

## HEALTH 9: NOVEMBER 14, 2025

### Situation: A Day That Taught a Lesson

It was a bright Saturday morning, and the students of Barangay San Isidro High School were busy preparing for their Clean and Green Project. Everyone was excited to help make their surroundings beautiful and safe.

While sweeping leaves, Marco accidentally slipped on a wet floor near the school garden. His friend Liza quickly helped him stand up and noticed a small wound on his knee. She washed it with clean water and covered it with a bandage from the first-aid kit.

Meanwhile, Jessa was carrying a heavy box of gardening tools. As she tried to lift it alone, she suddenly felt pain in her back. Their teacher, Mr. Ramos, reminded everyone to ask for help when lifting heavy objects to avoid muscle strain.

Later that morning, a group of students was burning dried leaves. Ken, standing too close to the fire, accidentally got a small burn on his hand. Mr. Ramos immediately cooled the burn under running water and applied a clean, dry cloth to protect it.

As the day went on, another student, Arnel, fell from a low branch of a tree while hanging decorations. His classmates called for help and made sure he didn't move until the teacher came. He was then taken to the clinic for safety checking.

By the end of the day, Mr. Ramos gathered the class and said,

"Today we learned that accidents can happen anytime — not because we want them to, but because we sometimes forget to be careful. That's why we must always think of safety first."

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### Comprehension Questions

- What was the activity that the students were doing in school?  
A. Sports festival  
B. Clean and Green Project  
C. Cooking contest  
D. Field trip
- What kind of unintentional injury did Marco experience?  
A. Cut  
B. Muscle strain  
C. Burn  
D. Electric shock
- What did Liza do to help Marco after his accident?  
A. She ignored it  
B. She washed and covered the wound  
C. She poured alcohol on it  
D. She told him to go home
- What injury did Jessa experience while lifting the heavy box?  
A. Fracture  
B. Muscle strain  
C. Cut  
D. Burn
- What advice did Mr. Ramos give to avoid Jessa's injury?  
A. Always lift heavy objects alone  
B. Ask for help when lifting heavy objects  
C. Use small boxes only  
D. Avoid cleaning
- What type of injury did Ken have near the fire?  
A. Burn  
B. Scratch  
C. Sprain  
D. Electric shock
- What was the correct first aid done for Ken's injury?  
A. Covered the burn with ice  
B. Applied butter  
C. Cooled it under running water and covered with clean cloth  
D. Wrapped tightly with bandage
- What injury did Arnel get while hanging decorations?  
A. Burn  
B. Cut  
C. Sprain from a fall  
D. Snake bite
- What did Arnel's classmates do after his fall?  
A. They moved him immediately  
B. They made sure he didn't move and called for help  
C. They laughed  
D. They left him alone
- What was the lesson Mr. Ramos taught his students?  
A. Accidents can't be avoided  
B. Safety should always come first to prevent injuries  
C. Cleaning is dangerous  
D. Avoid helping others

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### Reflection

In 3–5 sentences, explain why accidents can happen even when we are doing good activities.

What can you do to prevent unintentional injuries at home, in school, and in your community?