

### We shall learn :

- Safety at home
- Safety at school
- Safety on the road
- Safety on the playground
- Safety in the swimming pool
- First aid
- General rules

# 3

## Safety and First Aid



### WARM UP

Which of the following should you not do to keep safe?

Play with knife

Play with fire

Walk on the footpath

Keep the floor clean

Accidents are one of the greatest threats to our health and safety. If we are careful, we can prevent most accidents.

Most accidents occur due to carelessness. Accidents can happen anywhere—at home, in the school, in the playground, on the road and in other places too.

### Safety at Home

Many accidents can take place at home if we are careless. Follow these rules to keep safe :

- Keep the things in your home in proper order to prevent accidents.
- Keep yourself away from pointed and sharp objects.
- Keep the floor clean. If you spill something on the floor, wipe it off quickly.
- Do not leave your toys and other things lying on the floor.
- Use a step ladder or a stool to reach something high.
- Do not play with fire and matchsticks.
- Never run up and down on the stairs.
- Do not touch an electric wire or a switch with wet hands.

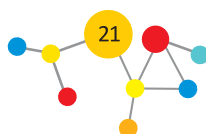


### Safety at School

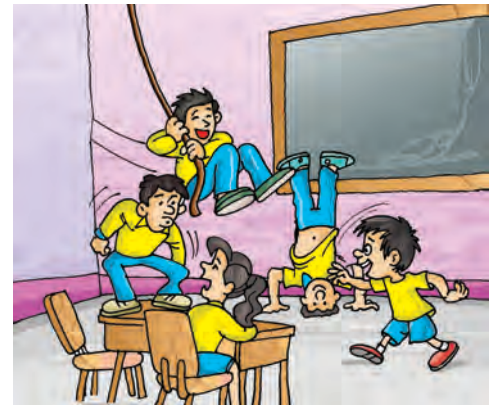
In schools, accidents can happen when children run and push each other.

Follow these rules to keep safe :

- Always walk gently in the corridors.



- Do not rush up or down the stairs. You may fall and hurt yourself and others.
- Do not climb on desks and chairs or throw things around.
- Always stand properly and make a queue in the canteen during recess.
- There is heavy rush during recess and after the last bell. Be careful at that time.



## Safety on the Road

Road accidents are very common. Most of these accidents occur when safety rules are not followed. You must follow these rules to keep safe :

- Walk on the footpath.
- Use the zebra crossing to cross the road when the lights are green.
- Do not play on or near a road.
- Do not cross the road when vehicles are passing.
- Do not rush. Start out in time.



## Safety on the Playground

Playing is great fun. Rules help children to have more fun without having accidents. These rules should be kept in mind while playing :

- We should not throw things at each other.
- We should never play a rough game.
- The playground should be safe for playing and should not have stones, glass pieces and other such objects littered around.
- Avoid playing with sharp objects, like a knife or a blade.



## Safety in the Swimming Pool

Swimming is a wonderful exercise. One must follow safety rules strictly to prevent accidents. You must follow these rules to keep safe :



- Never go for a swim alone.
- Do not go into the deep part of the pool until you have learnt to swim perfectly.
- Never push anybody into the pool just for fun.
- Swim only when there is a life guard on duty.

## First Aid

**First aid** is the immediate treatment or help given to a person who is hurt or injured before the doctor comes. First aid is useful in accidents like bleeding, burns, electric shock and so on. By giving first aid, we can help the injured person to feel comfortable, reduce his pain or help him to save his life.

### First aid box

We should have a first aid box both in our house and in our school. The first aid box should contain :



1. an antiseptic lotion
2. sterilized gauze and cotton pads
3. a pair of scissors
4. some band-aid
5. a crepe bandage
6. an antiseptic cream
7. a bottle of methylated spirit
8. sticky tape
9. sachets of Oral Rehydration Solution (ORS)
10. commonly used medicines

### First aid for some injuries

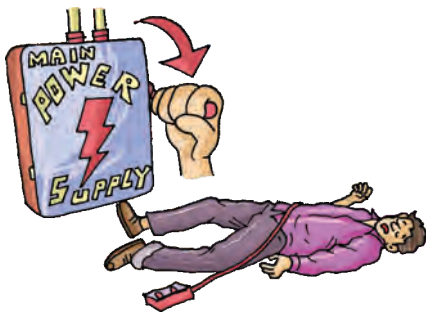
**Cuts :** When someone receives a cut, wash it thoroughly with clean water. Use dettol or spirit on it. You can also use an antiseptic cream. Cover and also wrap it with a clean bandage.



