

LESSON - 22**PERSONAL SAFETY**

The following components will be learnt in this lesson:

- safety on roads
- Safety in schools
- Safety in playground
- Safety at home

Accidents take place unexpectedly due to which there may be loss of life or injury to the body which cannot be cured. The precautions taken by an individual in order to minimize these types of day to day accidents is called personal safety.

Accidents usually take place due to an individual fault, his carelessness or due to a haste. By following some rules one can avoid these sort of accidents. The safety rules followed by an individual not only helps him but also avoids accidents caused by other people too. The safety factors are to be followed in order to stop accidents.

SAFETY RULES ON ROADS:

Many people lose their lives and many others become physically handicapped due to the accidents taking place on roads. In order to avoid these accidents on road the safety rules are as follows :

SAFETY RULES TO BE FOLLOWED ON ROADS:

- Always walk on the right side of the road.
- Always walk on the footpath meant for the pedestrians.
- Always use the “zebra crossing” lines while crossing the roads.



Fig. 22.1 Zebra crossing

- Always follow the road signals while travelling by vehicles.
- Always overtake the vehicles from the right side only.

Activity: Make list of some of the safety rules to be followed on the road.

“Urgency leads to accident”

SAFETY MEASURES TO BE FOLLOWED IN SCHOOLS:

If the students maintain discipline and patience many accidents can be prevented in the schools.

- Safety measures to be followed by student and schools.
- Do not touch open electric wires.
- Be careful when using sharp or pointed instruments.
- Take full precautions while handling chemicals and glass equipments in the laboratory.
- Do not go near the areas where the danger boards are kept.
- Be careful while running in the corridors or while using the staircases. In such places steel grills or cement barricades should be used.



Fig. 22.2 Open wire

Activity: Make list of some of the safety rules to be followed in schools.

SAFETY PROCEDURES IN THE GROUND:

All children love to play but they should also know that when they play unless they take precautions they will not only keep themselves safe and help the others to be safe.

- Take precautions while playing cricket, Hockey or using javelin, discus, shotput etc.

- They should not play under hot sun, raining, hard surface and which should not full of small stones.
- While playing on a wet ground sprinkle enough saw dust on the wet patch of the ground.
- Use protective gear like helmets, gloves, pads and use proper shoes as per the requirement of the game.
- Always play under the supervision of a teacher.

Activity: Make a list of some of the safety rules to be followed in the ground.

“Read for knowledge, Play for health”

SAFETY RULES AT HOME:

Children spend most of their time at home. This is where a lot of children meet with incidents which are dangerous and harmful. Parents should always be vigilant towards such incidents.

SAFETY RULES TO BE FOLLOWED AT HOME BY CHILDREN AND PARENTS:

- Teach the children to keep themselves away from matchbox, kerosene and gas.
- Use precautions while using electrical appliances.
- Keep cleaning products such as bleaching powder, floor cleaners and poisons used to kill rats out of the reach of children.
- Hand gloves have to be used and hands should be washed with soap after using some chemical products.
- Keep medicines used in first aid out of the reach of children.

Activity: Make list of some of the safety rules to be followed at home.

Know this:

- * Accidents occurs due to human errors, negligence and hurry.
- * Use 'Zebra crossing' while crossing the road.
- * Vehicle drivers should observe the road signals.
- * We can avoid accidents by carefulness and descipline.
- * Keep the children away from dangerous things.

Exercise

I FILL IN THE BLANKS:

- 1) Use of _____ should be done while crossing the roads.
- 2) Overtaking of vehicles should be done from the _____ side.
- 3) You should not play barefooted on a ground with hard surface and which is full of _____.
- 4) Children should play under the supervision of the _____.

II Tick the appropriate answer:

- 1) While we crossing the roads always use the section un markerd for _____.
a) Vehicles b) Animals c) Two wheelers d) Pedestrians
- 2) Before playing in a ground which is wet with water put sand and _____.
a) Small stones b) Cement c) Tree bark d) saw dust.
- 3) Parents should always be _____ to avoid injuries
a) negligent b) alert c) expecting d) excited

III Match the following:

A

- 1) Sports for health
- 2) Haste is
- 3) While walking on the roads

B

- walk on the left side
- books for knowledge
- the cause for accidents

IV Answer the following in one sentence each :

- 1) What does personal safety mean ?
- 2) Make list of any safety measures to be followed on road.
- 3) How do accidents take place.

It is important to play with determination to win rather than mere participation.
