



Accidents can take place anywhere and anytime. An accident may take place, while you are playing. An accident is a sudden, unexpected and harmful incident. It causes pain, injury and may even lead to death. To avoid accidents, one needs to be careful and alert. There are some rules of safety that we must follow to prevent accidents on road, at home and in school.

SAFETY ON ROAD

We should observe the following safety rules on the road :

- Before crossing the road, check properly that no vehicle is coming from either direction.
- Cross the road at zebra crossing or use subway to cross the road.
- Pedestrians should walk on the footpath or on the left side of the road.
- Never peep out of the moving vehicle like bus or car.
- Wear a helmet while riding a two-wheeler vehicle.
- Wear a seat belt while travelling in a car.
- Do not touch any strange object lying on the road.



- Never fly a kite near the road and never play on the road.

SAFETY AT HOME

- Do not play with sharp objects like blades, knives, etc. They may hurt you.

- Walk carefully over wet and slippery floors.
- Do not run up and down the stairs in a hurry.
- Keep medicines out of reach of young children.
- Keep your books and toys at proper place. Do not scatter them on the floor. You may



trip on them and fall.

- Do not touch electric switches or electrical gadgets with wet hands as you may get an electric shock.

SAFETY IN THE PLAYGROUND

- Do not push each other on swings.
- Do not fight or hit anyone while playing.



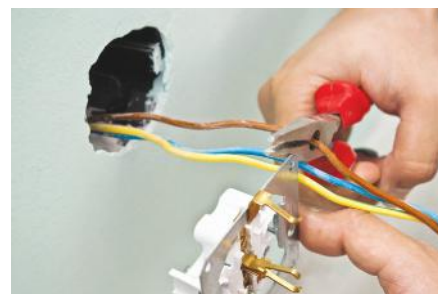
- Do not go near barbed wire or hedges.
- Do not jump off a high place.
- Follow the rules of the game.

SAFETY FROM FIRE

Fire is very dangerous. It can cause loss of life and property or very severe burn injuries.

- Get all electric appliances and gadgets checked from time to time.
- Synthetic clothes should not be worn while cooking or lighting firecrackers because they catch fire easily.

- In case of a gas leak, open all the doors and windows of your home. Do not switch on the lights. Call a mechanic to repair the leak.



- If a crack is seen in any electric wire, replace it immediately.
- Do not keep a kerosene stove on the floor. If it gets knocked over, the oil can get spilled, resulting in a fire.

PREVENTING FIRE

Fire can be prevented and stopped if we take appropriate steps to putting off fire :

- If a fire extinguisher is available, use it to put out fire.
- If fire is caused by electricity, throw sand or mud on it. Never throw water on such fire.
- If fire is caused by petrol or kerosene, throw lots of sand or use a fire extinguisher on the fire, this will stop fire. Water is not used to put off fire because petrol or kerosene is lighter than water. It will float on water and continue to burn.
- When a gas leak is suspected, no electric switch should be turned on. Windows should be opened immediately to let the gas out and allow fresh air to come in.

FIRST AID



A burnt hand

First aid is the immediate medical assistance given to an injured person. It can save someone's life. Let us learn how to give first aid when someone gets injured.

Burns

- If the burn is small, put the burnt area in cold water immediately till the burning sensation goes away.
- A severe burn can result in blisters. Never try to prick the blister. A piece of clean cloth dipped in baking soda solution can be applied to the burnt area.
- If the burn is severe, call the doctor immediately.

Cuts and Wounds

- Wash your hands properly before giving first-aid to a wounded person.
- Clean the wound with an antiseptic lotion.
- Cover the wound with a bandage to prevent germs from getting into the wound and also to stop bleeding.
- Tie a bandage called tourniquet on the wound to stop heavy bleeding.



Cuts and Wounds



Nose Bleeding

- If the wound is deep, the victim should be immediately taken to a doctor.

Nose Bleeding

It is a common occurrence in the hot weather.

