


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 happiness.
 4. Happiness brings your health.
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CHECK PLACE WISELY

1. Check the place. Be safe, no danger.
 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 helmets.
 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 the correct way?
 4. Lights. Is it bright enough?
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LET'S CHECK THE YOUTUBE

護膝用錯反而害你膝蓋無力？

https://www.youtube.com/watch?v=raXvKnbnLNJY&ab_channel=%E4%B8%89%E5%80%8B%E5%AD%97SunGuts

【健身護具】種類&用途介紹：

https://www.youtube.com/watch?v=KJ9bef-i1Ak&ab_channel=%E5%81%A5%E4%BA%BA%E8%93%8B%E4%BC%8A


綁帶8字形包扎法：

https://www.youtube.com/watch?v=PQV_-rZJX7A&ab_channel=1MM%E8%B6%B3%E8%BF%B9

EMT單項技術 - S18 傷口包紮止血：

https://www.youtube.com/watch?v=0-nl56Anl5s&ab_channel=%E5%AE%89%E5%A6%AE%E6%80%8E%E9%BA%BC%E4%BA%86%3F-%E7%B7%9A%E4%B8%8A%E6%80%A5%E6%95%91%E6%95%99%E8%82%B2%E5%B9%B3%E5%8F%B0

WHAT TO WEAR?

1. A pair of sport shoes with good quality and Suitability.
 2. A shirt that keeps your body dry and cool.
 3. Pants that fit your lower body.
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LET'S CHECK FOR OURSELVES

1. Where can we exercise in school ?
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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