

7

Keeping Safe

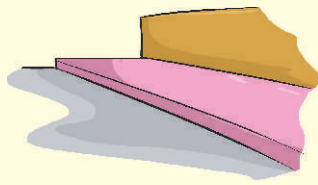
BEFORE WE START, LET'S CHECK

What you already know

Identify the following and name them.



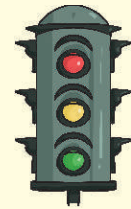
Z _ _ R
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S B _ _ Y



T _ _ F _ _ C
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What you will know

Why should we follow safety rules?



How can we stay safe at home and school?



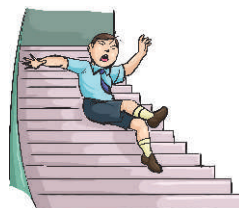
How can we stay safe on the road and in the playground?



What is first aid?



God has given us a wonderful body. It is our duty to protect it. But sometimes, accidents happen. They can take place anywhere at any time. People get hurt in accidents. Accidents can even result in death.



Accidents cause injuries.



You may **cut** your skin.



You may **burn** your skin.



You may get an **electric shock**.



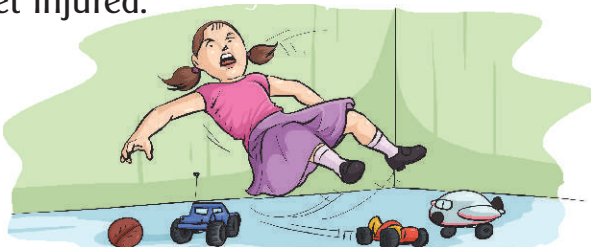
You may get your skin **bruised**.

Accidents generally happen when we are careless or in a hurry.

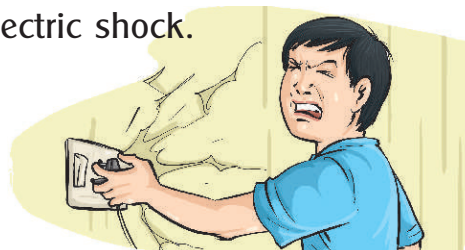
Let us study some safety rules that all of us must follow.

SAFETY AT HOME

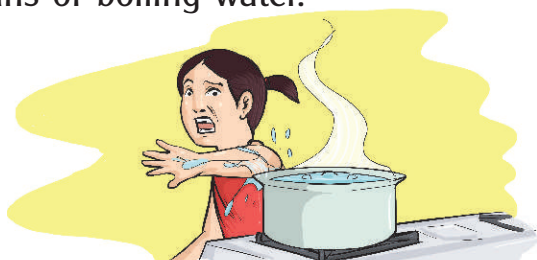
Never leave your toys, books, etc lying on the floor. You might trip over them and get injured.



Do not touch any electrical appliance with wet hands or bare feet. Never put your fingers into a socket. You may get an electric shock.



Do not play with matchsticks. Keep away from the gas stove. Do not touch hot pans or boiling water.



Be careful while walking in the bathroom. Never run on wet floors. You may slip and get hurt.



Be careful while using sharp objects like razor blades, knives and scissors. You may cut yourself.



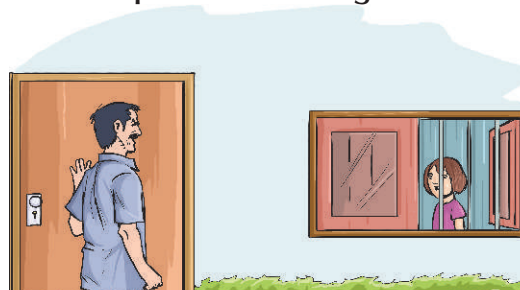
Never take any medicine on your own. First ask your parents. Then follow their advice.



Keep away from insecticides like phenyl and mosquito repellent.

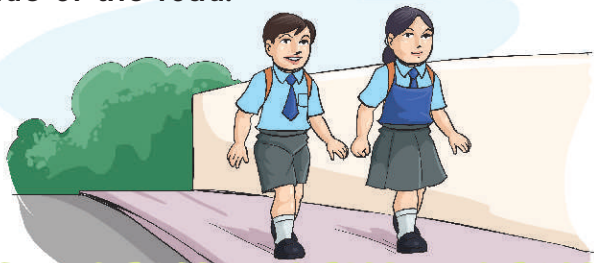


Keep the main door of your house locked and never open it to strangers.

