

Chapter- 3

Safety and First aid

STUDY NOTES

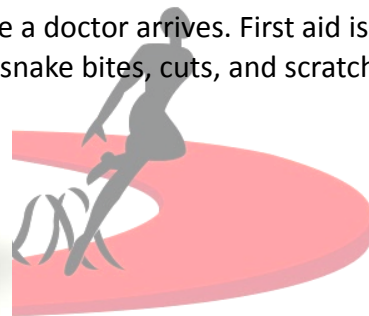
Let's Learn

Safety:

- Safety is a condition of being safe(protected).
- An accident may occur anywhere at any time that can cause serious injuries.
- So, we should be careful and follow safety rules to avoid them.

First aid:

It is the first medical help given to an injured person before a doctor arrives. First aid is required for sprain, nose bleed, fracture, burns, animal or snake bites, cuts, and scratches.



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Here are the ways to deal with some emergencies.

- **Safety on the road:**
 - Safety on the road is more important because of the rapid increase in the number of vehicles.
 - Always follow safety rules on the road.
 - Read and follow road signs.



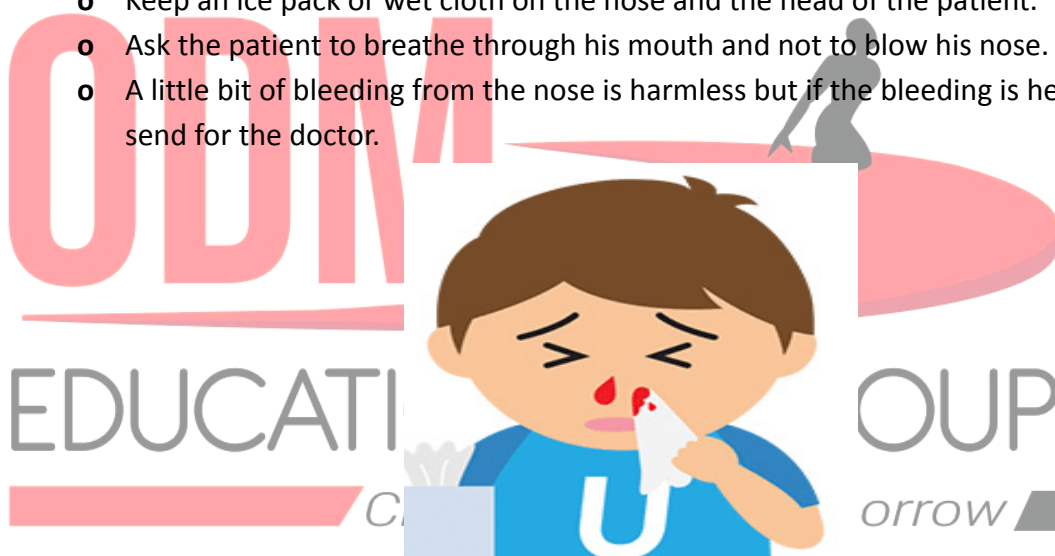
- **For cuts and scratches:**

- Wash your hands before giving first aid.
- Wash away all dirt around the wound.
- Clean the affected area with cotton wool soaked in an antiseptic lotion.
- Place a tourniquet or a thick pad of cotton wool or sterile gauze on the wound and press it with your thumb and fingers.
- Wrap a sterile gauze bandage around the wounded area.

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.
- 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.
- 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. (We can use sheets of newspaper, magazines, a piece of cardboard, or a pillow as a splint.)
- A sling made from a triangular piece of cloth can be used support to a broken bone.



- **For burns:**

Burns may happen from hot objects, fire, steam, boiling water, crackers, electric points, and chemicals like acids.

- ❖ **Minor burns:**

- Let running cold water flow over the burn until the pain subsides.
- Apply an antiseptic lotion or cream to prevent infection.
- If an antiseptic lotion is not available apply a paste of baking soda and water.

- ❖ **Severe burns:**

- Blisters are formed in the burnt part, they should not be pricked.
- Gently cover the burn or blisters with a clean piece of cloth or sterile gauze to protect it from germs and dust.
- If the victim is in a state of shock, give him a warm drink.
- Dip a sterile piece of cloth in a baking soda solution and use it as a wet compress.
- Severe burns must be treated by a doctor.

- ❖ **Chemical burns:**

- Remove any clothing from the affected area. Use plenty of water to wash off the chemical.

- Cover the burn with sterile gauze and send it to the doctor.
- **For fire fighting:**
 - ❖ **Fire in a building or a petrol pump:**
 - If there is a fire in a building, inform the nearest fire station.
 - In case of fire caused by petrol, put out the fire by throwing lots of sand or mud on it.
 - Do not throw water on petrol, as water will flare up the fire because petrol being lighter than water floats above it and keeps burning.



- ❖ **If a person's clothes catch fire:**

- Do not allow him to run around in a panic because it fans the flame.
- Make him roll on the ground.
- Cover him with a thick blanket. This can extinguish the fire by cutting off oxygen.

