

# Safety and First Aid



## Let's Learn About

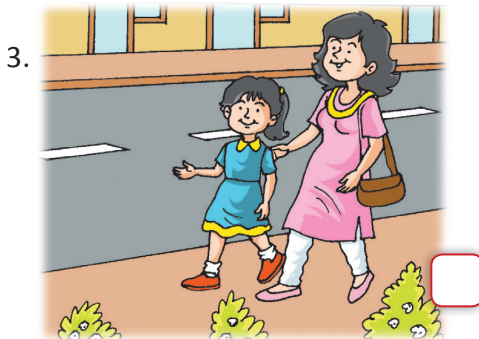
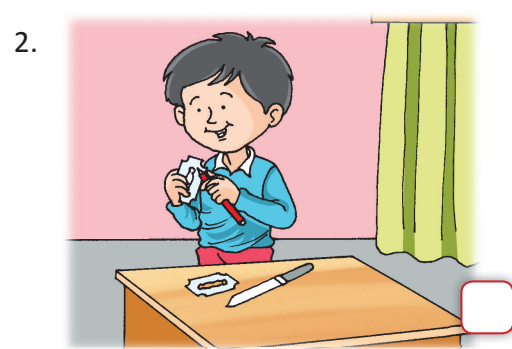
- Safety from fire
- Safety on the road
- First aid

Accidents may happen with anyone, anytime and anywhere. We should always be careful and follow safety rules to avoid accidents.



## Activity Time

Tick (3) the pictures where safety rules are being followed and cross (7) those where safety rules are not being followed:



Let us read about safety in different situations.

## Safety from Fire

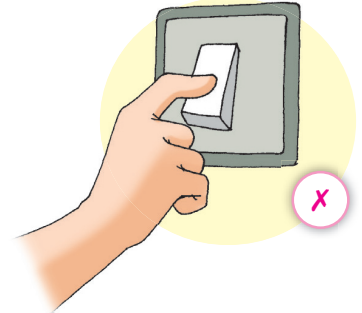
A fire can be caused due to gas leakage, electrical faults or careless handling of candles, matchsticks, etc.

We should follow some safety rules to prevent ourselves from fire accidents.

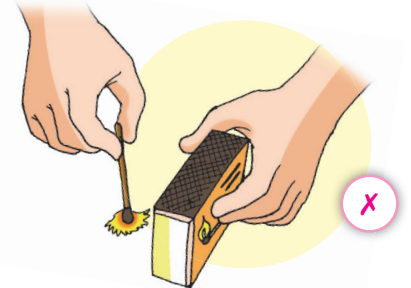
- M** Switch off the gas regulator when not in use.
- M** In case of a gas leakage, neither strike a match nor operate any electrical switch. Open all doors and windows and call an adult for help.
- M** Replace faulty gas pipes immediately.
- M** Check wiring and electrical appliances regularly for any fault or breaks in the wiring.
- M** Be careful while handling matchbox, candles, firecrackers, etc.
- M** Do not wear synthetic clothes like nylon clothes when handling fire because these clothes catch fire easily.
- M** If a person's clothes catch fire, he/she should be rolled onto the floor until the fire is out. He/she can also be covered by a blanket to put out fire.

A fire can be put out by the following methods.

- M** In case of a fire accident, immediately call adults for help and inform fire station. The emergency number of a fire station is 101.
- M** In case of a small fire, use fire extinguishers to put it out.
- M** In case of electrical fire, switch off the mains immediately. Do not use water to put out electrical fire. Use sand, mud or fire extinguisher to put out electrical fire.
- M** In case of fire caused by petrol, throw mud and sand instead of water to put out the fire. This is because petrol is lighter than water, it will float up on water and continue burning.



DON'T OPERATE ELECTRICAL SWITCH IN CASE OF GAS LEAK.



DON'T STRIKE A MATCH IN CASE OF GAS LEAK.



FIRE EXTINGUISHER

## Safety on the Road

We should always be careful on the road. On the roadsides, we see many traffic signs. We should follow the traffic signs to keep ourselves and others safe.



SPEED BREAKER  
AHEAD



NO ENTRY



SCHOOL AHEAD



NO U TURN



ZEBRA CROSSING



## Let's Recall

Write **T** for true and **F** for false statements.

1. We should follow safety rules to avoid accidents.
2. We should replace faulty gas pipes immediately.
3. We should wear nylon clothes while cooking.
4. Petrol fire can be put out using water.
5. We should not strike a match in case of gas leak.