**Bruises :** Bruises are caused by a hard blow or a fall. When the bruised area becomes blue or black, you should apply cold water, ice or a towel soaked in cold water on it.



**Burns :** Run cold water or ice on the burns. Apply suitable ointment and see the doctor.



**Electric shock :** If a person receives an electric shock from a live wire or any other electric appliance, immediately switch off the main current line. Take the patient to the hospital.

**Insect bites :** Apply calamine lotion. For bee or wasp stings, apply a paste of baking soda with an antiseptic cream.



### Wisdom Corner

Washing hands with soap is the simplest and most effective way to prevent germs from getting or passing on.

**If a person has fainted :** Make the patient lie down with his head low to increase blood supply to his head. Let him take rest and call for the doctor.

## General Rules

Though the type of first aid depends on the type of injury, there are some general rules you should keep in mind when a person is injured :

- Act quickly but calmly.
- Do not create panic.
- Make patient lie down so that he/she feels comfortable.
- Loosen the victim's clothing.
- Keep the victim protected from flies and dust.
- Do not crowd around but immediately send for the doctor.
- Always keep the first aid box handy.
- In case of serious accidents, take the patient immediately to a hospital.



## Glossary

Accident

An unpleasant even that happens unexpectedly and causes damage, injury or death

Zebra crossing

The black and white stripes making a path to cross the road

First aid

The immediate help given to an injured person before the doctor comes

Antiseptic

Something that prevents infection

## Question Hour-I



**A** Tick (✓) the correct answer :

1. Most accidents occur due to :

- (a) carelessness  (b) awareness  (c) cleanliness

2. Floors must be kept dry to prevent :

- (a) skipping  (b) slipping  (c) finishing

3. Always walk on the :

- (a) road  (b) divider  (c) footpath

4. The immediate help given to an injured person is called :

- (a) band aid  (b) first aid  (c) second aid



**B** Fill in the blanks with correct words from the box :

*climb, alone, threats, sharp, run, footpath*

1. Accidents are one of the greatest \_\_\_\_\_ to our health and safety.
2. Never \_\_\_\_\_ up and down the stairs.
3. Do not \_\_\_\_\_ on desks and chairs.
4. Walk on the \_\_\_\_\_ .
5. Avoid playing with \_\_\_\_\_ objects.
6. Never go for a swim \_\_\_\_\_ .

**C** Tick (✓) the correct and cross (X) the incorrect statements :

1. First aid cannot save one's life.
2. Wounds should be cleaned and covered with bandages.
3. Cure is better than prevention.
4. First aid is only a temporary help.
5. The treatment of burns is running warm water on the burns.
6. First aid box is a self-sufficient equipment.

**D** Answer the following questions :

1. What causes an accident? List some common accidents that occur in houses.
2. As a pedestrian, what will you do to avoid accidents on the road?
3. What is first aid?
4. How can you treat burns?
5. How will you help a victim with a bleeding wound?
6. How will you help a person who has fainted?
7. How will you help a victim with an insect bite?
8. Give five general rules for first aid.

**Think Beyond** HOTS 

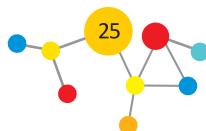
In which colour do you find the sign of cross (+) on a first aid box, or on the signboard of a clinic or hospital?

**Question Hour-II**



**A** Circle the odd one in each group :

- |                   |               |               |
|-------------------|---------------|---------------|
| 1. cotton         | bandage       | scarf         |
| 2. zebra crossing | fire          | traffic light |
| 3. football       | nose bleeding | insectbite    |



**B** Write how you can help these people.



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### Fun to Drill



Make up a first aid box and discuss what might go into it. Pupils can make up their own lists and then you can discuss the items one by one. A first aid box could contain : cotton-wool (sterile—free from germs) for cleaning wounds; bandage for wrapping round a wound after it has been cleaned; plasters for small cuts (clean the cuts first); ointment for burns and bites; a pair of sharp scissors for cutting the bandage; antiseptic for cleaning wounds and killing germs.



### Fun to Act



Find out the telephone numbers of your father's working place and the following essential services :

1. Father's working place
2. Ambulance
3. Doctor
4. Police helpline
5. Fire Brigade
6. Electricity Department

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