- ❖ **If a fire has been caused by defective wiring or an electric gadget:**

- Immediately turn off the main switch.
- Do not throw water on it because it can cause electrocution.
- Smother the fire by throwing sand.
- Use a fire extinguisher.



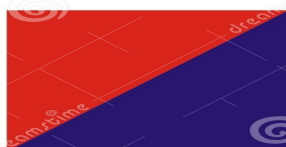
- **For animal bites:**
 - Wash the wound with soap and water to remove germs or viruses which can cause rabies or hydrophobia.
 - Dogs, wolves, bats, and cats are the carrier of the rabies virus in their saliva.
 - Apply an antiseptic lotion and bandage the wound with sterile gauze to prevent infection.
 - Rush the victim to a doctor.
- **For snake bites:**
 - Apply a tourniquet just above the bite to stop the flow of blood to the heart. This may help to slow down the spread of the poison.
 - Immediately rush to a doctor.
 - While walking outside take precautions and wear high boots to protect yourself where snakes are found.
- **For poisoning:**
 - Keep all medicines locked, away from the reach of little children.
 - Read the label very carefully before taking any medicine.
 - Expired medicines must be destroyed.
 - Before eating, wash vegetables and fruits thoroughly to wash out insecticides and pesticides.
 - In case of any kind of poisoning, try to make the victim vomit.
 - Patient must be taken to the hospital.

A call away:

In case of an emergency keep the telephone numbers of your nearest police station, fire station, doctor, and chemist handy as one can immediately call for help.



