

# SAFETY ZONE

**A Life Safety  
Newsletter For  
Grades 5 & 6**

## What happens in a car crash

Have you ever wondered what happens inside a car when it crashes? In a crash, there are actually three collisions:

1. The car's collision
2. The human collision
3. The internal collision

### The car collision

During a collision, the car comes to a complete stop. At 30 m.p.h., a car hitting an object that is not moving will crumple in about two feet. As the car crushes, it absorbs some of the force of the collision.

### The human collision

The second collision is the "human collision." At the moment of impact, passengers in the car are still traveling at the vehicle's original speed. When the car comes to a complete stop the passengers continue to be hurled forward until they come in contact with some part of the automobile; for example, the steering wheel, the dashboard, the front window or back of the front seat. Humans in a crash can also cause serious injuries to other humans when they collide with each other. People in the front seat of a car are often hit by rear-seat passengers as they fly forward with incredible force.

### The internal collision

In a crash, even after a human body comes to a complete stop, its internal organs are still moving. Suddenly, these internal organs slam into other organs or the skeletal system. This "internal collision" is what often causes serious injury or death.

Imagine what happens when someone's head collides with the windshield of a car. After the person stops moving, the brain hits the inside of the skull. The result may be only a mild concussion or there could be permanent brain damage.

**Write a sentence in the lines below about how you think serious injuries can be prevented in a crash.**

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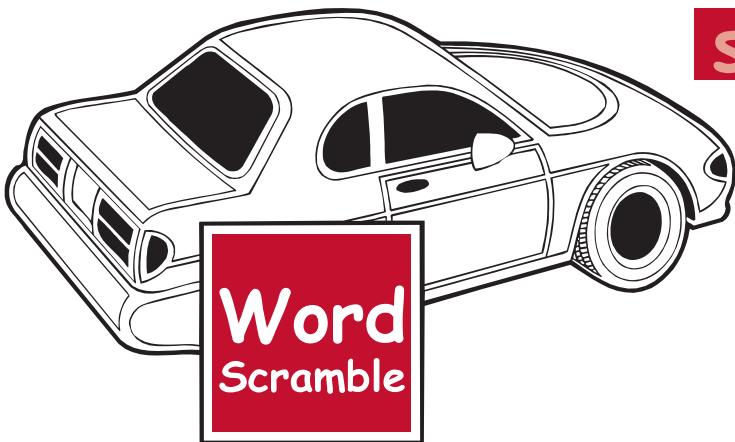
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### It's the law

In Washington State, the law requires that everyone riding in a motor vehicle use a restraining system (child safety seat, booster seat, or seat belt). On a separate piece of paper, write a paragraph explaining whether you think it is better to have laws that require everyone to use a restraining system or laws that require only children to use restraints.

# Scramble



Unscramble the words below to create motor vehicle safety rules. Write the correct safety rule on the lines provided. Select one of the rules and write a paragraph at the bottom of the page explaining why it is important.

1. lawsay arew a taesletb hnew diring ni a veclhei.

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2. revne tpu ruyo tesbalte dnure yruo mra ro dinheb ryuo ckab.

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3. ckba east si steb rof skid sesl nhta neehtitr.

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4. veenr hotwr gsnihc seidni a usb.

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5. atsnd kcab efiv tniag spset mrof het sub.

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6. kema resu stdaul klbuec pu oot.

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7. vneer hgan msra ro gsle tou fo a wdionw.

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I picked rule #\_\_\_\_\_. It is an important rule because...

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1. Always wear a seatbelt when riding in a vehicle.	2. Never put your seatbelt under your arm or behind your back.
3. Back seat is best for kids less than thirteen.	4. Never throw things inside a bus.
5. Stand back five giant steps from the bus.	6. Make sure adults buckle up too.
7. Never hang arms or legs out of a window.	

**Answer Key:**