

# 3 Safety and First Aid



## Learning Objectives

After completing this chapter, you will be able to know about:

- ◆ safety rules to be followed at home, in the playground, in school and on the road
- ◆ first-aid tips for cuts, wounds, burns, insect bites, fainted person and nose bleeding
- ◆ first aid
- ◆ first-aid box

Use Cordova Smart Class Software on the smart board in class to know the safety rules to be followed in and around your home with focus on first-aid tips.

Accidents may occur anytime, anywhere, without giving any warning. We often get hurt at home, in school, in the playground or on the road. **Most of the accidents occur due to our carelessness. We can avoid most of the accidents by following safety rules.**

### SAFETY AT HOME

**Slipping on the Floor:** A wet floor is dangerous and can harm us. We may slip or fall on the wet floor easily.

To avoid such accidents, we should follow these safety rules:

- Keep the floor dry.
- Floors of kitchen and bathroom should not be slippery.
- Never leave your toys on the floor or stairs. You may trip over your toys.



Never leave your toys on the floor.



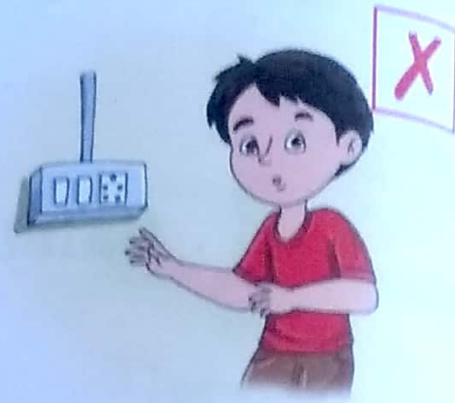
Stay away from a burning gas stove.

**Fire in the Kitchen:** Accidents due to fire in the kitchen can cause serious injury. To avoid such accidents, we should follow these safety rules:

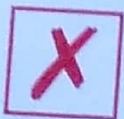
- In case of a gas leakage, open the doors and windows to let the gas out. Do not light matchsticks or turn on electric switches at the time of gas leakage.
- Do not pick up anything from a burning gas stove.
- Do not wear synthetic clothes while working in kitchen. They catch fire easily.
- Do not play with things made up of glass. They can break easily and cause cuts and wounds.

**Electric Shocks:** Electrical appliances are very useful to us, but they can be dangerous when handled carelessly. To avoid electric shocks, we should follow these safety rules:

- Do not touch an electrical gadget or switch with wet hands or barefoot.
- Do not go too close to heaters or table fans when they are 'ON'. Turn off the switches before touching them.
- Do not touch a damaged wire.
- When someone gets an electric shock or you notice a spark, turn off the main switch immediately.



Do not touch electric sockets.



Stay away from poisonous chemicals.

**Poisoning:** Poisoning is also a common kind of accident at home. To avoid such accidents, we should follow these safety rules:

- Never take any medicine unless your parents or a doctor gives it to you.
- All poisonous chemicals like floor cleaners and detergents should be kept away from eatables and reach of the children.
- Do not eat stale, spoiled and exposed food. It can cause food poisoning.

## SAFETY IN THE PLAYGROUND

We must be very careful while playing. We should follow these safety rules in the playground:

- Do not push or hit each other while playing.
- Do not play rough games.
- Stay away from the swings when someone is using them.
- Do not jump from the see-saw without informing your partner.



Do not play rough games.



Do not jump on the benches.

