



Staying Safe

Focus On



- Tips for First aid

Teacher's Aid

- Thing required for mock first aid drills : empty water bottle, antiseptic soap, some clean cloth to be used for mock bandaging, ointment and a thick blanket.

Accident may take place anywhere and anytime. It is essential to give right treatment to the victim after the accident.

If the spot of accident is faraway from a hospital, the condition of the victim may worsen. Immediate medical help can buy some time for the right treatment. This immediate help given to an injured person is defined as first aid.

Tips for First Aid

Following are some first aid tips for some common injuries. We should learn them properly to apply them on the needy. Children also should learn these life saving skills properly.

Animal Bites

Animal bites need urgent medical attention. Dogs, wolves, bats and cats are known to carry the rabies virus. In addition to wound infection, there is a risk of rabies.

- ❖ Scrub the wound with soap and water for at least 10 minutes.
- ❖ Cover with a dry, clean cloth or dressing.
- ❖ Consult for medical help immediately without getting late. Make sure you take the complete course of injections as prescribed by the doctor.

Sever Bleeding

To control fast-spreading or spurting blood, immediate first aid must be given to the person. It may become unconscious, if too much blood is lost before the flow is controlled.

- ❖ To prevent fainting, make the victim lie down.

- ❖ Apply direct pressure over the wound to halt the bleeding. Use a large sterile or germ-free pad or a clean cloth to cover it.
- ❖ Rush to the doctor as soon as possible for further treatment.

Eye Irritation

If eyes get contact with dirt and dust it may cause some allergy. Even a very small speck of dirt in the eyes may cause pain. We should immediately get treatment for our eyes.

- ❖ Most specks are visible. Lift the upper lid off the eyeball and pull the lower lid down.
- ❖ Try to remove the speck by gently splashing water with your hands.
- ❖ If the speck has not come out, try to pick it up with a moistened corner of a clean cloth or handkerchief.
- ❖ Rush the victim to an eye doctor or to a hospital. If the speck has still not come out and the pain continues, keep him/her lying down.
- ❖ If an irritating liquid gets splashed into the eye, flush the eye with a gentle stream of cool tap water for 30 minutes. Get medical attention immediately.

Burns

The skin can get burnt by hot objects and liquids, flames, excessive exposure to the sun, chemicals or contact with electricity. Electrical burns may look small, but they may be absolutely deep. Children and elderly people are usually more sensitive to burns.

- ❖ For scorch or small burns, apply towels or sheets soaked in cold water immediately for comfort.
- ❖ For a chemical burn, the area should be thoroughly flushed with water (under a running tap if possible) for 15 to 30 minutes.
- ❖ Do not pull off any clothing that sticks to the burnt skin.
- ❖ Do not apply sprays, ointments, greases or especially butter.
- ❖ The burn should be covered with germ-free or sterile dressing.
- ❖ If burns involve large areas of the hands or face, they should be examined by a doctor.
- ❖ Tetanus is a disease caused by the action of bacteria on an open wound. Burns that break the skin, like cuts, require tetanus prevention.



Your Turn

Accidents may happen all of a sudden and may cause injury. At such times, the person who knows how to help in such situation makes the victim feel better. Helping people in such situations is all about First Aid.

Myth and Truth !

Myth : When a foreign material gets into the eyes we should rub them. Tear will wash it out.

Truth : It may cause further injury to our eyes.

Right Action : Splash the eyes with tap water.

We should follow safety rules while working in science lab :

1. Wear labcoat all the time.
2. Do not eat in the lab.
3. Handle glass apparatus carefully.
4. Listen to the teacher.
5. Do not touch any chemical with hands.
6. Without your teacher's supervision, do not work with Bunsen burner.

HOTSPOT

1. If you help someone who has fallen off his two wheeler on a busy road, what must you watch out for first?
(a) Oil (b) Water (c) Traffic
2. Which of these is a danger in a room?
(a) A plastic bottle on the dining table
(b) A cushion on a sofa
(c) A curled up rug on the floor
3. If your friend has got cut by broken glass and you have to help him, what would you do first?
(a) Press on the cut
(b) Check if there is more glass around
(c) Ask what happened

Let's Recall

Match the following :

An open wound may cause

Scorch

A disease caused by animal bite

First aid

Burn with hot liquids and steam

Tetanus

Immediate help given to an injured person

Rabies

Electric Shock

If you find an unconscious victim near any electrical pole, there may be a possibility of an electric shock. Electric burns may or may not be visible.

❖ First of all, disconnect the victim from the electrical source. Shut off the main switch,

disconnect the plug, or break the contact by shoving the victim away with anything that is dry and not made of metal.

- ❖ Victim needs artificial breathing if he/she remains unconscious and is not breathing.
- ❖ If there is a head, neck or back injury as well, let medical personnel transport the victim.
- ❖ Once awake, victim of electric shock may need to be protected from falls and additional injuries as he/she may feel a bit confused.



HOTSPOT

If a chair or table catches fire, how will you put it off? If the fire spreads to a large area, what will be your line of action?

Safety From Fire

Mishandling of electrical appliances, burning matchsticks or cigarettes or carelessness in the kitchen can be the cause of fire. One must be extremely careful while handling a fire. All the electrical wirings of the house must be checked regularly for faults to prevent short circuit. We should never wear synthetic or nylon clothes while handling fire. These clothes easily catch fire. In case of a gas leak in the kitchen, all the doors and windows of the house should be opened at once. Never switch on an electrical appliance or strike a matchstick in such a condition.

