you do something.
  2. Check the exits, where are they?
  3. Open the windows if you are indoors.
  4. Move the things that will bother you.
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# WEAR PROTECTION

1. Your body is always important.
  2. Protect your head with helmet.
  3. Protect your eyes with sunglasses.
  4. Protect your wrist, arm, elbow, waist, knee, and ankle with bandages.
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# CHECK YOUR EQUIPMENT

1. Rockets. Are they OK to use?
  2. Balls. Are their pressure stable?
  3. Nets, Hoops, Goals, Do they set in correct way?
  4. Lights. Is it bright enough?
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# WHAT TO WEAR?

1. A pair of good quality and suitable sports shoes.
  2. A shirt that keeps your body dry and cool.
  3. A pants that fit your lower body.
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# LET'S CHECK FOR OURSELVES

1. Where in school we can exercise?
2. Do we have qualified equipment?
3. Is our playground flat and smooth?
4. Do we have enough lights indoors?
5. Is there any restroom, fountain, first aid kit near where we exercise?

▶ Now, you can go and have fun.

THANK YOU FOR YOUR LISTENING.

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