

WELCOME TO THE ONLINE CLASS

SESSION NO.: 2

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 3

CHAPTER NAME: SAFETY AND FIRST AID

SUB TOPIC: FIRST AID FOR NOSE BLEEDS, SPRAINS AND FRACTURES

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- **know about the first aid for nose bleeds, sprains and fractures..**
- **learn about the preventive measures against these accidents.**

WARM UP

- **Define first aid.**
- **What should we follow while moving on the road?**
- **How should we take care of cuts and scratches?**
- **To stop bleeding, what do we use on cuts and scratches?**
- **What should we wrap around the wounded area?**

FOR CUTS AND SCRATCHES

- **Tetanus:**

When the skin is cut by a dirty or rusted object, germs may enter and cause a dangerous disease called tetanus. Consult a doctor for an anti-tetanus injection to prevent infection.

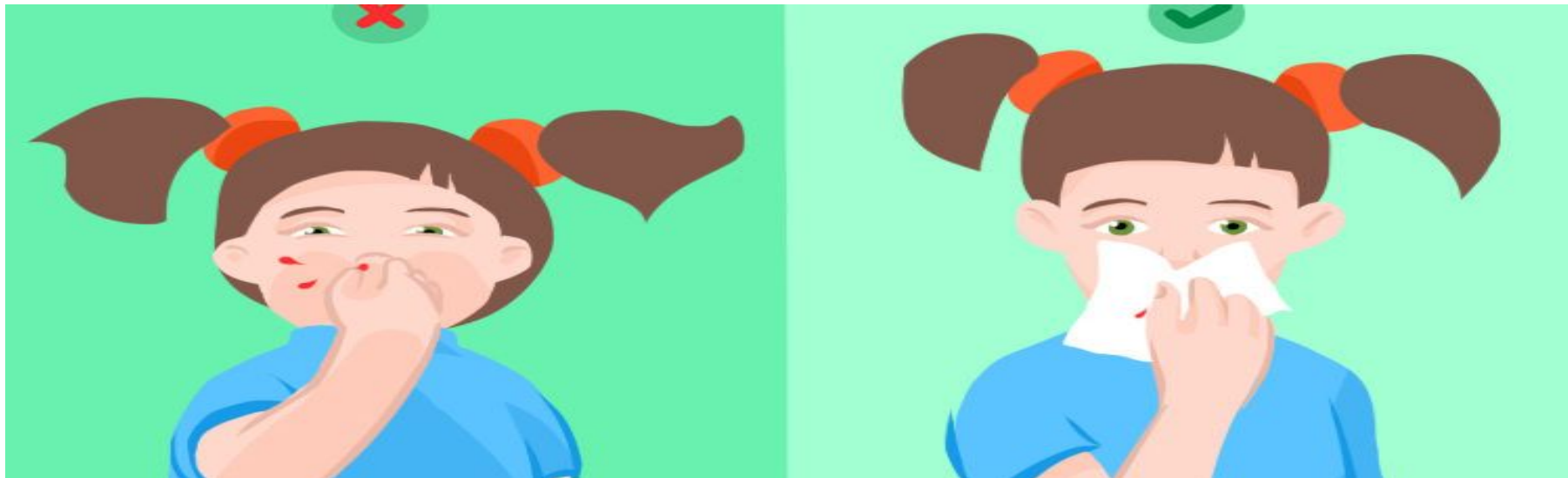
FOR NOSE BLEEDS

- **Keep the patient upright in a comfortable position with his head held back.**
- **Press the bleeding side of the nose firmly.**
- **Keep an ice pack or wet cloth on the nose and the head of the patient.**



FOR NOSE BLEEDS

- Ask the patient to breathe through his mouth and not to blow his nose.
- A little bit of bleeding from the nose is harmless but if the bleeding is heavy, send for the doctor.



FOR SPRAINS

- **When the tissues around a joint get torn we call it a sprain.**
- **It cause swelling and discolouration of the skin.**
- **Keep applying ice packs or ice cubes to the injured joint until the swelling subsides.**



