



Safety and Rules

Vocabulary Long List

Topic vocabulary, useful phrases, phrasal verbs and idioms | Cambridge IGCSE ESL

<p>1 Learn by theme Study one table at a time.</p>	<p>2 Notice combinations Learn complete phrases, not isolated words.</p>	<p>3 Use the examples Adapt each sentence for speaking or writing.</p>
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Road safety

Word or phrase	Meaning	Example sentence
road safety	actions and rules that prevent accidents on roads	Road safety lessons protect children.
warning sign	a sign showing possible danger	The warning sign told drivers to slow down.
speed limit	the maximum legal speed	Drivers must obey the speed limit.
pedestrian crossing	a marked place for people to cross roads safely	Use the pedestrian crossing near the school.
seat belt	a strap that keeps passengers safe	Always wear a seat belt.
be aware of risks	notice possible dangers	Cyclists must be aware of risks.
visibility	how clearly something can be seen	Reflective clothing improves visibility at night.

Online safety

Word or phrase	Meaning	Example sentence
online safety	protecting yourself when using the internet	Online safety is important for teenagers.
privacy setting	a control that limits who sees information	Check your privacy settings regularly.
strong password	a password that is difficult to guess	A strong password protects accounts.
personal information	details that identify someone	Do not share personal information with strangers.
cyberbullying	bullying that happens online	Schools should respond quickly to cyberbullying.
report abuse	tell a platform or adult about harmful behaviour	Users can report abuse in an app.
two-factor authentication	a login method requiring two forms of proof	Two-factor authentication makes accounts safer.



SAFETY AND RULES | CORE VOCABULARY

Instructions and warnings

Word or phrase	Meaning	Example sentence
follow instructions	do what directions tell you to do	Follow instructions during a fire drill.
avoid danger	stay away from risky situations	Safety barriers help people avoid danger.
emergency exit	a door used to leave during danger	Keep the emergency exit clear.
safety procedure	steps followed to reduce danger	The lab has a strict safety procedure.
first aid	basic help given to an injured person	Students learned simple first aid.
alarm	a warning sound or signal	The alarm rang during the drill.
hazard	something that could cause harm	Wet floors are a common hazard.

School rules

Word or phrase	Meaning	Example sentence
school rule	an expected behaviour in school	A school rule should be clear and fair.
fair rule	a rule that treats people reasonably	Students are more likely to follow a fair rule.
keep order	maintain calm and organised behaviour	Rules help teachers keep order.
detention	time kept after school as a punishment	Detention is used for repeated lateness.
uniform policy	rules about school clothing	The uniform policy applies to all students.
behaviour code	written expectations for conduct	The behaviour code explains respectful language.
punctuality	being on time	Punctuality is part of the school behaviour code.



SAFETY AND RULES | CORE VOCABULARY

Public behaviour

Word or phrase	Meaning	Example sentence
public behaviour	conduct in shared places	Public behaviour affects everyone's comfort.
respect others	treat people politely and fairly	Passengers should respect others on buses.
take responsibility	accept duty for your actions	Young people should take responsibility for mistakes.
anti-social behaviour	actions that disturb or harm others	Graffiti can be anti-social behaviour.
noise restriction	a rule limiting noise	The building has noise restrictions after ten.
community standard	behaviour expected by a community	Clean streets are a community standard.
littering	dropping rubbish in a public place	Littering damages the local environment.

Health and hygiene rules

Word or phrase	Meaning	Example sentence
hygiene	practices that keep people and places clean	Good hygiene reduces illness.
food safety	handling food in a way that prevents harm	Restaurants must follow food safety rules.
wash hands	clean hands with soap and water	Wash hands before preparing food.
protective equipment	items worn to reduce danger	Workers wear protective equipment.
safe storage	keeping items in a safe place	Medicines need safe storage.
prevent infection	stop disease from spreading	Masks can help prevent infection in some situations.
sanitise	clean something to reduce germs	Tables should be sanitised after use.



SAFETY AND RULES | CORE VOCABULARY

Emergency response

Word or phrase	Meaning	Example sentence
emergency	a serious or dangerous situation	Call for help in an emergency.
emergency services	police, fire or medical services	Emergency services arrived quickly.
evacuation	leaving a dangerous place	The evacuation was calm and organised.
fire drill	practice for leaving during a fire	The school holds a fire drill each term.
assembly point	place where people meet after evacuation	Students waited at the assembly point.
stay calm	avoid panic	It is important to stay calm in an emergency.
emergency contact	a person to contact in a serious situation	The form asks for an emergency contact.

Reasons for rules

Word or phrase	Meaning	Example sentence
protect people	keep people safe from harm	Rules are designed to protect people.
reduce accidents	make accidents less likely	Better lighting can reduce accidents.
legal requirement	something the law says must be done	Wearing a helmet may be a legal requirement.
common sense	practical good judgement	Common sense prevents many problems.
consequence	a result of an action	Unsafe behaviour has consequences.
responsible behaviour	sensible actions that consider others	Responsible behaviour keeps communities safe.
safety measure	an action taken to reduce risk	Installing lights is a useful safety measure.



Phrasal verbs

Use these natural verb combinations when speaking or writing about this topic.

Word or phrase	Meaning	Example sentence
watch out	be careful	Watch out for traffic when crossing.
look out for	pay attention to	Look out for warning signs.
slow down	reduce speed	Drivers should slow down near schools.
keep away from	avoid going near	Keep away from damaged power lines.
lock up	secure with a lock	Lock up your bike outside the shop.
back up	make a copy of digital information	Back up important files.
shut down	stop operating	Shut down equipment after use.
break in	enter illegally	Someone tried to break in.
put out	stop a fire	Firefighters put out the fire.
call out	request emergency help	The school called out the fire service.
clear up	make tidy or remove danger	Clear up spills immediately.
stick to	continue following	Stick to the safety rules.

High-value collocations

follow instructions	avoid danger	notice a warning sign
be aware of risks	practise road safety	protect personal information
report cyberbullying	obey school rules	respect others
take responsibility	keep order	follow a fair rule
wear protective equipment	prevent infection	contact emergency services
stay calm	reduce accidents	show responsible behaviour



SAFETY AND RULES | LANGUAGE BUILDER

Idioms and figurative expressions

Use these selectively. One natural expression is more effective than several forced into the same answer.

Word or phrase	Meaning	Example sentence
better safe than sorry	it is wiser to be careful	Wear a helmet; better safe than sorry.
play with fire	take a dangerous risk	Sharing passwords is playing with fire.
look before you leap	think before acting	Look before you leap when posting online.
out of harm's way	away from danger	The teacher moved students out of harm's way.
on the safe side	choosing the safer option	Arrive early to be on the safe side.
cross the line	behave unacceptably	The joke crossed the line.
stick to the rules	obey the rules	Competitions are fair when players stick to the rules.
sound the alarm	warn people about danger	Residents sounded the alarm when smoke appeared.

Exam-ready language

Purpose	Useful sentence frame
Introducing a benefit	<i>One significant benefit is that...</i>
Introducing a drawback	<i>A possible drawback is that...</i>
Balancing an argument	<i>Although this offers clear advantages, it may also...</i>
Explaining a result	<i>As a result, people may...</i>
Giving an example	<i>A clear example of this can be seen when...</i>
Making a comparison	<i>Compared with..., this option is...</i>
Giving advice	<i>People can improve the situation by...</i>
Suggesting action	<i>One practical solution would be to...</i>
Expressing caution	<i>It is important to consider whether...</i>
Giving an opinion	<i>In my view, the most sensible approach is to...</i>