



Safety at Home
Outdoor Safety
Community Safety



每日健康·Everyday Health

人身安全

Safety



每日健康 · EVERYDAY HEALTH

人身安全

S a f e t y

Globe Fearon (美) 著

丛书主编：王小萍 杨阳 申菁

本系列主编：杨阳

本册改编：李慧芳

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每日健康——人身安全

Globe Fearon (美) 著

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在新世纪,学好英语的重要性毋庸置疑。但在倡导素质教育的今天,如何提高学习英语的效率,如何能够学以致用,无疑仍是同学们所面临的一大难题。虽说条条大路通罗马,但最好不要走弯路,更不要误入歧途。

国家《英语课程标准》要求初三毕业达到国家五级水平,高三毕业应达到七级水平。在五级的总体目标中有这样的要求:能就日常生活的各种话题与他人交换信息并陈述自己的意见;七级标准的要求就更进了一步,即能就较广泛的话题交流信息,提出问题并陈述自己的意见和建议。

由此可见,学习英语的重要目的是交流,而交流的内容应该丰富多彩,并与我们的生活紧密相关,学习英语是一个艰苦而快乐的过程。基于这种想法,几经筛选,我在培生教育出版公司的出版物中发现了以下四个系列的图书,首先吸引我的是它们的系列书名:Active Learning, Life Skills, A Money Matters Guide 和 Everyday Health。通过仔细阅读,我惊喜地发现它们无论是语篇内容,还是涉及的知识领域以及语言难度,都非常适合广大中学生使用。

这套丛书很好地体现了学科融通的教育理念,语篇紧密结合实际生活,通过完成一个个活动,使同学们既丰富了相关的课外知识,又掌握了一定的实际技能,而当同样的场景在生活中再次呈现的时候,我们就会快速地从大脑中提取相应的信息来有效地应对。也就是说,通过学习这套丛书同学们可以达到学习语言和增强自身适应社会能力的双重目的。经过系统的学习,同学们的综合素质无疑会得到显著的提高,而这也正是我将本丛书命名为“素质英语”的初衷。

愿同学们能够从《素质英语——中学英语选修课丛书》中获取给养、增长学识、完善技能,逐步提高自身的综合素质,以充沛的勇气和信心面对21世纪的诸多挑战!

序 言

《每日健康》系列丛书旨在向广大中学生提供健康、安全、防病、保健等方面的知识，使同学们能拥有健康的体魄、和谐的家庭，能增强自我保护意识，能了解营养和保险方面的常识，在增长学识才干的同时身心健康地茁壮成长。作为高中英语泛读课、选修课教材，本系列丛书不仅能帮助同学们拓展知识面，了解异国文化，而且能激发阅读兴趣，提高语言素质。

本系列丛书由六本分册组成：《人身安全》、《体育锻炼》、《科学膳食》、《个人保健》、《家庭生活》和《保险常识》。

《人身安全》侧重于如何预防各种事故的发生，比如火灾、车祸、运动损伤、暴力袭击等。《体育锻炼》涉及如何保持一生健康：测评健康状况，提高身体素质，坚持体育锻炼，监控锻炼进展。《科学膳食》讲述营养与饮食的基本常识，教你如何改正不良饮食习惯，如何阅读食品成分说明，如何达到理想体重。《个人保健》阐明个人卫生对身体保养、疾病预防的作用以及传染病、性病的起因、症状和治疗。《家庭生活》分析家庭在当今社会的构成和作用，包括家庭类型、家庭关系和家庭职责等。《保险常识》列举个人与家庭进行健康保险的必要性，医疗保险的运作以及各种健康险种的范围、费用、要求等。

本系列丛书侧重文章的内容理解而非语法知识，因此，每课书的学习目标和练习都以内容为主，语言为辅。为了帮助同学们扫清词汇障碍，每课书还都配有单词及词组注释，包括音标、词性和中文释义。另外，各分册各课编排体例保持一致，主要包含中英文题目、导学、学习目标、文化背景、正文、语言难点、练习及其答案，脉络清晰，使用方便。

