

## Chapter- 3

# Safety First

## STUDY NOTES

### Let's Learn

**Accidents:** An unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury.

- ❖ It can harm life and property
- ❖ It can cause pain and suffering
- ❖ It can be avoided if we follow safety rules at home, at school, on the playground, and the road.

### **Injuries:**

- ❖ Injuries at home are mostly caused by slipping on the floor, burns, electric shocks, and chemical poisoning.

### **Safety at home**

- ❖ Keep the floor dry and clean.
- ❖ Do not leave your toys and other things lying on the floor.
- ❖ Use a step ladder or a stool to reach something placed high.



**Burns**

- ❖ Accidents due to a fire in the kitchen can cause serious injury (or even death)
- ❖ To avoid such accidents
- ❖ One must not wear synthetic clothes in the kitchen. Such clothes catch fire easily.
- ❖ Gas stoves when not in use must be turned off.

**Electric shocks:**

- ❖ Do not touch electric fittings with wet hands.
- ❖ Do not go too close to table fans or heaters if they are on.
- ❖ If someone gets an electric shock or sees a spark, the main switch must be turned off immediately.

**Poisoning:** Accidental consumption of chemicals and medicines can cause poisoning.

- ❖ Poisonous chemicals should be properly labeled and kept away from eatables.
- ❖ Do not take medicine without asking an adult.

**Safety at school:**

- ❖ 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.

**Safety on the playground and in the swimming pool:**

- ❖ Follow the rules of the game while playing. Wait for your turn at rides.
- ❖ Use a swimming tube for swimming if you are not an expert swimmer.

**Safety on road:**

- ❖ Follow traffic rules for your safety and the safety of others.
- ❖ Carelessness on the road can cause accidents.

**To avoid such accidents:**

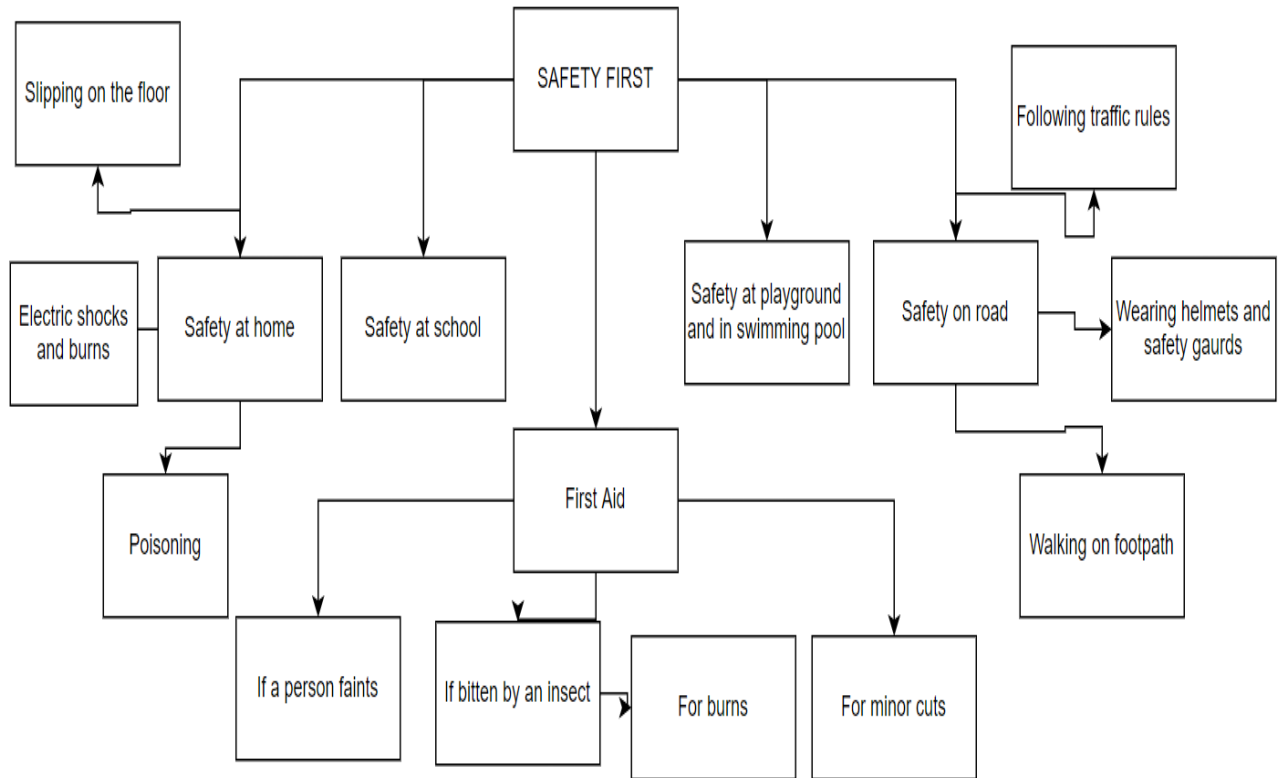
- ❖ Walk on the footpath.
- ❖ Cross the road only at the zebra crossing.
- ❖ Do not rush. Start in time.

