

## Chapter 3 – Safety and First Aid

### New Words

- |             |               |
|-------------|---------------|
| 1.Hazards.  | 2.Splint.     |
| 3.Fracture. | 4.Blister     |
| 5. Sprains. | 6.Venom       |
| 7.Victim.   | 8.Accidents   |
| 9.Gauze.    | 10.Antiseptic |

### [Answer the Following Questions](#)

Q1. What can cause fires? Name any three ways in which we can avoid fire hazards.

Answer: A fire can be caused because of different reasons, some of which are carelessness while handling burning matchsticks, candles, and firecrackers, electrical faults, accidents while cooking and gas leaks in the kitchen.

Three ways to avoid fire hazards:

- 1.Be careful while handling fire.
- 2.Check electrical appliances and wiring regularly.
- 3.Do not wear synthetic (nylon) clothes while cooking.

Q2. How will you put out a fire caused because of electrical faults?

Answer: A fire caused due to electrical faults should never be put out using water because electricity can pass through water. Such fires should be put out using sand or a fire extinguisher. Fires caused by petrol should also be put out using sand.

Q3. Define first aid. What first aid would you give to a person who has been bitten by a dog?

Answer: First aid is the first or immediate help given to an injured person before they are taken to a hospital.

In case of a dog bite:

- Wash the wound with running water.
- Cover it with a clean bandage.
- Take the person to a doctor immediately.

Q4. What is a fracture? How would you help a person who has fractured his bone?

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

To help a person with a fracture:

- Do not move the fractured part.
- Tie a cloth sling or splint around the fractured area to keep it still.
- Take the person to the hospital immediately.

Q5. How would you help a person in the following cases?

(a) Minor burns

- Wash the burnt area under cool running water for some time.
- Apply antiseptic cream or a paste of baking soda on the burn.

(b) Chemical burns

- Remove the clothes around the burnt area.
- Place the wound under cool running water.
- Dry it and loosely wrap a clean bandage around it.
- Call the doctor immediately.

© Severe burns

- Call a doctor immediately.
- Do not prick any blister that forms.
- Do not try to remove any cloth stuck to the burnt area.
- Do not apply any cream or ointment.

### Define the Following

1. Splint

A splint is a hard support used to keep an injured arm or leg still.

2. Blister

A blister is a small bubble on the skin filled with liquid, usually caused by rubbing or a burn.

3. Hazards

A hazard is anything that can cause harm or danger.

### Let's Apply

1. Asmita has spilled hot water on her hand. What should she do immediately so that blisters do not form?

Answer:

She should wash the burnt area under cool running water for some time. Apply antiseptic cream or a paste of baking soda on the burn.

2. Pankaj's nose suddenly started bleeding in class and would not stop bleeding. How can he be helped?

Answer:

Make Pankaj sit up with his head tilted forward.

Hold and pinch the soft part of the nose carefully for at least 5 minutes to stop the bleeding.

**Let's Remember**

Akbar's house is on fire.



- Which of these could be the cause of fire?
  - Electrical faults
  - Gas leak
  - Carelessness while handling match sticks
  - ☒ All of these
- Which of these can you use to put out a fire?
  - Fire alarm
  - Fire bricks
  - ☒ Fire extinguisher
  - Fire lighter
- Akbar's clothes have caught fire. How will you help him?
  - Make him sit inside the house
  - Make him sit in a shady place
  - ☒ Make him roll on the floor with a blanket
  - All of these
- Which of these should be used to put out this fire, if it was because of an electrical fault?
  - Sand
  - Water
  - Fire extinguisher
  - ☒ Both a. and c.

Textual Exercises

**LET'S UNDERSTAND**

## A. Objective Type Questions

I. Fill in the blanks with the correct words.

1. **Synthetic** (Cotton/Synthetic) clothes should not be worn while cooking.
2. In case of a gas leak, all doors and windows should be **opened** (closed/opened).
3. Firefighters normally put out fires with the help of **water** (water/chemicals).
4. We can avoid **accidents** (accidents/incidents) by following safety rules.
5. In case of minor burns, we can apply a paste of **baking soda** (vinegar/baking soda).