**FIRE
101**

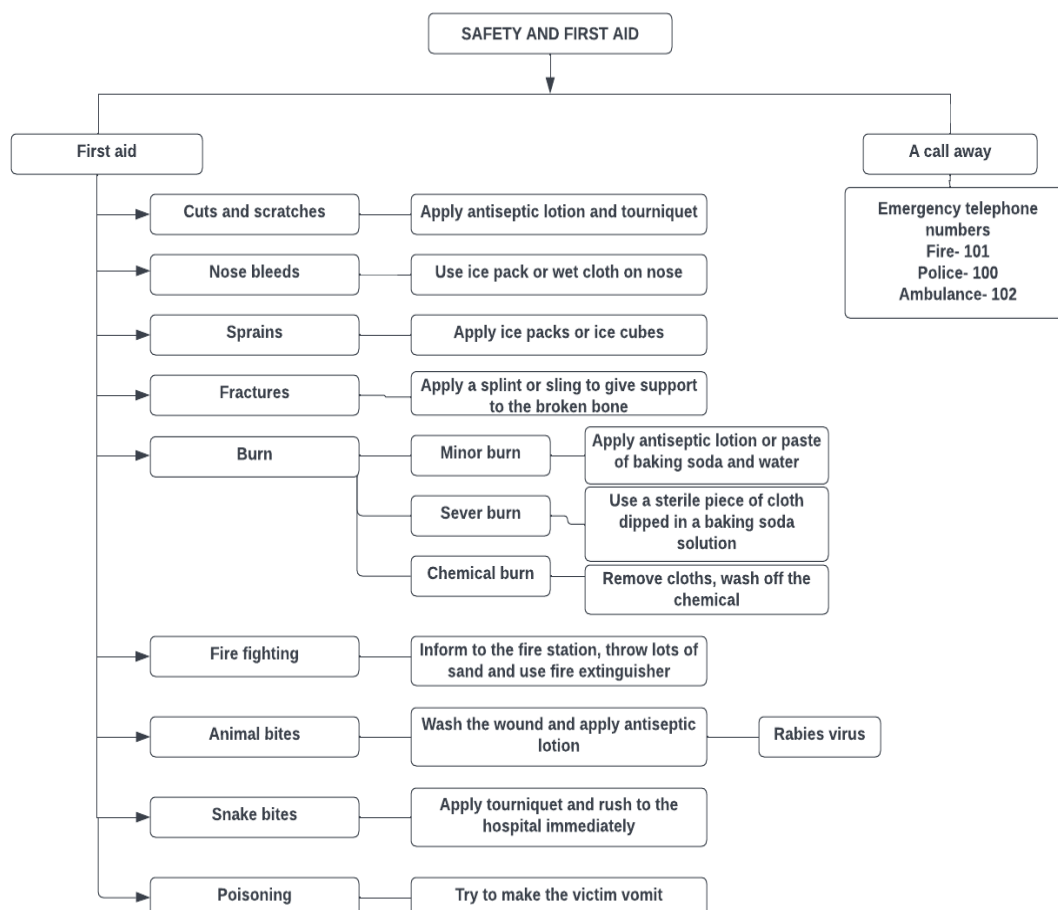


**POLICE
100**



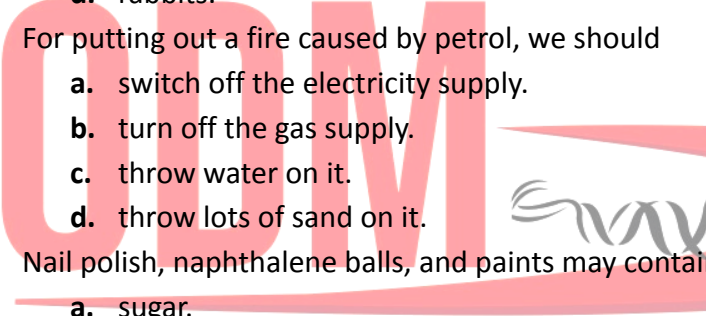
**AMBULANCE
102**

MEMORY MAP

**Let's Know More****I. Choose the correct answer.**

1. For cuts and scratches, clean the affected area with cotton wool soaked in water/ oil/ an antiseptic lotion.
2. A piece of cardboard or a pillow around an injured bone can act as a splint/ tourniquet/ sling.
3. A crack or a break in a bone is called a wound/ fracture/ sprain.
4. Apply a splint/ ice-pack/ tourniquet to give support to a broken bone.

Let's Do**A. Tick the correct answer.**

1. If you get cut by a dirty or rusted object you may get
 - a. a fracture.
 - b. a sprain.
 - c. rabies.
 - d. tetanus.
 2. The rabies virus is carried by
 - a. cockroaches
 - b. hens.
 - c. dogs.
 - d. rabbits.
 3. For putting out a fire caused by petrol, we should
 - a. switch off the electricity supply.
 - b. turn off the gas supply.
 - c. throw water on it.
 - d. throw lots of sand on it.
 4. Nail polish, naphthalene balls, and paints may contain
 - a. sugar.
 - b. salt.
 - c. poison.
 - d. juice.
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B. Fill in the blanks.

1. When the skin is cut by a rusted object, the injection one must take is called a _____ injection.
2. _____ causes swelling and sometimes discolouration of the skin.
3. An easily available object like sheets of newspaper or a pillow can be used as _____ to give support to a broken bone.
4. If a fire is caused by an electrical gadget, do not throw _____ on it.
5. Destroy all _____ which have crossed their expiry dates.

Understand and Answer**C. Write short answers.**

1. What is a tourniquet?
2. Which articles could be used as a splint in case of a fracture?
3. What is a sling?

4. Name the disease caused by a virus carried by dogs and cats.
5. When someone's clothes catch fire, we must not let him run around in panic. Why?

D. Answer these questions.

1. What first aid should be given in case of a minor wound?
2. How would you help someone with a bleeding nose?
3. What is a splint? How and why should it be used?
4. We must not prick blisters. Why?
5. How will you put out a fire caused by defective wiring?
6. What first aid should be given in case of an animal bite?

Teacher's Note

- Make a chart named "Know your road signs" showing the road signs and their names.

Improve Your GK

- Turmeric paste and clear aloe vera gel can heal wounds and burns.
- A "112 India" mobile app has been launched through which one can reach out to any emergency help by pressing the power button of a smartphone three times quickly.

Answer Key

I.

1. an antiseptic lotion

2. splint
3. fracture
4. splint

A.

1. tetanus
2. dogs
3. throw lots of sand on it
4. poison

B.

1. tetanus
2. sprain
3. splint
4. water
5. medicines

C.

1. A tourniquet is a tight band placed around an arm or leg used to control blood flow from a wound.
2. In case of a fracture, articles like sheets of newspaper, magazines, a piece of cardboard, or a pillow could be used as a splint in case of a fracture.
3. A sling is a bandage made from a triangular piece of cloth passing over the shoulder to support an injured or fractured arm.
4. Rabies is caused by a virus carried by dogs and cats.
5. When someone's clothes catch fire, we must not let him run around in a panic because it blows the fire flame.

D.

1. In case of a minor wound,
 - I. Wash away all dirt around it and clean the affected area with cotton wool soaked in an antiseptic lotion.
 - II. Place a thick pad of cotton or sterile gauze on the wound and press it with the thumb and fingers
 - III. Wrap a sterile gauze bandage around the wounded area to prevent infection.
2. To treat someone with a bleeding nose
 - I. Keep the patient upright in a comfortable position with his head held back.
 - II. Press the bleeding nose firmly and keep an ice pack on the nose and the head.
 - III. Ask the patient to breathe through the mouth.
 - IV. If bleeding heavily, send for the doctor.
3. A splint is a piece of wood or cardboard, sheets of newspaper, or a pillow used to give support to a broken bone. Any easily available articles like newspapers, magazines, or pillows can be used around the bone to prevent movement and help the broken bone heal.
4. We must not prick blisters because an open blister is an open wound. It can catch the infection.
5. In case of a fire caused by defective wiring, do not throw water on it. This can cause electrocution. Immediately turn off the main switch. Throw sand and use a fire extinguisher.
6. In case of an animal bite, wash the wound with soap and water to remove germs, apply an antiseptic lotion and bandage the wound with sterile gauze to prevent infection.