

# Workplace Readiness Skills for the Commonwealth Grades 9 – 10 School

## Professional Knowledge and Skills

11. **Health and Safety:** Follows safety guidelines and manages personal health

**Objective:** Student will identify physical and psychological needs.

### **Activities:**

1. Use Social Stories to introduce physical needs and physical changes.
2. Bring in guest speakers and identify community resources to inform students of available resources that provide information about physical and psychological needs.
3. Have each student create a list of concerns about self or peers that they can discuss with peers and responsible adults.

### **Resources for Activities:**

<http://www.discoveryeducation.com/teachers/free-lesson-plans/mypyramid-simple-steps-for-healthy-living.cfm>

**Objective:** The student will follow safety guidelines and identify safety hazards in the school/workplace.

### **Activities:**

1. Have students take the online OSHA Course at cost of \$12/student.  
[www.careersafeonline.com](http://www.careersafeonline.com)
2. Student will develop a poster on a workplace safety hazard.
3. Have student identify appropriate clothing for specific careers/workplaces.

4. Have students play interactive safety games on the internet.

[http://www.helpkeepkidssafe.org/games\\_teens.html](http://www.helpkeepkidssafe.org/games_teens.html)