Following methods can be used to put out fire to stop a small fire :

- ❖ Switch off the main electric connections of the house and never use water in case of fire in electrical wiring or electrical system.
- ❖ Use a fire extinguisher if available or throw sand to stop a small fire. In case of major fire, call the nearest fire station.
- ❖ If a person's clothes catch fire, try to throw water on the fire as soon as possible. A fire blanket can also prevent the spread of fire and put it out by cutting off oxygen supply. Ask the person to roll on the floor to stop the fire.



A Fire Extinguisher



Sand Buckets

It is important to keep the telephone numbers of the nearest chemist and doctor for urgent assistance during any such accidents. In India, remember to dial 100 for police, 101 for ambulance and 102 for fire brigade.

Fact Byte

- ❖ Earle Dickson was employed with Johnson & Johnson when he invented band-aid in 1921. He used a piece of guaze and attached it to the centre of a piece of tape, and then covered the product with a special fabric to keep it sterile. His boss, James Johnson, saw invention and decided to manufacture band-aids and made Earle Dickson vice-president of Johnson & Johnson!
- ❖ The first portable fire extinguisher was invented in 1818 by captain George William Manby, a British captain and inventor. It was made of a copper container filled with potassium carbonate and pressured air. It was called the Extincteur.

For the Teacher

Make children enact mock drills on the first-aid tips they have learnt by using items from your jukebox.

Flash On

- * Immediate help given to victim of an accident before medical assistance is called first aid.
- * Never throw water on fire caused by short circuit in electric wires as it may lead to an electric shock.
- * A person may get unconscious after severe bleeding.
- * Never wear synthetic or nylon clothes while handling fire.
- * Animal bites may led to wound, infections or rabies.
- * Throw sand to put off small fires.
- * Keep a fire extinguisher at home.

Words to Know

- Scorch** : Burn with hot liquid or steam.
- Rabies** : Fatal and contagious viral disease.
- Tetanus** : Disease caused by bacteria on an open wound.
- Fire Extinguisher** : A device that help to put off fire.

Exercise

A. Tick (✓) the correct answer :

1. A fire can be extinguished by covering with blanket, as it cuts the _____ supply.
(a) Water (b) Carbon dioxide (c) Oxygen (d) Fire
2. To put off fire caused by electricity, we should use :
(a) Water (b) Mud (c) Sand (d) Both (a) and (b)

3. Sterile bandages are free from :
- (a) Germs (b) Medicines (c) Dust (d) Insects
4. Germs causing tetanus may enter the body through :
- (a) Animal Bite (b) Electric Shock (c) Open Wound (d) Sterile Cloth
5. Stray dogs and cats carry :
- (a) Infected Blood (b) Rabies Virus (c) Insects (d) Poison

B. Fill in the blanks :

- Animal bites have a risk of _____ in addition to open wound infection.
- If too much blood is lost before the flow is controlled, shock develops and the person may become _____.
- If an _____ gets splashed into the eyes, flush the eyes with a gentle stream of cool tap water for 30 minutes.
- The burn should be covered with _____ or _____ dressing.
- In case of head, neck or back injury as well, let _____ transport the victim.

C. Write T for True and F for False :

- Rabies is a fatal and contagious disease.
- Tetanus is caused by the action of bacteria inside our body.
- In case of electric shock, disconnect the victim from the electric source.
- Water should be used to put off the fire caused by electricity.
- Fire extinguisher is used to put off the small fire.

D. Match the following :

Column A

- Electrical shock
- Eye irritation
- Bleeding
- Animal bite
- Burns

Column B

- scrub the wound with soap and water
- tie the bandage tightly over the wound
- switch off the main switch
- cover with towels soaked in cold water
- splash cold water and try to remove foreign particles

E. Answer the following briefly :





















- What is first aid?
- Why should we never throw water on fire caused by electric wires?
- What can you do to stop bleeding from a wound?
- Name some animals that carry germs of a disease called rabies.
- How can blanket put off fire?

F. Answer the following in detail :

1. Suppose a speck is causing irritation in your eyes. What will you do to remove it?
2. What are the safety rules while handling a fire?
3. In case of a burn due to hot liquid, what will you do?
4. What are the steps you will take if your friend gets bitten by a dog?
5. What will you do when a person has severe bleeding?

Practice Time

G. What is the importance of following road signs?

 STOP	 GIVE WAY	 STRAIGHT PROHIBITOR NO ENTRY	 PEDESTRIAN PROHIBITED	 HORN PROHIBITED
 NO PARKING	 NO STOPPING OR STANDING	 SPEED LIMITED	 RIGHT HAND CURVE	 LEFT HAND CURVE
 RIGHT HAIR PIN BEND	 LEFT HAIR PIN BEND	 NARROW ROAD AHEAD	 NARROW BRIDGE	 PEDESTRIAN CROSSING
 SCHOOL AHEAD	 ROUND ABOUT	 DANGEROUS DIP	 HUMP OR ROUGH	 BARRIER AHEAD

H. Make charts on small injuries and mention the instructions of first aid that should be taken for the particular injury.