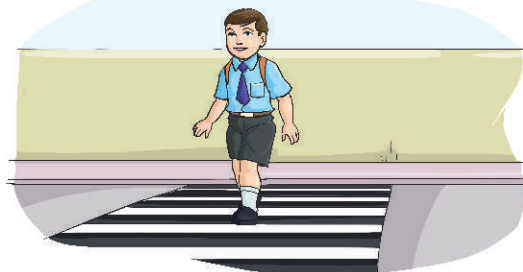


SAFETY ON THE ROAD

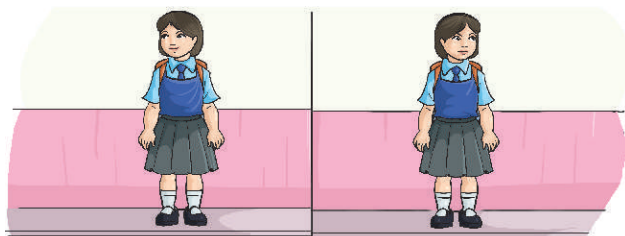
Always walk on the **pavement**. If there is no pavement, walk on the extreme left side of the road.



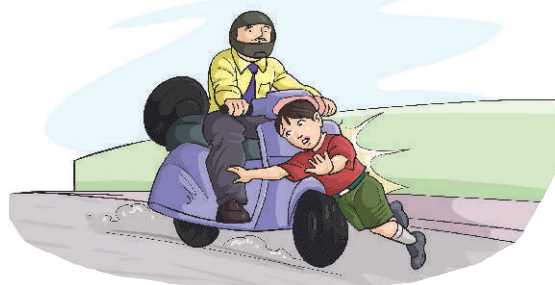
If available, use only a **zebra crossing** or **subway** for crossing the road.



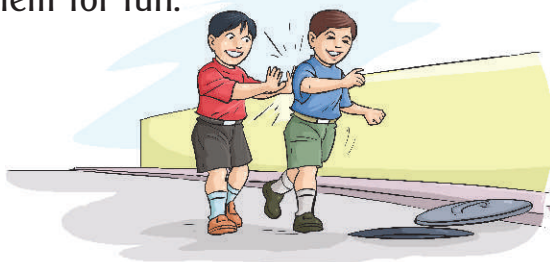
If there is no zebra crossing or subway, then look for the traffic from both directions. If no vehicle is coming, cross the road carefully.



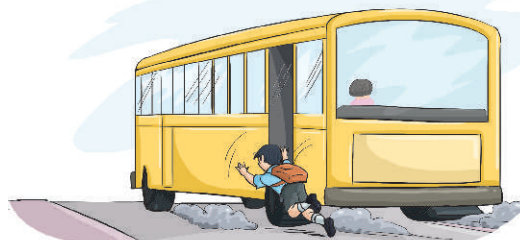
Never run across the road or play on it. You may get hit by a passing vehicle.



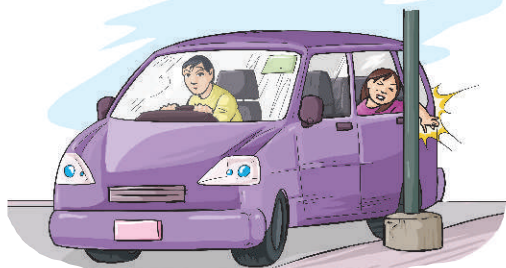
Keep away from ditches and potholes in the road. Never push anybody towards them for fun.



Never try to get on or off from a moving vehicle. You may slip and get injured.



Never put your hand or any other part of your body out of a moving vehicle.



Never ride your bicycle without a helmet. Always signal with your hand before you take a turn or stop.

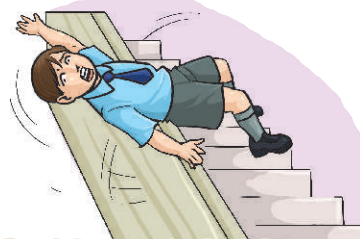


SAFETY AT SCHOOL

Never run in the corridors even if you are getting late for your class.



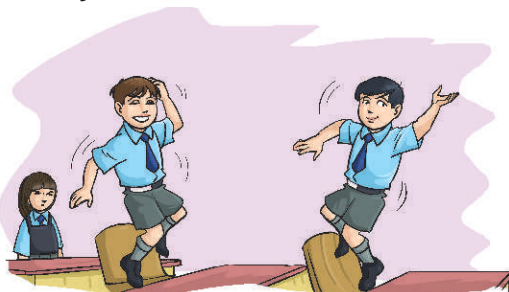
Never run down the stairs. Never push others while going up or down the stairs. Never slide down the handrail on a staircase.



Do not put your school bag or water bottle on the floor. Someone may trip over it and fall down.



Never climb onto your desk or chair. You may hurt yourself and others.



Never throw paper balls at others or poke others with pencils or scales. It may cause a serious injury to them.



Never sharpen your pencil with a razor blade or knife. Use only a sharpener.



Be careful when you go to the science laboratory. Never touch, taste or smell anything without asking your teacher.



