

Safety, First Aid and Home



We Already Know

- ☒ We live in a house
- ☒ Red, green and yellow traffic signals
- ☒ We should stay safe



We Will Learn About

- ☒ Situations where you can get hurt
- ☒ Safety measures you can take in such situations to remain safe
- ☒ How to give basic first aid to an injured person
- ☒ Our home

The world is a beautiful place to live in. At the same time, it is also filled with situations and things which can hurt us. Such situations and things are called **dangers**. We should be aware of the dangers around us. We should learn to be careful and avoid them. If we stay away from dangers, we will be safe.

Think

Put a tick under the safe activities and a cross under the activities which are dangerous.

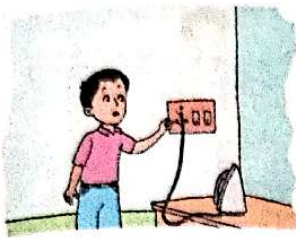


(Reflective Thinking)



SAFETY AT HOME

Following a few simple safety rules can keep us safe at home.



- Never play with fire or light firecrackers yourself. Use matchsticks only in the presence of an adult. Put them out before throwing in a dustbin.
- Never try to insert your fingers in a plug point. Never touch a damaged electric wire. It can give you a dangerous electric shock. Inform your elders. They will have it changed.
- In the kitchen always be careful of the stove, the hot utensils, and the food cooking in them. Do not go near the stove when it is on.
- Knives, scissors and tools are sharp and can cause cuts. They must be used very carefully. Do not play with sharp things.
- Do not try to taste anything you are not sure about. Many things, including medicines, may be poisonous for you.

SAFETY AT SCHOOL

If you behave responsibly in school and follow the rules, you can avoid accidents.



- Running around inside the class and climbing on desks can cause accidents. The corners of desks are sharp and can hurt badly.
- Be careful while climbing up or coming down a staircase. Never run or push anyone. A fall on a staircase can hurt very badly.
- Be very careful when you go to the science room. Never touch, taste or smell anything without asking your teacher.
- Never use blades or knives to sharpen pencils. Always use a pencil sharpener.



SAFETY ON THE PLAYGROUND

Sometimes, to win a match, players start breaking rules and playing rough.



- Always follow the rules of a game. Rules are for our safety and for us to enjoy the game.
- Play the games in the right spirit, to reduce accidents and enjoy more.
- Do not push or trip players.

SAFETY ON THE ROAD



- Remember that roads are not meant for playing. Playing on the roads can be very dangerous.
- Footpaths are meant for you to walk on. If there is no footpath, walk on the side and be alert to the traffic.
- If you have learnt to ride a bicycle, always keep to the left. Signal with your hand before turning.
- While travelling in a car, always wear the seat belt.
- Cross the road only at the zebra crossing. Before crossing, look to your right, then to your left, and then to your right again. Cross the road only if it is clear. You should be even more careful if there is no zebra crossing on the road.

- Obey the traffic signal. Remember, the **green** traffic light tells you to go. The red light tells you to **stop**. The **yellow** light tells you to be **ready**.
- Always stand in a queue to board a bus. It helps to avoid accidents.
- Many accidents happen when people try to get on or off a moving bus. Never try such things.



Activity 1



Aim: To gather information about traffic signs.

Materials required: Chart paper, crayons

Procedure: Look out for common traffic signs on the road, while travelling to school and back. Make a chart showing the signs, and what they mean. Also find out why each one is necessary.

EMERGENCY

Sometimes, a serious, unexpected and dangerous situation occurs that requires immediate action. Such a situation is known as an **emergency**. An accident is an emergency. You already now know what to do in case of an accident. Here are some other emergency situations.

1. **Fire:** If there's a fire, get everybody out of the building, stay out, and call for help. Don't go back into the home to get belongings. If your clothes catch fire, stop (don't run), drop to the ground, cover your face with your hands and roll your body to put off the fire.
2. **Heavy rain:** If it is raining very heavily, stay indoors. If you live on the ground floor and water enters your house move to a higher floor or to the roof. If moving to the roof wear a raincoat and carry an umbrella. Stay away from standing, flowing or rising water.

FIRST AID

Sometimes, accidents happen even when we are careful. Never panic in such a situation. You can help the injured person by following some simple rules. The first help that an injured person needs is called **first aid**.

- Immediately try to find an adult to help you.
- Do not allow people to crowd around the injured person.
- Do not move the injured person. If he or she has



broken a bone, this can cause more damage.

- Make the injured person sit or lie down.
- If a wound is bleeding, wash it with clean water. Tie a clean bandage or handkerchief around the wound to stop the bleeding.
- If someone has a burn, put the burnt area under a cold water tap or apply an ice pack.



Have a **first aid box** at home and in your car with all the necessary things to give first aid.

HOME IS BEST

We all live in a house. Our house gives us shelter from the sun, wind, rain and snow. It also protects us from animals and thieves.

Materials Used to Construct Different Kinds of Houses

People live in different kinds of houses. They live in huts, wooden houses, separate houses called bungalows, or in flats in a building with many storeys. What kind of house do you live in?

People use different kinds of materials to build their houses. A hut is made of mud and straw. It is not very strong.

Some materials used to construct a strong house are:



Steel



Wood



Bricks



Cement



Glass

Find out what materials have been used to construct your house. Also find out where each material is used.

A Good House

To live a healthy life, certain things are important. Our house should be built and kept in such a way that we get these important things.