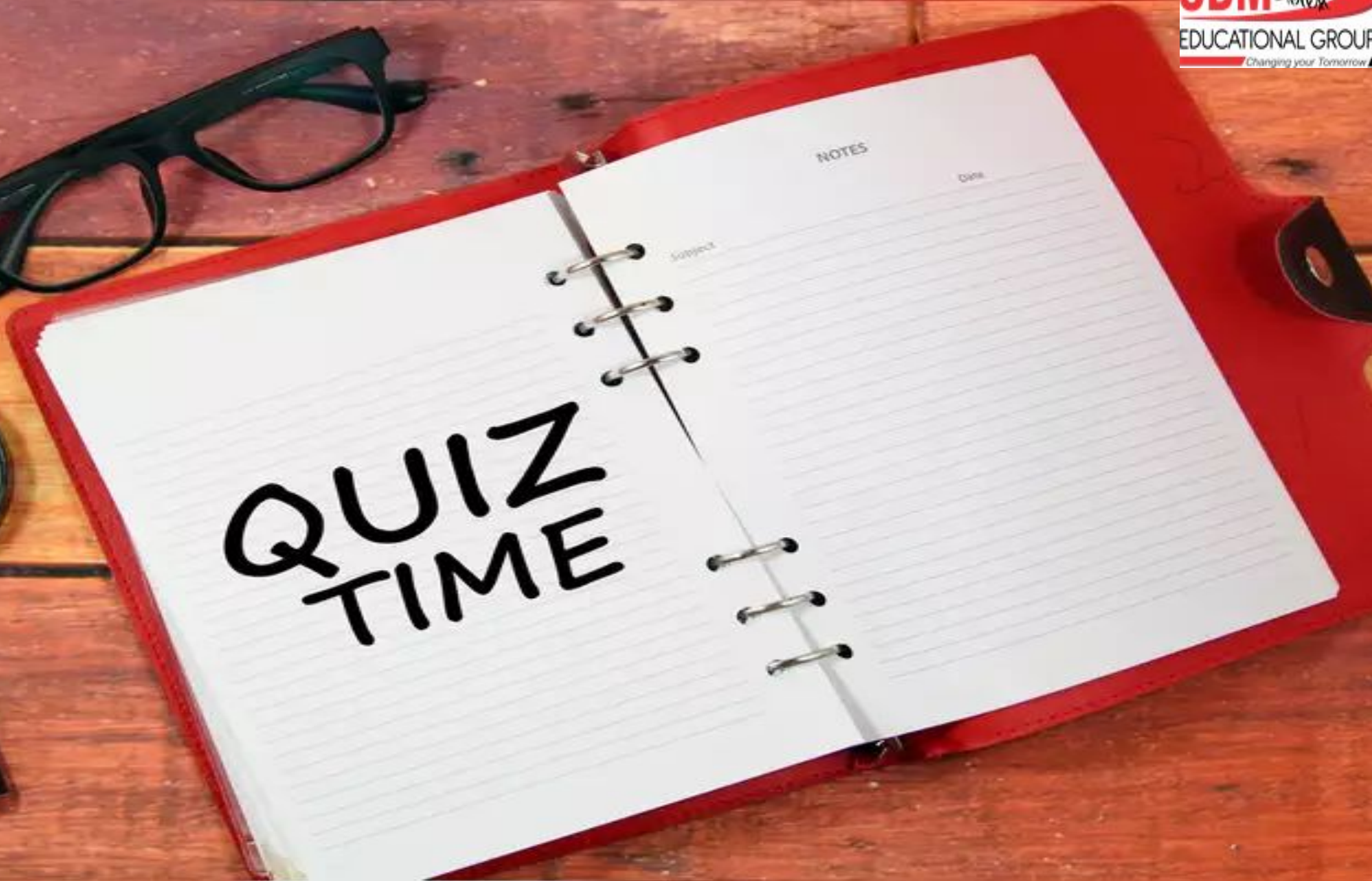
FOR FRACTURES

A crack or a break in a bone is called a fracture.

- **Send the patient to the concerned doctor.**
- **Apply a splint to give support to the broken bone that will prevent movement and help the broken bone heal.**
- **A splint is a piece of wood or cardboard used to hold a broken bone in position**
- **A sling made from a triangular piece of cloth can be used support to a broken upper limb.**

SUMMARY

- **When the skin is cut by a dirty or rusted object, germs may enter and cause a dangerous disease called tetanus.**
- **When the tissues around a joint get torn we call it a sprain.**
- **A crack or a break in a bone is called a fracture.**
- **A splint is a piece of wood or cardboard used to hold a broken bone in position.**
- **A sling made from a triangular piece of cloth can be used support to a broken upper limb.**



**QUIZ
TIME**

NOTES

Date

Subject

**1. An anti-tetanus injection is used to get rid of
 disease.**

ANS: Tetanus

2. A triangular piece of cloth can be used support to a broken upper limb.

ANS: Sling

3. A piece of wood or cardboard used to hold a broken bone in position.

ANS: Splint

4. A crack or a break in a bone is called a wound/fracture/burn.

ANS: Fracture

HOMework

- **Do the oral Q & A on page no. 31.**

LEARNING OUTCOME

The learner will be able to

- **know about the first aid for nose bleeds, sprains and fractures..**
- **learn about the preventive measures against these accidents.**

THANKING YOU
ODM EDUCATIONAL GROUP