## SAFETY IN SCHOOL

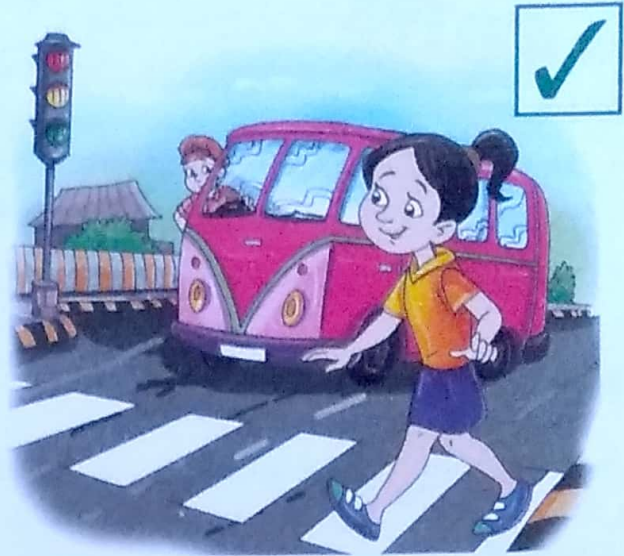
In school, many accidents happen when children are in a hurry. To avoid such accidents, we should follow these safety rules:

- Do not rush or push each other, especially on the stairs.
- Do not jump on the benches.
- Do not throw things in the class.

## SAFETY ON THE ROAD

Careless driving and carelessness of the pedestrians cause accidents on the road. We should follow these safety rules on the road:

- Always walk on the footpath.
- Always cross the road at the zebra crossing. When there is no zebra crossing, look first to your right, then left and then to your right again. When no vehicle is coming, then cross the road.
- Never cross a road behind a parked vehicle.
- Always follow the traffic lights.
- Never run or play on the road.



Use zebra crossing to cross the road.

### Multiple Choice Questions (MCQs)

Tick (✓) the correct answers:

1. Most of the accidents occur due to our  
(a) cleanliness.  (b) carelessness.  (c) awareness.
2. Always walk on the \_\_\_\_\_  
(a) footpath  (b) road  (c) road divider
3. Always follow the \_\_\_\_\_ lights on the road.  
(a) tube  (b) street  (c) traffic

## FIRST AID

The immediate help given to an injured person before the doctor's arrival is called first aid.

First aid plays an important part in our everyday life at home, in school or in playground. Everyone should learn about first aid. The injured person should be taken to a doctor after giving first aid.

Different types of injuries need different types of first aid.

### FIRST-AID TIPS

#### For Cuts and Wounds

- Wash your hands thoroughly before giving first aid to an injured person.
- In case of a deep cut, remove all the dirt from the wound. Then, clean the skin around it with small pads of cotton soaked in an **antiseptic lotion**. Tie a **bandage** around it to stop bleeding.
- Put a **band-aid** for a minor cut.



First aid for cuts and wounds

## For Minor Burns

To treat minor burns

- keep the burnt area under cold running water.
- put an ice pack on the burnt area for a few minutes.
- apply an antiseptic cream on the burnt part.



First aid during minor burn



First aid for insect bite

## For Insect Bites

To treat insect bites

- put a paste of baking soda and cold cream on the affected area.
- place ice cubes over the affected area.
- apply calamine lotion in case of itching.

## Multiple Choice Questions (MCQs)

Tick (✓) the correct answers:

1. The immediate help given to an injured person is called  
(a) first aid.  (b) second aid.  (c) third aid.
2. To treat an insect bite, we use a paste of \_\_\_\_\_ and cold cream.  
(a) washing soda  (b) baking soda  (c) burnol
3. We should put \_\_\_\_\_ on the burnt part.  
(a) hot pack  (b) ice pack  (c) cold pack

## If a Person Faints

When a person gets fainted, make him/her lie down with the head at a level lower than the body. It allows rapid blood circulation towards the brain. Allow fresh air around the person. Sprinkle cold water on his face and loosen his clothes.



First aid for a person who has fainted.

## For Nose Bleeding

In case of nose bleeding, pinch the nose for 7-8 minutes and lean slightly forward till bleeding stops. Put a cold wet towel on the face. The mouth should be open so that the person can breathe through mouth.



First aid for nose bleeding.



First-aid box

## FIRST-AID BOX

We all must have a first-aid box in our homes and schools. The first-aid box should contain an antiseptic lotion, sterilised gauze and cotton pads, a pair of scissors, band-aids, crepe bandage and antiseptic (something that prevents infection) cream.