## First Aid

We should follow safety rules to avoid accidents. Sometimes in spite of being careful accidents occur. In case of an accident we should inform an adult or a doctor. The injured person must be given first aid before the arrival of a doctor. **First aid** is the immediate help given to an injured person before the arrival of a doctor. While giving first aid, do not panic. First aid can prevent the condition of the victim from getting worse. Let us read about some first aid tips.

### First Aid for Burns

In case of a minor burn, hold the burnt area under cold running water till the burning sensation becomes less. Apply an antiseptic cream or a paste of baking soda and water on the burnt area.

If the burn is serious, immediately call a doctor. Blisters, if formed, should not be pricked.



FIRST AID FOR BURN

In case of chemical burns, wash the affected area with plenty of water and cover the burn with sterile gauze. Take the victim to a doctor.

### First Aid for Animal Bites

Animals like dogs, cats and monkeys may bite human beings. Animal bites can cause **rabies**. In case of an animal bite, wash the affected area with soap and water and apply an antiseptic lotion. Cover the wound with a bandage, if required. Take the patient to the doctor immediately.

In case of bee stings, apply a paste of baking soda or toothpaste.

In case of snake bite, tie a tourniquet just above the bite to stop the flow of blood to the heart. Immediately rush the victim to a doctor.

A **tourniquet** is a tight bandage which can be tightened further by twisting a crosspiece (stick or pencil).

### First Aid for Fractures

**Fracture** is a crack or break in a bone. In case of a fracture, the injured person feels more pain. Do not try to move the fractured part. The fractured part needs support. If the fracture is in hand, a cloth **sling** can be used to give support. The patient must be taken to the hospital immediately.

A magazine, newspaper or piece of cardboard can be tied around the fractured part to give support. This acts as a **splint**.

### First Aid for Sprain

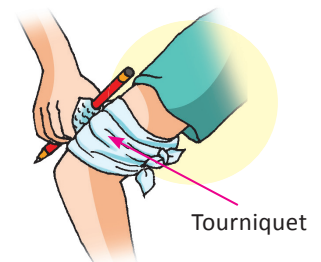
A sprain is caused when the tissues around a joint get torn. The affected area swells up. On the swelling, rub ice till the swelling subsides.

### First Aid for Nose Bleed

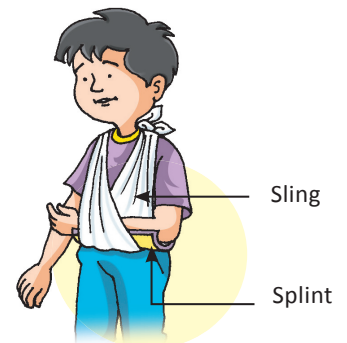
At times, when it is very hot, nose may bleed. In such a situation, keep the patient upright with his head held back. Pour cold water on the patient's head. Press the bleeding side of the nose firmly. The patient must not put his finger in the nose.



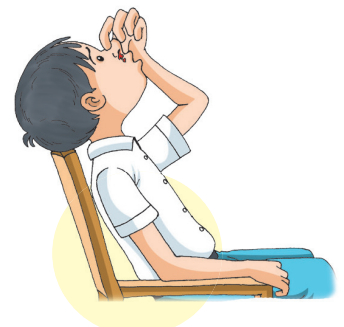
FIRST AID FOR ANIMAL BITE



FIRST AID FOR SNAKE BITE  
BITE



FIRST AID FOR FRACTURE



FIRST AID FOR NOSE BLEED



## Let's Memorise

Traffic signs

**Traffic signs** are the signs erected at the sides of roads to provide information to road users.

Tourniquet

**Tourniquet** is a tight bandage used for stopping the flow of blood through a vein or artery.

Fracture

**Fracture** is a crack or break in a bone.

Sling

A flexible strap or belt used in the form of a loop to support a fractured part is called **sling**.

Splint

A strip of rigid material used for supporting and immobilising a broken bone is called a **splint**.



## Let's Revise

- T** Be careful while handling candles, firecrackers, gas stove, etc.
- T** In case of electrical and petrol fire, do not use water to put it out.
- T** Be careful and follow traffic signs on the road to prevent accidents or injuries.
- T** First aid is important as it can prevent the condition of the victim from getting worse.



