

# Safety And First-Aid

## 7



Safety is the rule of life. Safety is as much important as health and hygiene. Both in the house as well as out of it, you must follow rules of safety. As you go out of your home, you must know rules of safety in the classroom, on the staircase, on the play ground and on the road.

### Do You Know ?

The cost to the society of UK home accident injuries has been estimated at £ 45.63 billion ( £ 45,630 million) annually.

## RULES OF SAFETY AT HOME

### Never play with Electricity



Every house has electric plugs and electric wires. There are many electrical appliances used in every home such as fridge, television, iron, mixer, grinder, etc. While you see your elders working with them, do not imitate. Never try to repair any electrical connection or appliance. Do not touch electric gadgets with wet hands.

### Never play with Fire

Fire is used in various ways in every house. There is fire in the kitchen. Fireworks are lighted on Diwali. Never try to imitate your mother in the kitchen. Do not put your hand in hot water. Never play near the gas or oil stove. Do not play with match-sticks, especially when one is burning.





## Do not run on the staircase

You may fall and get hurt.

## Do not use sharp things

Do not imitate your parents in using sharp things like knife, blade etc. Never leave them on the ground. Use them very carefully, if necessary.

## Do not use medicines yourself

If you are ill or get hurt, you should tell about it to your teacher or parents. Let your parents give you medicines and first-aid.

## Do not fly kites on the terrace

Terrace is not a safe place to fly kites. Fly them in the open places like park, club etc.

## Be careful in the bathroom

Bathrooms are often slippery. You may easily fall and get hurt. Do not play in the bathroom. Use it carefully.



## Do You Know ?

We dial 100 to call the police and 102 to call for an ambulance.

## Do not run in the house

In the house there are doors, walls, bends and slippery places. So never run, there as you may get hurt.

## SAFETY IN THE CLASSROOMS

### Do not play in the classroom

Your classroom is full of so many things such as chairs, desks, blackboard, window panes of glass etc. You may break these if you play in the classroom. You may get hurt. Your teacher may punish you for playing in the classroom. It is not safe place to play.



## Do not play with things in the classroom

In the classroom, there is duster and chalk pieces near the blackboard. Do not throw these on one another. You may hurt someone, even your class teacher if she happens to enter the classroom.

## Do not use blade to sharpen pencils

Use a pencil sharpener. It is safe. Blade may cut your finger.



## SAFETY ON THE PLAYGROUND



### Be careful while swinging

On the playground there may be many types of swings, merry-go-rounds and see-saws. Be careful while playing on these. Otherwise, you may get hurt or you may hurt someone else.

## Test your Self

1. Do not fly kites on the \_\_\_\_\_.
2. Do not use \_\_\_\_\_ things.
3. Do not use \_\_\_\_\_ to sharpen pencils.
4. Be \_\_\_\_\_ while swimming.

## Follow the rules of game

Every game has some rules. Follow these rules. Do not argue with the umpire in cricket. Do not hurt anyone while playing with hockey sticks.



## Share your toys

Share your toys with your friends.

## Wait for your turn

Do not try to get chance out of turn. Wait for your turn. Be polite. Let others also play. Do not abuse anyone.



## SAFETY ON THE ROAD

Most of the accidents happen on roads. Therefore, road safety is most important. The following are some rules of safety on the road :



### Walk on the footpath

If there are no footpaths walk on the right side of road.

## Cross on Zebra lines

See the traffic light signals on the road. When the red light is on, cross the road on zebra lines. Hold hands of your friend while crossing. Allow persons coming from the opposite side to cross the road.



### Observe rules of bus travel

Stand in a line to get into a bus. Do not jump into or get off a running bus. Do not put any part of your body out of a moving bus.

## Observe rules of cycling

Do not go fast on a crossing. Keep to the left. Signal by your hand before taking a turn. Do not cycle without hands on the handle. Do not eat while cycling. Watch others or you may collide with someone.



## Test your Self

- Some traffic signs are given below. Find out the each one means.



## FIRST-AID

First-aid is the aid given immediately after someone has been hurt. If someone is hurt, do not create a crowd around. Only one or two persons are sufficient

to attend on him. Provide first-aid if the box or the articles used for it are available.

If the injured person is bleeding keep the wounded part of his body high. Clean the wound with dettol and put bandage on it. Comfort him. Do not get panic. Call your elders or anyone nearby to help you in first-aid. Call a doctor if required. Tell the facts to the doctor. Do as the doctor asks you to do.





## Know the Keywords :

- Footpath : A path on the side of road where the people walk.  
Zebra Crossing : White strips marked across the road indicating where people should cross the road.  
Accident : An unpleasant happening, often resulting in an injury.  
Fracture : Breaking or crack of a bone.  
First- Aid : First help given to the victim or to the injured



## Point to Remember

- Accident takes place because of our carelessness.
- Accidents can be avoided, if we are a little more careful, for which we should follow certain safety rules.
- Always obey safety rules on the road, at home, on the playground, in the classroom and on the staircase.
- After an accident, the first help given to a person is called first-aid.

## EXERCISE TIME

### A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

1. Walk on the \_\_\_\_\_.

- a. Footpath  b. Road  c. Zebra crossing

2. Cross the road when light is \_\_\_\_\_.

- a. Yellow  b. Green  c. Red

3. Never play on the \_\_\_\_\_.

- a. Park  b. Road  c. Footpath

4. Never play with \_\_\_\_\_.

- a. Fire  b. Bat-ball  c. Football

### B. Tick (✓) the correct and cross (X) the incorrect ones :

1. We should play on the road.

2. It is safe to run on stairs.

3. Do not call for a doctor if someone is hurt.
4. It is dangerous to play with pointed articles.
5. Never play a rough game.



**C. Fill in the blanks with the given words :**

staircase, bathroom, crackers, terrace, classroom

1. Do not play in the \_\_\_\_\_.
2. Be careful in the \_\_\_\_\_.
3. Do not run on a \_\_\_\_\_
4. Do not light \_\_\_\_\_ near to you.
5. Do not fly kite on the \_\_\_\_\_.

**D. Answer the following questions :**

1. Why do accidents occur?
2. What care should we take while walking on the road?
3. Where should we cross the road?
4. When should we cross the road?
5. What is first-aid?



## Creative Work

- Look at the pictures. Do you see these things while walking on the road? Name them :



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_