Do not run through a gate to enter or get out of your school. You may hit the gate and get hurt.

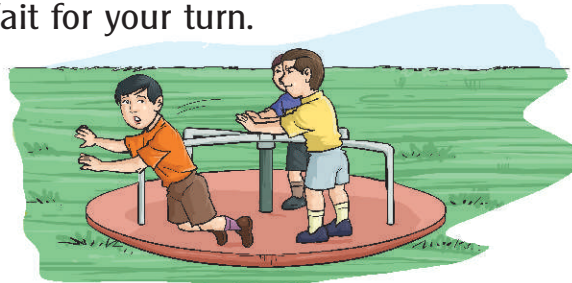


SAFETY IN THE PLAYGROUND

Stay away from barbed wires. You may hurt yourself if you try to sneak in or out through them.



Never push others while playing on the swing, the merry-go-round or see-saw. Wait for your turn.



Do not fight while playing. Always follow the rules of the game.



Never throw stones at each other or at stray animals while playing. They may bite or hit you.



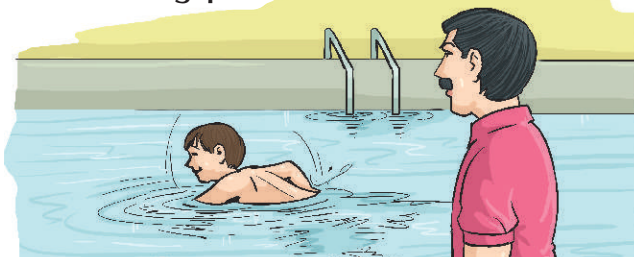
Do not talk to strangers and never take anything from them.



Never play hide-and-seek in open, dark and lonely places. Snakes or harmful insects may bite you.



Swim only in the company of an adult. Take care to swim at the shallow end of a swimming pool.



Do not run around a swimming pool. Never throw anyone in the pool for fun.



FIRST AID

When someone gets hurt, we must help that person immediately. It usually takes a doctor some time to arrive.

First aid is the immediate help given to an injured person before the proper medical help.

Here is what you should do when somebody gets hurt.

- ✿ Do not get panicked but remain calm.
- ✿ Make the injured person feel comfortable.
- ✿ Call an adult as soon as possible.

First-aid box

It is a small box having many things to treat cuts, wounds, burns, etc. You may find it at your home or most public places like schools, school buses, railway stations, shopping malls, etc.



a first-aid box

Grown-ups usually know how to give first aid. You should also know a few things.



Wash a cut or wound with an antiseptic as it kills the germs.



Tie a bandage over the wound or cover it with a medicated tape.



In case of a burn, put the affected area under cold water.

Words to Remember

insecticide	– a substance used to kill insects
pavement	– a raised path on a side of a road for walking
zebra crossing	– a part of a road with black and white stripes used for crossing the road
subway	– a path under a road used by pedestrians for crossing the road
first aid	– immediate help given to an injured person

Points to Recall

- ✿ Accidents take place because of haste and carelessness.
- ✿ We can avoid accidents by following safety rules at home, on the road, at school and in the playground.
- ✿ The immediate treatment given to an injured person before the proper medical help is called first aid.
- ✿ We should always inform an adult if we see an accident.

Exercises

A. Tick (✓) the correct option.

1. Which of the following is an injury?

(a) cut



(b) burn



(c) bruise



(d) all of these



2. We should not play with a
 (a) football ☐ (b) matchstick ☐ (c) toy ☐ (d) balloon ☐
3. You must ask an adult before taking a
 (a) book ☐ (b) toy ☐ (c) medicine ☐ (d) pencil ☐
4. You should keep away from
 (a) potholes ☐ (b) phenyl ☐ (c) barbed wires ☐ (d) all of these ☐
5. Never run
 (a) across a road ☐ (b) in corridors ☐
 (c) down the stairs ☐ (d) all of these ☐

B. Match the following.

- | | | |
|--------------|----------------|----------------|
| 1. bathroom | (a) road | (i) helmet |
| 2. subway | (b) wet floor | (ii) sharpener |
| 3. bicycle | (c) school bag | (iii) slip |
| 4. classroom | (d) sharpen | (iv) crossing |
| 5. pencil | (e) ride | (v) trip |

1.	(b)	(iii)
2.		
3.		
4.		
5.		

C. Answer in 'Yes' or 'No'.

1. Should you cut your nails with scissors? _____
2. Should you keep the main door of your house locked? _____
3. Should you use a subway for crossing a road? _____
4. Should you get off a moving vehicle? _____
5. Should you slide down the handrail on a staircase? _____

D. Answer in one sentence only.

1. What are some forms of injury?
2. Why do accidents happen?
3. What precaution should we take while using an electrical appliance?
4. What should we not do in a science laboratory?
5. What should we do if we burn our finger accidentally?