导学

人身安全是我们生活幸福的前提，那么究竟如何使我们的生命免于伤害呢？本书紧紧围绕日常生活话题展开，将给同学们提供许多切实可行的指导性建议。

书中所提到的都是日常生活中经常发生却又容易被我们忽视的事情。如果同学们多了解一些这方面的知识，就知道如何预防和应付此类问题，从而保护我们宝贵的生命。比如如何安全存放药品、如何遵守交通规则、如何防抢防盗。第三单元中提到的校园暴力问题以及枪支存放问题虽然对中国学生来说比较陌生，但却提供给我们一个透视世界的窗口，使我们了解此类事件的危害，从而加强防范意识，同时也对国外社会及校园生活有全面和客观的认识。大家不仅能学到基本的语言知识，还能掌握生存的技能和本领。

本书共分三个单元，每个单元由三篇课文及单元复习组成。第一单元介绍了家庭安全问题，主要讲了如何预防室内事故和家庭火灾以及如何火里逃生。第二单元讲的是户外安全问题，比如如何救助发生事故的人以及如何注意在公路上或在水边娱乐时的人身安全。第三单元重点谈了社区安全问题，包括如何在家中安全存放枪支，如何预防校园暴力以及如何预防社区中的入室抢劫和偷窃。

愿同学们珍惜生命，每天生活在安全和快乐之中！

ABOUT THIS BOOK

Safety



Do you read newspaper stories about accidents?

Headlines such as these are common today. How can such accidents¹ be prevented²? What can you do to prevent household accidents? What can you do to prevent a fire at home? How can you help stop violence³ at school?

Lessons in this book will give you useful information to prevent these kinds of accidents.

Language Notes | 语言难点

1. accident /'æksɪdənt/ *n.* 意外; 事故

2. prevent /prɪ'vent/ *v.* 防止; 预防

3. violence /'vaɪələns/ *n.* 暴力; 暴行

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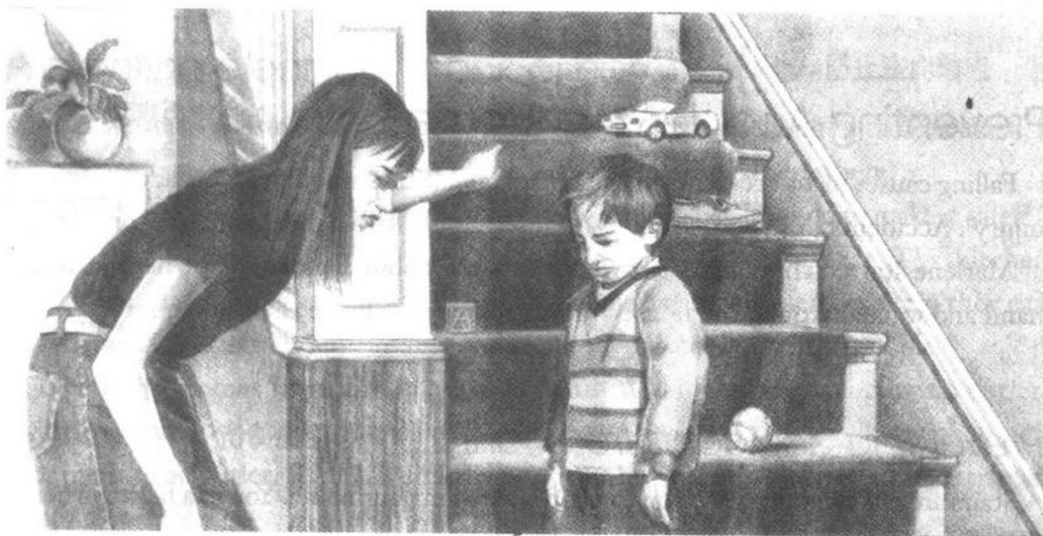
Answer Key 参考答案

Unit 1

Safety at Home 家庭安全

Lesson 1

Safety in the Home 室内安全



Do you have younger brothers or sisters? You can help make your home safe by reminding young children to pick up their toys from the floor and stairs.

Lead-in 导读

你有弟弟妹妹吗？如果有的话，你知道应该如何提醒他们注意室内安全吗？例如如何避免从楼梯上摔下来？如何防止触电？如何预防误食药物而中毒？让我们一起从文中寻找答案吧。

Learning Objectives 学习目标

You will be able to:

- ▶ Take actions to prevent falls from the stairs at home.
- ▶ Prevent electrical shocks at home.
- ▶ Prevent poisonings at home.
- ▶ Learn the sentence pattern “could + be”, indicating the probability.