- The patient should be made to sit in a position such that the head is at a raised level.
- The nasal region should be covered with ice cubes held in a handkerchief.
- Follow with cool drinks and juicy fruits once the bleeding stops.

Sprains

Sprains are caused when you twist your ankle or any other joint.

- A cold pack helps to reduce swelling.
- Apply a sprain ointment and support the joint with a crepe bandage.
- Relaxing helps to heal it faster.



Sprain

Fractures

A crack or break in a bone is called fracture. Extreme pain is a symptom of a fracture.

- Don't allow the victim to move that part where there is a fracture.
- To support the broken bone, tie a splint. It will prevent further dislocation of the broken bone. A splint is a rigid piece of wood or plastic material or metal applied to a fractured limb to prevent movement of the broken bone.



Fracture

- If the fracture is in the arm bone, use a sling made of a triangular piece of cloth.
- If the fracture is in the leg bone, make the victim lie down and tie the splint around the affected part.



Dog bite

Dog Bite

The saliva of dog may carry rabies virus.

- Wash the wound thoroughly with soap and water. This will wash away the saliva of the dog.

- Put an antiseptic cream.
- The patient should be taken to a doctor to give anti-rabies vaccine.

Snake Bite

The poison ejected by the snake travels through the blood and affects the heart and nervous system.

- Tie a bandage between the wound and the heart to slow down the spread of poison.
- The patient should be rushed to a doctor.



Snake bite

Poisoning

Do you know that many common things you see in your home are poisonous? Nail polish, naphthalene balls, paint, detergents, and some medicines are poisonous.



Poisoning

- Keep all medicines out of reach of children.
- Read the label very carefully before taking any medicine. Destroy all medicines which have crossed their expiry dates.
- Wash all vegetables and fruits before eating them. They may have been sprayed with harmful insecticides and pesticides.

- In case of any kind of poisoning, try to make the victim vomit.
- Rush the victim to a doctor.

Being alert will help you avoid accidents and meet emergencies.



Know the Keywords :

Pedestrians	: People who walk on the road
First aid	: The immediate medical aid given to an injured person
Sprain	: A twisted joint
Fracture	: They are caused by broken bones
Splint	: A support used to keep the fractured bone in place

Point to Remember

- An accident can happen anywhere, at anytime and to anyone.
- Pedestrians should walk on the footpath or on the left side of the road.
- Keep your books and toys at proper place. Do not scatter them on the floor. You may trip on them and fall.
- Synthetic clothes should not be worn while cooking or lighting firecrackers because they catch fire easily.
- Apply a sprain ointment and support the joint with a crepe bandage in case of sprain.
- A crack or break in a bone is called fracture.

EXERCISE TIME

A. Multiple Choice Questions (MCQs).

Tick (✓) the correct word :

1. Seat belts and helmets are for our own :

a. control

b. harm

c. safety

2. The bite of snake may cause :

a. injury

b. death

c. blisters

3. Anti-rabies vaccine should be given in case of :

a. sprain

b. dog bite

c. fracture

4. A fracture is caused when :

a. a tissue gets torn

b. a joint breaks

c. a bone cracks

B. Write 'T' for true and 'F' for false :

1. Wear a seat belt while travelling in a car.

2. We should keep our books and toys on the floor.
3. Get all electric appliances and gadgets checked from time to time.
4. We should move the injured part in case of fracture.



C. Fill in the blanks :

1. An _____ is a sudden, unexpected and harmful incident. (injury/ accident)
2. We should not wear _____ clothes while cooking. (synthetic/cotton)
3. Walk carefully over wet and _____ floors. (dry/slippery)
4. We should not prick the _____. (blisters/ wounds)

D. Answer the following questions :

1. Write a short note on safety on roads.
2. What precautions should be taken to avoid accidents at home?
3. What are the safety rules in case of fire?
4. What do you mean by first-aid?
5. What first-aid would you provide in the following cases?

(a) Burns

(b) Cuts and wounds

(c) Sprains



Creative Work

- Make charts showing the entire road safety signs and what do they interpret. Hang these charts in your classroom.