**First Aid:**

- ❖ It is medical help given to an injured or a sick person proper medical aid arrives.



**Mind Map**



EDUCATIONAL GROUP

*Let us answer* your Tomorrow

**A. TICK THE CORRECT ANSWER.**

1. To avoid tripping over scattered toys.
  - a) Do not leave your toys lying on the floor
  - b) Leave your toys lying on the floor
  - c) Leave your toys inside the kitchen
2. One must not wear these clothes in the kitchen
  - a) cotton
  - b) synthetic
  - c) woolen
3. Stay away from
  - a) Table fans
  - b) rides
  - c) toys
4. Apply a paste of baking soda and cold cream on the affected part, if
  - a) Bitten by an insect
  - b) a bone is broken
  - c) someone gets a cut
5. To reach for something placed high, use a
  - a) rope
  - b) ladder
  - c) stick

B. Match the columns to make complete sentences.

- |                         |                                                    |
|-------------------------|----------------------------------------------------|
| 1. Floors               | a) apply an antiseptic cream to the affected area. |
| 2. Electric appliances  | b) must be kept dry to prevent slipping on them.   |
| 3. Use a swimming tube  | c) should be handled carefully.                    |
| 4. An antiseptic lotion | d) If you are not an expert swimmer                |
| 5. For burns            | c) must be used to clean cuts.                     |

**Understand and answer**

**C. WRITE SHORT ANSWERS**

1. When do accidents happen in school?
2. What precautions should you take to avoid accidental consumption of poisonous chemicals?
3. What is first aid?
4. Write about two common emergencies where you need first aid.

**D. ANSWER THESE QUESTIONS**

1. What precautions should you take to avoid accidents at school?
2. As a pedestrian, what will you do to avoid getting hurt on the road?
3. How will you help a person who has a bleeding wound?
4. How will you help a person who has fainted?
5. How will you help a person who has been bitten by an insect?

**Teacher's Note**

- ❖ The teacher will read out some in class from the newspaper about some accidents.
- ❖ Discuss whether they could have been avoided.
- ❖ Demonstrate giving of first aid
- ❖ Encourage the students to have a first aid box in their homes.

**Improve your GK**

- ❖ For an insect bite use lemon juice or pieces of grated lemon to an affected area.

- ❖ A slice of cucumber is effective for an ant bite.

**Answer Key**

A1. Do not leave your toys lying on the floor

2. synthetic

3. table fans

4. bitten by an insect

5. ladder

B1. b

2. c

3. d

4. e

5. a

C1. In school, an accident happens when children run and push each other.

2. Precautions to avoid the accidental assumption of chemicals and medicines can:

a) chemicals should be properly labeled and kept away from eatables.

b) do not take medicines without asking an adult.

3. First aid is the medical help given to an injured or a sick person before proper medical aid arrives.

4. Common emergencies where we need first aid are minor cuts and snake bites or insect bites.

D1. To avoid accidents in school following precautions can be taken:

a) do not rush up or down the stairs. You may fall and hurt yourself and others.

b) Do not climb on desks or chairs or throw things around.

2. To avoid getting hurt on road, one must cross the road only at the zebra crossing. First look to your right, then to your left, and then to your right again. Cross the road when the traffic stops.

- Walk on the footpath and do not rush or start in time on the road.
3. If someone has a bleeding wound then the following steps can be followed:
- ❖ First, wash with water.
  - ❖ Then apply an antiseptic lotion over it.
  - ❖ If there is bleeding from the cut, try to stop it by trying a bandage on the cut.
  - ❖ Send to the doctor immediately.
4. If a person faints,
- make him lie down with his head at a level lower than the body.
  - Allow fresh air around the person.
  - Loosen his clothes and sprinkle cold water on his forehead.
  - Let the person rest quietly and send for a doctor.
5. Person who has been bitten by an insect bite or stings are painful. If bitten by an insect-like bee or a wasp, apply a paste of baking soda and cold cream to the affected part to give relief. Put some ice on the affected part.