Culture Notes 文化背景

美国家庭一般房子面积较大，子女较多，家里电器化程度较高，所以如何注意家庭安全十分重要。父母一般会不失时机地给子女灌输这方面的知识。

Marlene was home taking care of her little brother, Joshua. She heard a bump¹ and a crash². "Joshua, are you all right?" she yelled³.

Marlene found Joshua sitting at the bottom of the stairs. He was crying but not hurt. Marlene noticed that Joshua had been playing with his toys on the stairs. There were toys all the way to the top step!

"Don't you know not to put your toys on the stairs?" Marlene asked. "What if someone came down and didn't see them? Someone might trip⁴ on a toy. They could have an accident and fall down the stairs!"

Preventing Accidents at Home → 防止室内事故

Falling causes most accidents in the home. Sometimes when people fall, they get an injury⁵. Accidents in the home are also caused by electrical shock⁶ and poisons⁷.

Marlene started thinking about what she knew about accidents. She held Joshua's hand and walked around the house looking for ways to make their home safer.

Preventing accidents from falls → 避免摔伤

Stairs are not the only place you can trip and fall in your home. You can fall anywhere. You can do many simple things to prevent falls. In the kitchen, don't stand on a chair to reach a high shelf. Instead, stand on a sturdy⁸ stool or step ladder to reach high shelves. Make sure the kitchen floor is dry so you do not slip and fall.

Many people fall in the bathroom. Be sure to put a nonskid⁹ mat¹⁰ in the bathtub¹¹ or shower. Place a nonslip mat where you step out of the tub or shower. It's very easy to slip when your feet are wet. Pick up towels¹² and clothes from the bathroom floor. You can trip over them, too.

If you have stairs in your home or in your apartment building, here are some things you can do to prevent accidents. Make sure the stairs are well lighted. Hold onto the handrails¹³ when going up and down the stairs. Don't put anything on the steps. You can trip on even the smallest object placed on a step.

People often trip and fall at night when it's dark. Have a light next to your bed. Keep a night light on in hallways and in the bedrooms of small children.

Language Notes | 语言难点

- | | | |
|---------------------------------------|--|---|
| 1. bump /bʌmp/ <i>n.</i> 碰撞声 | 6. electrical shock 电击 | 11. bathtub /'bʌ:θtʌb/ <i>n.</i> 浴盆; 浴缸 |
| 2. crash /kræʃ/ <i>n.</i> 碰撞声 | 7. poison /'pɔɪzn/ <i>n.</i> 毒药; 毒物 | 12. towel /'taʊəl/ <i>n.</i> 毛巾; 手巾 |
| 3. yell /jel/ <i>v.</i> 大喊 | 8. sturdy /'stɜ:di/ <i>adj.</i> 坚固的 | 13. handrail /'hændreɪl/ <i>n.</i> 栏杆; 扶手 |
| 4. trip /trip/ <i>v.</i> 绊倒; 跌倒 | 9. nonskid /'nɒnskɪd/ <i>adj.</i> 防滑的, 不滑的 | |
| 5. injury /'ɪndʒəri/ <i>n.</i> 伤害; 损害 | 10. mat /mæt/ <i>n.</i> 席子; 小垫子 | |

Safety in Action → 活学活用

Find out how much you know about preventing falls in your home.

选择正确答案，看看你知道多少避免在家里摔跤的知识。

1. Circle all the ways to prevent falls.

- a. use a nonskid mat in the tub
- b. don't stand on chairs
- c. don't light stairs
- d. store toys on the stairs

Preventing electrical shock at home → 防止室内触电

Marlene continued looking for ways to prevent accidents. She found a radio, a clock, a lamp, and a tape player in her sister's room. There were cords¹ everywhere!

"This doesn't look safe," thought Marlene. "I wonder what I can do to make it safer?"

We use electricity in our homes every day. We plug² in radios, clocks, TVs, kitchen appliances³, hair dryers, and lamps. When these objects are not used correctly, they can be a hazard⁴. A hazard is any unsafe condition that can cause harm to people.

Electricity⁵ comes from an outlet⁶ in the wall. When you put a plug in the outlet, electricity travels through the cord to the appliance. A plug is the *only* thing you should ever put into an outlet. If a small child lives in your home, cover the outlets with special safety plugs.

