



NEED FOR SAFETY

Accidents cause damage to life and property and result in pain and suffering. So, hurt or injury is never pleasant. Accidents can be avoided if people follow safety rules at home, at school and on the road.

Safety at Home

We live in a house because it keeps us safe. A house is only safe if we make it safe.

Many accidents such as burns, electric shocks, falls and poisoning do take place. To avoid these accidents we must therefore to keep on homes safe.



Burns

Accidents of fire are mostly seen in the kitchen and can cause serious injury and even death. To avoid such accidents :



- Do not go near the fire or meddle with hot things.
- Do not wear nylon clothes in the kitchen.
- Never fail to turn off the gas stoves when not in use. Have them checked regularly for leakage. If you smell gas, at once turn off the gas stove if it is burning. Also turn of the gas cylinder, open all the windows and doors to let the gas go out and allow fresh air to come in.

Falls

- Keep the floors of your bathroom clean and dry. Do not let it become slippery as you may slip and fall down.
- Use a ladder or a stool to reach things placed high.
- Never run up and down the stairs. If you trip you may fall a long way down.

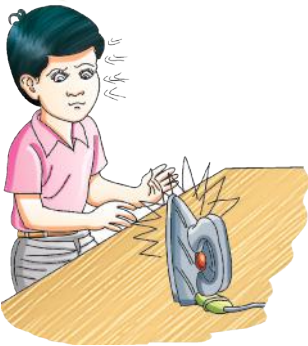


Toys, clothes and other household articles should not be left lying here and there. When we are in hurry we may not look on the floor. We might trip and fall. Always put your things away in their right place.

Electric Shocks

You must have seen electrical toasters, irons, kettles, stoves, lamps, refrigerators and electric heaters being used in your homes. If they are not handled carefully, they can give a bad shock or cause a fire in the house. To avoid such accidents caused by electricity :

- Do not touch electrical fittings with wet hands. You may get electric shocks.



- Do not go close to a table fan, heater, toaster, lamp etc. when they are working. The switch should be turned off before touching them.
- If any wiring is old, it should be checked and replaced if needed.
- In case you get a shock or notice a spark, turn off the main switch.

- Small children must not touch electric appliances nor should they try to repair electric wires, plugs, fuses or bulbs.

Poisoning

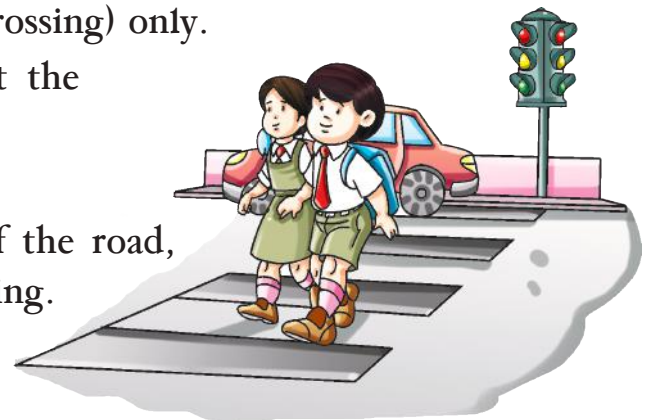
- Spoilt and exposed food can cause poisoning.
- Poisonous chemicals should be stored separately and away from eating things.



SAFETY ON THE ROAD

In cities, road accidents are very common. Many people get hurt or killed in traffic accidents because they do not follow the rules of the road. To avoid such accidents :

- Walk on the footpath or the pavement.
- Cross the road at the pedestrian crossing (zebra crossing) only.
- Look for vehicles that are about to take turn at the corners before crossing a road.
- Do not play on the road.
- If you riding a bicycle, always keep to the left of the road, show your hand when you turn. Avoid double riding.
- Do not get down from a running bus or train.
- Do not stand on the footboard of a moving bus.



FIRST-AID

First aid is the immediate physical and medical attention needed by the injured or sick person before the proper medical aid arrives. Elementary first-aid and emergency measures can reduce suffering or casualties. By learning to give first aid, you can help others and yourself in case of an accident.

Common emergencies that need first aid are **bleeding wounds**, **fainting**, **insect bites**, **snake bites** and **burns**. When an accident occurs, remember the following hints :

A few Hints

- Do not get frightened or panic.
- Do not crowd around the person who is hurt.
- The first thing to do when the injury is serious is to send someone to call a doctor. Remember that you are not a doctor, so first you should call a doctor.
- Find out the actual condition : whether the victim is bleeding or he is fainted or bitten by some insect or has been burnt.

When a wound is Bleeding

- Wash your hands before touching the wound.
- If there is not much bleeding from the wound, clean it with cotton and dettol and apply a dressing.
- If the bleeding is severe, try to prevent it immediately because bleeding makes a person weak. Place a clean cloth or cotton pad firmly over the wound and apply a little pressure directly over the wound. Then, tie a tight bandage above the wound. Notice that the bleeding part is higher than the rest of the body. If ice is available, place some ice on the bleeding wound. It helps to stop bleeding.
- Once the bleeding stops, clean the wound with an antiseptic (dettol etc.) and bandage it.
- Never leave a wound exposed, as dirt, flies and germs enter the wound which cause infection and make it septic.



