



Name _____ Class _____ Date _____

Although physical activity has many health benefits, **injuries** do sometimes happen. The most common injuries are to the musculoskeletal system. Other adverse events can also occur during activity, such as overheating and dehydration. Rarely, people have heart attacks during intense aerobic activity.

Personal Safety

Protect yourself by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active. Using **personal protective gear** can reduce the frequency of injury. Examples include helmets, eyewear and goggles, shin guards, elbow and knee pads, and mouth guards.



PREVIEW

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Cooling-down after exercise allows for a gradual decrease in heart-rate and breathing. This usually means performing an activity at a slower speed or lower intensity.



Exercising outside exposes your skin to the sun's damaging **UV radiation**. Use a broad spectrum or UVA/UVB sunscreen. Don't forget to reapply!



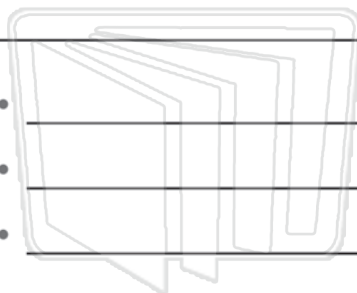
Drink plenty of **water** to avoid overheating and dehydration before, during and after exercise. Decrease exercise during periods of high heat and humidity.



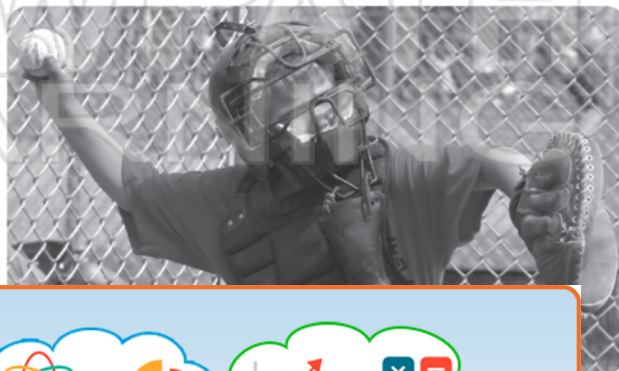


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Personal Safety



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PREVIEW

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