Sometimes you can get an electrical shock when you plug too many things into the same outlet. Most outlets have room to safely plug in only two things at a time.

Here are some other things you can do to prevent an electrical shock.

- Keep all electrical appliances away from water.
- Never touch the metal part of the plug.
- Unplug⁷ a lamp before you replace the light bulb.
- Do not use an appliance if the cord is broken.

Think about It → 思考题

Reading Comprehension 阅读理解

2. What can you safely put into an electrical outlet?

- a. a sharp knife
- b. your finger
- c. a plug
- d. a metal wire

3. When is it safe to use an appliance with a broken electrical cord?

- a. never
- b. if the appliance seems to be working well
- c. if it is broken in only one place
- d. only if an adult is present

Language Notes | 语言难点

1. cord /kɔ:d/ *n.* 细绳; 绝缘的小电线

2. plug /plʌg/ *v.* 插上插头通电

3. appliance /ə'pleɪəns/ *n.* 电器用具; 设备

4. hazard /'hæzəd/ *n.* 危险

5. electricity /,ɪlek'trɪsɪti/ *n.* 电

6. outlet /'aʊtlet/ *n.* 电源插座

7. unplug /ʌn'plʌg/ *v.* 拔去(塞子、插头等)

Preventing poisonings at home

→ 防止药物中毒

Most homes have many common products that can be health hazards. A household product can be a poison if swallowed¹ accidentally. But, like most accidents, swallowing poisons can be prevented.

Some poisons² are found in your medicine cabinet³. Make sure you follow all the directions on a medicine package. Ask an adult if you have a question. Leave all medicines in their original bottles. Make sure the bottles have a clear label. Keep all medicines away from young children. Be sure all medicine bottles have childproof³ caps.

Household cleaners such as detergent⁴, window cleaner, and disinfectant⁵ can be poisons if you drink them. A safe place to store these cleaners is in a locked closet. You can also keep them on a high shelf where small children cannot reach them.



You can prevent poisoning at home by marking all dangerous materials with a "yucky" face⁶. Teach small children what this face means.

Lesson Review → 课文回顾

Reading Comprehension 阅读理解

4. Circle the correct way to prevent poisoning from medicines.
 - a. Put medicine in colorful bottles.
 - b. Use childproof caps.
 - c. Remove all labels.
5. Describe two things you can do to prevent an electrical shock.

Vocabulary Matching 词义匹配

Column 1

6. a substance that makes a person sick
7. an unsafe condition that can cause harm to a person
8. an unexpected event that results in injury
9. a painful jolt of electricity

Column 2

- ___ a. hazard
- ___ b. accident
- ___ c. electrical shock
- ___ d. poison

Portfolio → 实践积累

What Would You Say 说说看

10. Work with a partner. Suppose you saw someone putting medicines in brightly colored bottles because they looked pretty. Write a dialog to explain to the person why that is not safe.

Language Notes | 语言难点

1. swallow /'swɒləu/ *v.* 咽; 吞嚥
2. medicine cabinet /'kæbɪnɪt/ 医药箱
3. childproof /'tʃaɪldpru:f/ *adj.* 对孩童安全的

4. detergent /dɪ'tɜːdʒənt/ *n.* 清洁剂
5. disinfectant /dɪsɪn'fektənt/ *n.* 消毒剂; 杀菌剂
6. yucky /'jʌki/ *adj.* 令人厌恶的; 令人不快的

Lesson 2

Fire Prevention 预防火灾



If you can prevent fires at home, you won't need to call the firefighters for help.

Lead-in 导读

据统计,美国每年有四千余人死于火灾,其中许多火灾是发生在家中。这是一个多么可怕的事实!由此可见预防家庭火灾的重要性。预防火灾首先必须了解引起家庭火灾的几个主要原因,预防家庭火灾必需的设施,哪种灭火器最适用家庭等等。

Learning Objectives 学习目标

You will be able to:

- ▶ Recognize fire hazards at home.
- ▶ Describe the importance of storing flammable material safely.
- ▶ Decide where to place smoke detectors and fire extinguishers at home.
- ▶ Learn the sentence pattern "when + adverbial clause".

Culture Notes 文化背景

美国的主流文化非常重视家庭生活的质量。一个人的社会地位愈高,对其家庭生活的规范要求愈严。所以,一般的美国家庭都会很重视家庭火灾的预防以及诸如此类的问题。

Antonio and his friends were playing basketball at the park. They saw two fire trucks racing down the street. "Where do you think they're going?" Antonio asked.

