

**PARAGON CONVENT SCHOOL**

**SECTOR : 24 B, CHANDIGARH**

**LESSON - 3**

**SAFETY AND FIRST-AID**

**SUMMARY:**

- Accidents may occur at anytime, anywhere.
- We can prevent accidents by following safety rules and by being careful and alert both indoors and outdoors.
- The first help provided to an injured person before the arrival of doctor is referred to as first aid.
- Different injuries require specific first aid.
- It is also important to learn the rules of first aid from an expert before we apply them on someone.
- A well stocked first aid box contains all the necessary things required to provide first aid.

**Multiple Choice Questions** (Page No. 23)

1. (b)          2. (a)          3. (c)

**Multiple Choice Questions** (Page No. 24)

1. (a)          2. (b)          3. (b)

**Section A**

**Oral Questions**

**Q1.-** Why should we follow safety rules?

**Ans.-** We should follow safety rules to avoid accidents.

**Q2.-** How do accidents happen in school?

**Ans.-** In school, many accidents happen when students are in a hurry.

**Q3.-** Why should we tie a bandage around a deep cut?

**Ans.** We should tie a bandage tightly around a deep cut to stop bleeding.

### **Science Quiz**

**Q1.-** Name an antiseptic lotion which is used to clean wounds.

**Ans.-** Dettol / Savlon.

**Q2.-** What would happen if we eat stale, spoiled or exposed food?

**Ans.-** Food poisoning.

**Q3.-** Name two things that should be kept in a first-aid box.

**Ans.-** Antiseptic cream/lotion, band-aids/cotton pads/crepe bandage/gauge bandage.

### **Worksheet**

#### **Multiple Choice Questions**

1. (a)                      2. (b)

#### **Circle the odd ones. Give reason for your choice.**

1. Cotton                      Bandage                      Scarf

**Ans.-** Scarf → others are kept in a first-aid box.

2. Zebra crossing                      Fire                      Traffic lights

**Ans.-** Fire → Others are used on the road as traffic signs.

3. Football                      Nose bleeding                      Insect bite

**Ans.-** Football → Others are type of injuries.

#### **Fill in the blanks with the help of the given words**

1. synthetic                      2. medicine                      3. push

4. first aid                      5. antiseptic

**Write 'T' for true and 'F' for false statements**

1. True                      2. False                      3. True

**Section B**

**Multiple Choice Questions**

1. (c)                      2. (b)

**Very short answer questions**

**Q1.-** Name two things which should be kept away from the children.

**Ans.-** Medicines, chemicals/sharp and pointed objects.

**Q2.-** Which type of game should we not play?

**Ans.-** We should not play rough games.

**Short answer questions**

**Q1.-** How can we avoid accidents?

**Ans.-** We can avoid accidents by always following the safety rules.

**Q2.-** Give first-aid tips for cuts and wounds.

**Ans.-** The first-aid tips for cuts and wounds are:

- i) Wash your hands thoroughly before giving first aid to the injured person.
- ii) In case of a deep cut, remove all the dirt from the wound and clean the skin around it with small pads of cotton soaked in an antiseptic lotion. Tie the bandage tightly around it to stop bleeding.
- iii) Put a band-aid for a minor cut.

**Q3.-** Anup and Arti are alone at home. Anup finds his younger sister with a bleeding nose. Anup gives her first-aid immediately.

a) Give first-aid tips for nose bleeding.

b) What value is shown by Anup?

**Ans.-** (a) In case of nose bleeding-

(i) Hold the nose for 7-8 minutes.

(ii) Lean slightly forward till bleeding stops.

(iii) Put a cold wet towel on the face

(b) We learn to care for our brothers and sisters.

### **Long answer questions**

**Q1.-** What safety rules do you follow in the playground?

**Ans.-** We must be very careful while playing. We should follow these safety rules in the playground:

(i) Do not push or hit each other while playing.

(ii) Do not play rough games.

(iii) Stay away from the swings when someone is using them.

(iv) Do not jump off the see-saw without informing your partner.

**Q2.-** What should we do when a person has fainted?

**Ans.-** When a person has fainted:

(i) Make him/her lie with the head lower than the body. It allows rapid blood circulation towards the brain.

(ii) Allow fresh air around the person.

(iii) Sprinkle cold water on his/her face.

(iv) Loosen his/her clothes.