- **Sunshine** is important. It kills germs. We should have windows in directions from where sunshine can come in.

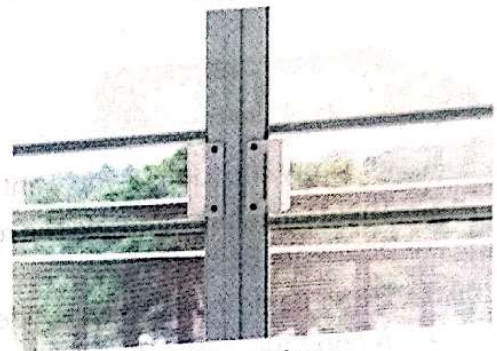
- **Clean air** is necessary. Air gets dirty when we breathe. There should be windows and ventilators for fresh air to come in. We should grow trees and other plants around our house as they help to clean the air.
- **Open spaces** such as verandas or balconies are important for getting sunshine and fresh air.
- **Wire netting** on doors and windows keeps out insects such as flies and mosquitoes. At the same time, it allows air and sunshine to come in.



A good house

Cleanliness in The House

- Cleanliness is necessary in every part of the house.
- Germs mainly live and grow in the kitchen, toilets and garbage bins. These should be regularly and thoroughly cleaned every day.
- The rest of the house should also be swept daily and kept clean.
- Flies and cockroaches should be kept away from the kitchen as they cause diseases. Always keep food covered.
- Fresh air and sunlight should be allowed to come into the kitchen and toilets.
- Garbage bins should also be kept covered.



Wire netting



Keeping house clean



Think

Why should garbage bins be kept covered?

(Critical Thinking)

Changes in Materials in Your Household

Which of these changes have you observed in your home? Put a ✓ if you have and a X if you have not.



1. Things such as the floor and furniture become dirty and have to be swept and dusted.
2. Your clothes become dirty and have to be washed.
3. Your old clothes sometimes tear and new clothes have to be bought.
4. Things such as glass tumblers sometimes break and have to be thrown away.
5. There may be new things at home – for example, new toys, furniture or refrigerator.
6. Plants grow. Flowers bloom and then wither.

What other changes can you see?



IN BRIEF

1. Be safety conscious if you want to live a long happy life.
2. There are many things on the road, at home, in the school and on the playground which can cause accidents. Be careful.
3. Never panic if there is an accident. Call an adult for help.
4. A good house should get proper sunshine and fresh air and should be kept clean.



Exercises

Objective Type Questions

A. Multiple choice questions.

1. Which of these can give you an electric shock?

a. Matchsticks	☒ b. Damaged electric wire
c. Knives and scissors	d. Medicines
2. Which of these should you use to sharpen a pencil?

a. blade	b. knife
☒ c. pencil sharpener	d. Any of these

3. Traffic light of which colour tells us to stop?

- ☒ a. red
☐ c. green

- b. yellow
d. blue

4. On which side of the road should you drive your bicycle?

- ☒ a. left
☐ c. centre

- b. right
d. on the zebra crossing only

5. In which of these cases will you take care not to move the injured person?

- a. minor burn
☒ c. broken bone

- b. minor scratch
d. bleeding wound

6. Which of these should be present in a good house to ensure clean air?

- a. windows
c. plants

- b. ventilators
☒ d. all of these

7. Wire netting is used on doors and windows to keep away

- ☒ a. insects
c. dirty air

- b. sunshine
d. thieves

B. Name the following.

1. The place you should cross a road from. zebra crossing
2. A sharp instrument that must be used carefully. scissor
3. You should always wear this when travelling in a car. seat belt
4. The first help that an injured person needs. first aid
5. A system which carries away dirty water from the bathroom. drainage system

C. Write T for True statements or F for False statements.

1. Being aware of the dangers around us can help us avoid them.
2. If someone has a burn, washing it with hot water will give relief.
3. Letting sunshine into the rooms is important as it kills germs.
4. Germs mainly live and grow in the kitchen, toilets and garbage bins so only these should be cleaned every day.
5. The green traffic light tells us to go, and the red light tells us to stop.

T.....
F.....
T.....
T.....
T.....

Theoretical Questions

Answer the following questions in brief.

1. List five things in your home that can be dangerous.

2. What will you do before crossing a busy road?
3. How can you avoid accidents on the playground?
4. What will you do if someone is injured in an accident?
5. Why are the following things important in a house?
 - a. Windows
 - b. Proper drainage system
 - c. Open spaces
6. You want sunshine and fresh air to come in your house, but you want to keep insects out. How will you do this?



Thinking Skills

21st CS

1. Mohan's house does not have a proper drainage system. What kind of problems can Mohan face? *Di'seases / water logging*
2. Why should children not give first aid to a seriously injured person themselves?
3. What do you think will happen if there were no traffic lights at a busy crossing?

Ans 2 → Untrained Ans 3. Accidents.

LEARNING BEYOND CLASSROOM



1. Make a first aid box for home and another for your car. Here are a few things it must have:

- | | |
|---|-------------------------------|
| • sterile gauze pads of different sizes | • flashlight |
| • adhesive tape | • bandages of different sizes |
| • elastic bandage | • antiseptic solution |
| • soap | • antibiotic ointment |
| • medicine for fever and pain | • tweezers |
| • scissors | • safety pins |
| • cold pack | • thermometer |



Find out why each is important and how it is used.