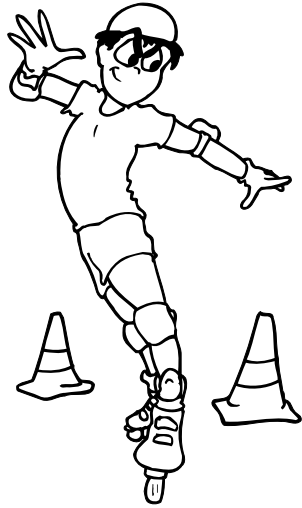


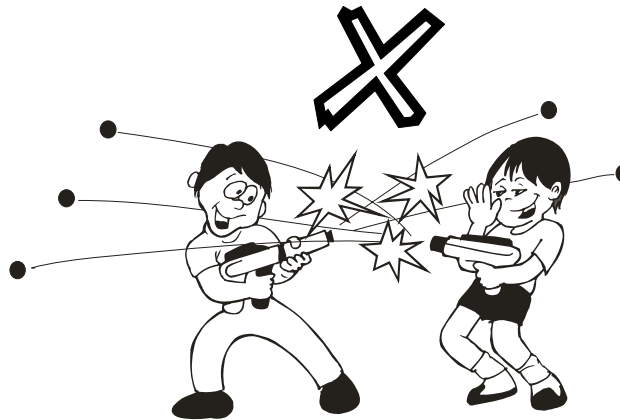
- use protective devices if necessary e.g. goggles, knee protectors



- Always warm up before exercises and cool down afterwards by doing stretching exercises
- Use appropriate and well-fitting sports equipment that are in good condition
- Have proper supervision from coaches for certain sports
- Perform high-speed activity e.g. roller skating on spacious ground and observe safety rules
- Don't exercise when you are unwell
- Stop exercising immediately if you feel pain, breathless, giddy or tired
- Never perform risky acts for the sake of impressing people

In festive activities and major events

- Control yourself and act sensibly when meeting your idol, watching a ball game or attending a concert
- Avoid going to overcrowded places
- Pay attention to road diversions or road blocks
- Follow the police's instructions e.g. one-way progression
- Don't push or run erratically in the crowd
- Don't spray pressurized substance in the crowd
- Avoid risky activities e.g. fireworks, air gun



ACCIDENT PREVENTION



On the Road

1. As a Pedestrian



- Observe pedestrian safety rules e.g. follow traffic lights
- Use zebra-crossings, footbridges or subways when crossing the roads as far as possible
- Don't play in the street or driveway and pay attention to the traffic
- Don't use mobile phone while crossing the road

2. As a Cyclist



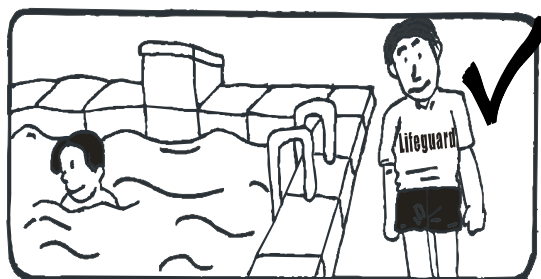
- Wear a bike helmet meeting safety standards to protect oneself from injury
- Make sure nothing will get caught in

your bike chain or wheels

- Check that the brakes are working and the tyres are inflated and in good condition
- Make sure the appropriately seat, handlebars, chain & wheels fit tightly
- Cycle in safe places e.g. cycling path
- Avoid wearing headphones when you cycle
- Observe road safety rules
- Avoid dangerous acts e.g. gliding down a slope quickly

3. As a car Passenger

- Always use safety belts
- Don't lean any part of your body out of the window
- Don't disturb the driver during the journey



In the Water

- Swim in safe places such as swimming pools or beaches with lifeguards

- Observe warning signs e.g. bad weather, presence of sharks and follow advice accordingly
- Keep away from areas where there are boats, wind-surfers or people fishing
- Don't go swimming alone
- Don't rely on air-beds or other inflatables



- Don't go swimming if you are tired, sick or hungry or when your stomach is full
- Never dive into water without first knowing the depth and likelihood of unseen objects

During Exercise

- Choose exercises or sports appropriate to your health status, fitness level and abilities
- Dress appropriately
 - wear light, loose, absorbent clothing,
 - wear comfortable, well-cushioned shoes