"They look like they're stopping at Mr. Ramirez's house," answered Manuel. "Let's go see what's going on."

When the boys got to Mr. Ramirez's house, he was sitting on the sidewalk across the street.

"Mr. Ramirez," Antonio asked, "how did the fire start?"

Mr. Ramirez answered, "I was making dinner when some grease¹ on the stove caught fire. I tried to put it out. At least my dog and I got out OK."

Preventing Fires at Home → 防止室内火灾⁴

Fires at home can be very dangerous. Sometimes they can be deadly. Each year in the United States more than 4,000 people die from fires and burns. Not all of these fires happen at home, but many do. A fire at home can start without warning. Do you know how to prevent a fire at home?

Preventing fires in the kitchen → 防止厨房火灾

Most fires at home start in the kitchen. Sometimes food in the oven² gets too hot and catches fire. Other times, grease or bits of food on the stove can catch fire. Grease also can splash³ out of a pan onto a hot burner and catch fire.

You can prevent kitchen fires. One way to make sure a fire doesn't start is to keep the stove and oven clean. Wipe up all grease after you finish cooking. Always watch pots and pans while you are cooking. Food can catch fire in just a few seconds. Turn pot handles to the center of the stove. This way the pots won't be knocked off the stove.

Preventing other kinds of fires at home → 防止其他室内火灾

There are other causes of fires at home. Sometimes a fire starts when someone throws a hot match into a wastepaper basket. Dip matches in water or make sure they are cool before you throw them away.

Never let small children play with matches or lighters. Don't leave matches or lighters where children can reach them. Did you know that children playing with matches is the fourth leading cause of fires in the home?

Sometimes fires at home are caused by flammable⁴ materials. You know that paper and wood burn easily. Did you know that cleaning fluids⁵, oily or paint-soaked rags, aerosol⁶ cans, gasoline, kerosene⁷, and some paints are also flammable?

Language Notes | 语言难点

1. grease /ɡreɪs/ *n.* 油脂; 脂肪

2. oven /'ʌvən/ *n.* 烤箱; 烤炉

3. splash /splæʃ/ *v.* 泼; 溅

4. flammable /'flæməbl/ *adj.* 易燃的

5. fluid /'fluːɪd/ *n.* 液体; 液

6. aerosol /'eərəsol/ *n.* 液化气体

7. kerosene /'kerəsiːn/ *n.* 煤油; 火油

Keep all flammable materials away from heat sources such as the stove or heat ducts¹. If possible, store these materials outside your home. Never place an aerosol can near a stove, on top of a radiator², or in a hot, sunny window. If these cans get too hot, they explode.

Sparks from faulty³ electrical wiring can sometimes cause fires in the home. Be sure to have the electrical system in your home checked regularly. Remember: Never use an electrical appliance if the cord looks damaged.

Another thing you can do to prevent fires in your home is to clean up trash⁴ inside and outside your home. You should especially clean up old newspapers, magazines, and paint cans. Trash will serve as fuel⁵ if a fire does start in your home.

Safety in Action → 活学活用

1. What actions can you take to prevent a fire in your home?

2. What is a flammable material? Give two examples.

Smoke Detectors Can Save Lives

→ 烟雾探测报警器可挽救生命

Antonio walked over to Mr. Ramirez. "You're really lucky you weren't hurt," he said.

"I know," said Mr. Ramirez. "I looked for my fire extinguisher but it wasn't where it should have been. I wonder what I did with it?"

"Do you think a fire extinguisher would have helped?" asked Antonio.

"The fire started out small. I might have been able to put the fire out myself if I had my fire extinguisher," Mr. Ramirez replied. "At least the smoke detectors⁶ went off⁷."

"I keep telling my folks we need smoke detectors at home," said Antonio. "Maybe now they'll listen to me."

Language Notes | 语言难点

1. duct /dʌkt/ *n.* 导管; 包电缆之管
2. radiator /ˈreɪdiəntə(r)/ *n.* 暖气片; 散热器
3. faulty /ˈfɔːlti/ *adj.* 不合格的; 不完善的
4. trash /træʃ/ *n.* 垃圾; 废料

5. fuel /fjuəl/ *n.* 燃料
6. smoke detector 烟雾探测报警器
7. go off 响起



Put smoke detectors in your home. It's easy to do. It could save your life.