II. Write T for the true and F for the false statement.

1. All accidents are caused by fires. — False
2. In case of fires caused by electrical faults, we should use sand. — True
3. Fire from petrol is put out using water. — False
4. Most cuts and scratches need antiseptic ointments to be applied on them for a few days. — True
5. All fractured bones need to be put under cool running water. — False

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## III. Choose the correct option.

1. Which of these can cause a fire?
  - a. Carelessness while handling burning matchsticks
  - b. Electrical faults
  - c. Cooking gas leaks
  - d. All of these**
2. Which of these would you use in case of a cut or wound?
  - a. A cloth sling.
  - b. A splint
  - c. Gauze and bandage.**
  - d. Paste of baking soda
3. Which of these could cause burns?
  - a. Fires and hot liquids
  - b. Friction from clothes

c. Chemicals. **d. All of these**

4. In case of nose bleed, the person should \_\_\_\_\_.

**a. Sit with the head tilted down** b. Sit with the head tilted up

c. Lie down on the stomach d. Lie down on the back

5. Which part of the body is injured in case of a sprain?

a. Bone. b. Muscle

c. Tendon. **d. Ligament**

6. In case of a snake bite, the person should be positioned such that the bite lies \_\_\_\_\_.

**a. Below the heart level** b. Above the heart level

c. At the heart level. d. None of these

7. Which of these is caused by animal bites?

**a. Rabies.** b. Fracture

c. Blister. d. Sprain

8. Which of these would you use in bee stings?

**a. A paste of baking soda.** b. Vinegar

c. Lemon juice. d. Running water

#### **IV. Match the Columns**

Column A

Column B

1. Bee stings. e. Baking soda

2. Wasp stings. d. Vinegar

3. Cuts. a. Antiseptic cream

4. Fracture. b. Cloth sling

5. Chemical burn. c. Cool running water

#### **B. Very Short Answer Questions**

I. Give two examples of the following.

1. Causes of fire.

- Electrical faults
- Gas leaks

2. Things to do during a gas leak

- Open all doors and windows.
- Do not light a matchstick or switch on electrical appliances.

3. Ways to avoid fire

- Be careful while handling fire.
- Check electrical appliances and wiring regularly.

4. Things to do in case someone catches fire

- Make the person roll on the ground.
- Cover the person with a thick blanket.

5. Ways to put out fire

- Using a fire extinguisher.
- Using sand.

**II. Give one word for the following.**

1. A special instrument that we can use to put out small fires.

Answer: Fire extinguisher

2. The immediate help given to an injured person.

Answer: First aid

3. A break or crack in the bone.

Answer: Fracture

4. This is caused when we twist the ankle or the wrist suddenly.

Answer: Sprain

5. This holds the fracture in place till the injured person is taken to a hospital.

Answer: Splint

## **Let's Recall – First Aid Tips**

### **1. Cuts and Scratches**

- Clean with running water.
- Apply antiseptic cream.
- Cover with a clean bandage.

### **2. Burns**

- Wash with cool running water.
- Apply antiseptic cream.
- Cover lightly.

### **3. Sprains**

- Apply an ice pack.
- Bandage the swollen area to limit movement.

### **4. Fractures**

- Do not move the injured part.
- Use a splint or sling for support.

### **5. Nose Bleeds**

- Sit upright and lean forward.
- Pinch the soft part of the nose for 5 minutes.

### **6. Animal Bites**

- Wash the wound with water.
- Cover with a clean bandage.
- Visit a doctor immediately.

## **LET'S OBSERVE**



1. A. What is this instrument called?

Answer: Fire extinguisher

b. Can we use it to put out fires caused due to electrical faults?

Answer: Yes, a fire extinguisher can be used to put out fires caused by electrical faults.

2. Identify the type of injury in each picture by looking at the first aid being followed.



### LET'S ANALYSE AND EVALUATE

Q1. Predict what could happen if this woman uses her electric toaster in the kitchen when the gas has leaked.

Answer: If the woman uses the electric toaster when there is a gas leak, the gas may catch fire or explode, causing a serious accident. Therefore, electrical appliances should not be used during a gas leak.



Q2. Judge whether it is a good idea to open the doors and windows, or light a matchstick in this situation.

Answer: It is a good idea to open all the doors and windows to let the gas escape. It is not a good idea to light a matchstick because it can cause a fire or an explosion.