## Let's Answer

A. Tick (3) the correct answer.

1. What should be used to put out electrical fire?
 

a. Water	b. Petrol	c. Sand	d. None of these
----------	-----------	---------	------------------
2. Rabies is caused by
 

a. fire	b. wound	c. animal bite	d. fracture
---------	----------	----------------	-------------
3. Fracture is a crack or break in a
 

a. tissue	b. bone	c. organ	d. skin
-----------	---------	----------	---------
4. A rigid support tied around a fractured part is called a
 

a. sling	b. bandage	c. splint	d. blister
----------	------------	-----------	------------

5. A tight bandage used for stopping the flow of blood is  
 a. sling                              b. gauze                              c. tourniquet                              d. none of these

**B. Fill in the blanks with the correct words.**

1. We should be \_\_\_\_\_ (careless/careful) to avoid accidents.
2. Switch \_\_\_\_\_ (off/on) the gas regulator when not in use.
3. Use \_\_\_\_\_ (sand/water) to put out petrol fire.
4. Do not wear \_\_\_\_\_ (nylon/cotton) clothes while handling fire.
5. Blisters \_\_\_\_\_ (should/should not) be pricked.

**C. Name the following.**

1. It should not be used to put out petrol fire.
2. It can be used to put out small fires.
3. The disease caused by animal bites.
4. Two animals whose bite can cause rabies.
5. It is used to give first aid for bee stings.

**D. Answer the following questions.**

1. What is first aid?
2. How will you give first aid in case of a snake bite and burns?
3. What should be done in case of gas leakage?
4. Explain how petrol fire can be put out.
5. How can you give first aid in case of an animal bite?
6. What is a fracture? Give first aid for a fracture.
7. Describe safety rules to be followed in case of fire.



**A. Read the clues and fill in the missing letters.**

1. It is used to put out small fires. 

F		R	
---	--	---	--

E				N				S			
---	--	--	--	---	--	--	--	---	--	--	--
2. These clothes catch fire easily. 

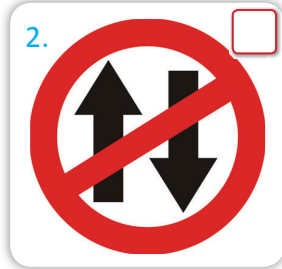
N				
---	--	--	--	--
3. A flexible strap used to support fractured bone. 

S				N	
---	--	--	--	---	--

4. Disease caused by animal bites.
5. A tight bandage used in case of snake bites.

R			I				
T			R		Q		

**B. Match the traffic signs with their meaning.**



- a. No entry      b. Speed breaker ahead      c. Zebra crossing      d. School ahead



**Let's Think and Answer** HOTS

1. Why do our elders advise us not to tease stray animals?
2. Why is a tourniquet tied above the snake bite?



**Let's Acquire**

**Value Based Question**

Aryan is passing by a hospital. There he sees a traffic sign on the road as shown in the picture. Why is this traffic sign put near or around hospitals?



- a. Not to disturb people in the market.
- b. Not to disturb children playing around.
- c. Not to disturb school children.
- d. Not to disturb the patients and doctors.



**Let's Enhance Our Life Skills**

Find out important helpline numbers of fire station, police station, your family doctor, ambulance, etc. Write down these numbers on a drawing sheet and put it up in your room.

# Periodic Test

1

(Based on Chapters 1-3)

## A. Multiple choice questions.

- Rabies is caused by
  - fire
  - wound
  - animal bite
  - fracture
- Which of the following is a deficiency disease?
  - Anaemia
  - Malaria
  - Typhoid
  - Cholera
- Which of the following seeds is dispersed by water?
  - Mango
  - Coconut
  - Cocklebur
  - Dandelion
- A tight bandage used for stopping the flow of blood is
  - sling
  - gauze
  - tourniquet
  - spring
- Which of the following gives more energy than carbohydrates?
  - Protein
  - Fat
  - Vitamin
  - Roughage

## B. Fill in the blanks with suitable words.

sand    black    Blisters    seed    sleep

- Proper rest and \_\_\_\_\_ relax our muscles.
- \_\_\_\_\_ should not be pricked.
- Maple \_\_\_\_\_ have wing-like structures.
- Cotton grows well in \_\_\_\_\_ soil.
- Use \_\_\_\_\_ to put out petrol fire.

## C. Name the following.

- Two seeds that are dispersed by explosion.
- The undigested part of plant food.
- Two examples of kharif crops.
- The insect which spreads malaria.
- Two plants that are grown from roots.

## D. Answer the following.

- What is agriculture? Write the different stages of agriculture.
- Describe two ways in which communicable diseases spread.
- What is fracture? Give first aid for fracture.
- What is seed dispersal?
- What should be done in case of leakage?