Most injuries and deaths caused by fires at home happen at night when people are sleeping. They don't smell the smoke in time to get out of the house safely. A smoke detector sounds an alarm when even a small amount of smoke is present. This early warning signal¹ gives people time to escape from a burning building.

Smoke detectors are not expensive. You can buy them at many hardware, grocery, and drug stores. When you buy a smoke detector, look for a UL (Underwriters Laboratory²) or FM (Factory Mutual³) label to be sure you buy a good smoke detector.

Where to put smoke detectors → 烟雾探测报警器的安装位置

Most fire fighters say you should have at least one smoke detector in your home. Sometimes, you should have more than one, depending on the size of your home.

The best place to put a smoke detector is in the hallway outside bedrooms. Place the smoke detector on the ceiling in the center of the hallway. Then if the smoke detector goes off in the middle of the night, everyone can hear it.

Taking care of a smoke detector → 保养烟雾探测报警器

Once you have installed smoke detectors in your home, don't forget about them. Check the batteries in your smoke detectors every month. Most smoke detectors have a button on them. Pressing this button lets you know if the battery is still good. Some new smoke detectors will beep⁴ when the battery needs to be replaced. One safe way to know that the battery is good is to replace it twice a year — on the same days you change the clocks for Daylight Savings Time⁵ and Standard Time.

Language Notes | 语言难点

1. signal /'si:nl/ *n.* 信号; 导火线

2. Underwriters Laboratory /'ʌndəwaɪtəz lə'bɒrətəri/ (美国) 保险商实验所

3. Factory Mutual /'fæktəri 'mju:tʃuəl/ 工厂互济会

4. beep /bi:p/ *v.* 发嘟嘟声

5. Daylight Saving Time 夏令时

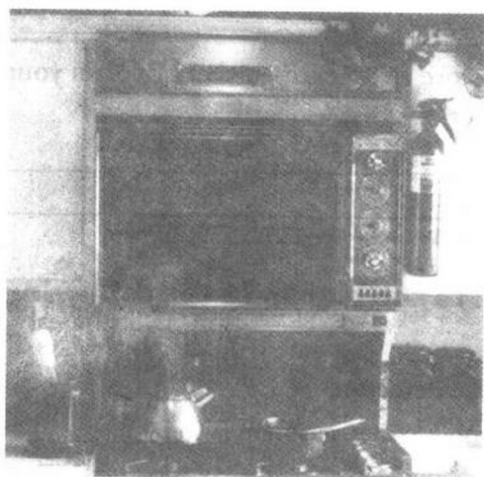
Think about It → 思考题

3. What can you do to be sure your smoke detector is working well?

What Kind of Fire Extinguisher Do You Need?

→ 你需要什么类型的灭火器?

A fire extinguisher is a tool used to put out¹ a fire. Most fire extinguishers contain chemicals that “smother”² a fire. Each home should have at least one fire extinguisher.



Do you have a fire extinguisher in your home? You should.

Many fire extinguishers come with brackets³ to attach them to a wall. The kitchen is a good place to keep a fire extinguisher. The garage is another good place for one.

You can buy different kinds of fire extinguishers for your home. Different kinds of extinguishers are used on different kinds of fires.

You might want to get the kind of fire extinguisher that puts out many different types of fires. These kinds of extinguishers put out fires caused by burning cloth, paper, rubber, and wood. They also can be used on fires caused by cooking grease, gasoline, or oil.

They can even put out fires caused by sparks⁴ in electrical equipment. You can check with local fire officials to be sure you have the right kind of fire extinguisher for your home.

Fire extinguishers are easy to use. Directions are clearly written and printed on the outside of the extinguisher. Once you have a fire extinguisher in your home, make sure all family members know how to use it.

After you use your fire extinguisher, you might have to buy a new one. Sometimes a used fire extinguisher can be refilled⁵. Check with your local fire department to find out what to do with your fire extinguisher after you use it.

Language Notes | 语言难点

1. put out 扑灭

2. smother /'smʌðə(r)/ v. 使窒息; 把……闷死

3. bracket /'brækit/ n. 墙上突出的托架

4. spark /spa:k/ n. 火花, 电火花

5. refill /'rifil/ v. 再装满; 补充