## KEY WORDS

<b>First aid</b>	: immediate medical help given to an injured person
<b>Antiseptic</b>	: something that prevents infection



## Points to Remember

- ▶ Accidents occur due to our carelessness.
- ▶ Accidents can be avoided by following safety rules at home, in the playground, in school and on the road.
- ▶ First aid is given to an injured person before the arrival of a doctor.
- ▶ We must have first-aid box in our homes and schools.

## Exercises

(Use *Cordova Smart Class Software* on the *smart board* in class to do these exercises.)

### SECTION - A

#### Class Response

#### A Oral Questions:

1. Why should we follow safety rules?
2. How do accidents happen in school?
3. Why should we tie a bandage around a deep cut?

#### B Science Quiz:

1. Name an antiseptic lotion which is used to clean wounds.

2. What would happen if we eat stale, spoiled or exposed food?
3. Name two things that should be kept in a first-aid box.

### Worksheet

#### A Multiple Choice Questions (MCQs):

1. We should not play \_\_\_\_\_ games.
 

(a) rough	<input type="radio"/> (b) good	<input type="radio"/> (c) outdoor
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2. Floors must be kept dry to prevent
 

(a) skipping.	<input type="radio"/> (b) slipping.	<input type="radio"/> (c) sliding.
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#### B Circle the odd ones. Give reason for your choice:

- |                   |               |                |
|-------------------|---------------|----------------|
| 1. cotton         | bandage       | scarf          |
| 2. zebra crossing | fire          | traffic lights |
| 3. football       | nose bleeding | insect bite    |

#### C Fill in the blanks with the help of the given words:

1. Do not wear \_\_\_\_\_ clothes in the kitchen. (cotton/synthetic)
2. Never take a \_\_\_\_\_ unless your parents or a doctor gives it to you. (medicine/toffee)
3. Do not \_\_\_\_\_ each other while playing. (push/talk to)
4. Wash your hands thoroughly before giving \_\_\_\_\_ to an injured person. (support / first aid)
5. Apply an \_\_\_\_\_ cream on the burnt part. (fairness/antiseptic)

#### D Write 'T' for true and 'F' for false statements:

1. We should never cross a road behind a parked vehicle.
2. We can wear any type of clothes while working in kitchen.
3. We can avoid most of the accidents by following safety rules.

### SECTION - B

#### A Multiple Choice Questions (MCQs) Scientific/Practical skills:

1. We should never touch an electrical appliance with
 

(a) single hand.	<input type="radio"/> (b) dry hands.	<input type="radio"/> (c) wet hands.
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2. Always cross the road at the
 

(a) footpath.	<input type="radio"/> (b) zebra crossing.	<input type="radio"/> (c) road divider.
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#### Very Short Answer Questions:

1. Name two things which should be kept away from the children.
2. Which type of games we should not play?

### C Short Answer Questions:

1. How can we avoid accidents?
2. Give first-aid tips for cuts and wounds.
3. Anup and Arti are alone at home. Anup finds his younger sister with a bleeding nose. Anup gives her first aid immediately.
  - (a) Give first-aid tips for nose bleeding.
  - (b) What value is shown by Anup?

(Value Corner)

### D Long Answer Questions:

1. What safety rules do you follow in the playground?
2. What should we do when a person has fainted?

### E Think And Answer:

1. If someone gets a minor burn, what should he/she do? Tick (✓) the correct one.



2. Krish goes to the kitchen for a glass of water. He senses a bad smell of some gas there and notices that the knob of the gas stove is open. What should he do immediately?



## Activity

### Group Activity/Project

Make your own first-aid box. You can use an old shoebox. Put cotton pads, bandage, a pair of scissors, band-aid, antiseptic cream and lotion. Try to learn the use of each thing with the help of your teacher/parents.

### Group Discussion

As a pedestrian, what safety rules do you follow to avoid accidents on the road. Discuss in the class.

## Life Skill

If a person's clothes catch fire, throw water on him, ask him to roll on the ground, cover him with a blanket. All these would cut off the air supply and fire will be put off.



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