When a Person has Fainted

If a person faints, make him lie flat with his head low. This helps in supply of extra blood to the brain. Allow fresh air to come in . Keep quiet and let him rest.





When Bitten by a Insect

Sometimes insects such as bees, wasps and mosquitoes bite or sting us. These bites or stings cause severe pain and swelling.

- Place ice over the affected spot with lime water and apply a paste of baking soda and cold cream to give relief.
- Place ice over the affected spot. It will also give some relief.
- A compress wetted with ammonia-water also gives relief.
- Apply calamine lotion if there is itching.

When a Person is Burnt

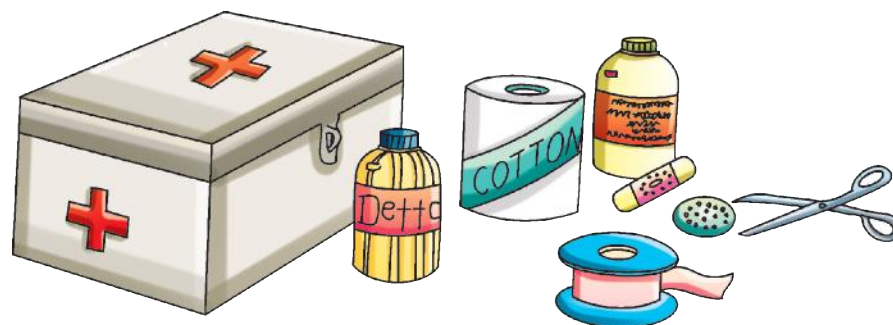
- Pour running water over the burnt area.
- Apply vaseline or any other ointment such as burnol.



First-Aid box

We should have a first-aid box which should contain :

1. Commonly used medicines.
2. Sticky tape.
3. An antiseptic lotion.
4. An antiseptic cream.
5. Sterilized gauze and cotton pads.
6. A pair of scissors.
7. Some band-aids.
8. A bottle of methylated spirit.
9. Some sachets of Oral Rehydration Solution (ORS)
10. A crepe bandage



It is good to know first-aid and be prepared for an emergency. But first remember and follow safety rules which help to avoid accidents.

Prevention is better than cure.



Know the Keywords :

Elementary : Simple and straight forward.

Movement : Paved path for pedestrians.

Ointment : Greasy substance used for healing skin or as a cosmetic.



Point to Remember

- Hurt or injury is never pleasant.
- Many accidents such as burns, electric shocks, falls and poisoning do take place.
- Accidents of fire are mostly seen in the kitchen.
- Elementary first aid and emergency measures can reduce suffering.
- Common emergencies that need first aid are bleeding wounds, fainting, insect bites, snake bites and burns.

EXERCISE TIME

A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

- Accident of fire are mostly seen in _____.
a. dinning room b. kitchen c. drawing room
- Keep the floors of your bathroom _____.
a. dry b. slippery c. dirty
- Wash your _____ before touching the wound.
a. feet b. legs c. hands

B. Fill in the blanks :

- Do not go near the fire or _____ with hot things.
- Keep the floors of your bathroom _____ and _____.
- Never run up and down the _____.
- Wash your hands before touching the _____.
- Apply _____ lotion if there is itching.
- _____ is better than the cure.

C. Write 'T' for true and 'F' for false statements :

- We can touch electrical appliances with wet hands.
- Cuts and wounds should be washed properly with water.
- All medicines should be kept within easy reach of children.

4. If clothes catch fire we should stop, drop and roll.



D. Match the following :

- | | |
|--------------------|------------------|
| 1. Zebra crossing | a. Wet hands |
| 2. Electric shock | b. Ammonia water |
| 3. Wrong medicines | c. Pedestrians |
| 4. Inset Bites | d. Antiseptic |
| 5. Wound | e. Poisoning |

E. Answer the following questions :

1. How do accidents occur ?
2. List three accidents that you have seen.
3. How can we prevent accidents ?
4. How will you help a victim who has fainted ?
5. How will you help a victim with an insect bite ?



Creative Work

- Make a small diary and write all important phone numbers in case of emergency :

Doctor	_____
Police station	_____
Fire brigade	_____
Parents	_____
Hospital	_____
Neighbour	_____

- Prepare a first aid box in your house. You can use an old shoe box so that all the following things are there—sterilized cotton, band-aid, cotton bandages, an ointment for burns (Burnol), a pair of scissors, baking soda, a bottle of antiseptic, ammonia water, antiseptic cream and tincture iodine.

Draw a traffic light and colour it. Also write meaning of the colours of the light.