E. Answer in two or three sentences.

1. What is the right way to take a medicine?
2. How should we cross a road?
3. What should we do when somebody gets hurt?
4. What is a first-aid box?
5. How can we treat a wound?



BRAINSTORM

1. If our skin gets cut, there is bleeding. But why don't we bleed when our nail or hair is cut?
2. Why should every family member know the position of the mains switch in the house?



TELL YOUR TEACHER

Read the following activities. Tell you teacher what right or wrong thing each child is doing.

- Playing with Kiran in a garden, Ravi climbs up a tree. Suddenly he falls down and faints. Kiran gets panicked and starts crying.
- Coming back from school, Neeta sees her classmate Punit running across the road. Suddenly a car hits him. Punit falls down and faints. Neeta immediately goes to a nearby shop and calls an ambulance.

FIND OUT



Find the brand names of two antiseptic lotions and two antiseptic creams.



Look at this picture of a deep-sea diver. What precautions does he take to keep himself safe?

Project

Take a thermocol sheet. Draw a picture of the traffic lights on it. Cut it out using a paper knife under the supervision of an adult. Now take sheets of red, yellow and green glazed paper. Cut one circle out of each. Paste them on the traffic lights at proper places. Write your name on the back and submit it to your teacher.



Activity Time

Making a first-aid box

Take an empty shoebox. Cover it fully with a sheet of white glazed paper from all sides.

Now make a '+' sign on it with a thick red marker.

Arrange the following things:

- adhesive bandage
- antiseptic lotion
- tweezers
- antacid
- sterile cotton
- sticking plaster
- pain-reliever spray
- ORS powder

Place all these items in the box. Your first-aid box is ready.



Virtual Tour

For more information visit:

- <http://www.childquest.org/Safety%20tips%20for%20KIDS.html>
- <http://www.redcross.org.uk/What-we-do/Teaching-resources/Teaching-packages/Microsite/Life-Live-it-first-aid-education-for-children>

Revision Exercise 1

(Based on chapters 1 to 7)

A. Tick (✓) the correct option.

- Which of these animals is a scavenger?
(a) lion ☐ (b) sheep ☐ (c) vulture ☐ (d) tiger ☐
- Which of these houses is often used by a soldier?
(a) tent ☐ (b) houseboat ☐ (c) igloo ☐ (d) caravan ☐
- Which of these animals chews the cud?
(a) elephant ☐ (b) rabbit ☐ (c) cow ☐ (d) dog ☐
- Which of the following is the fastest growing plant?
(a) bamboo ☐ (b) banyan ☐ (c) sunflower ☐ (d) eucalyptus ☐
- The ribs protect the
(a) brain ☐ (b) stomach ☐ (c) kidneys ☐ (d) lungs ☐
- Which of these plants has a taproot?
(a) mint ☐ (b) mustard ☐ (c) onion ☐ (d) wheat ☐
- Which of the following is an injury?
(a) cut ☐ (b) burn ☐ (c) bruise ☐ (d) all of these ☐
- Which bird uses its beak to climb a tree?
(a) crow ☐ (b) parrot ☐ (c) sparrow ☐ (d) vulture ☐

B. Write 'T' for true statements and 'F' for false ones.

- Mangrove trees have roots which are above the ground. ☐
- Scratching birds have webbed feet. ☐
- The skeletal system protects our internal organs. ☐
- Plants do not show any kind of movement. ☐
- Only herbivores depend on plants for food. ☐

C. Fill in each blank with the right word.

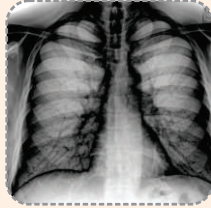
- People living in the hills build houses with _____ (*flat* / *sloping*) roofs.
- We should keep away from _____ (*potholes* / *pavements*).
- Most animals breathe through their _____ (*gills* / *nose*).
- A plant breathes through the _____ (*stomata* / *lamina*) on its leaves.
- Grams, grains and pulses should be given to _____ (*milk-giving* / *load-carrying*) animals.

D. Identify the following and name them.

1.



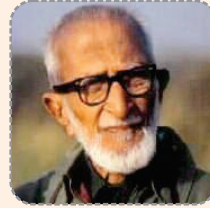
2.



3.



4.



5.



E. Answer in one or two words only.

1. What do we call a large single-storey house with a lawn?
2. Should you cut your nails with scissors?
3. What part of a bird's body is hollow?
4. What plant closes its leaves when touched?
5. What makes food softer in our mouth?

F. Answer in one sentence only.

1. What are omnivores?
2. What is the function of the excretory system?
3. Why does a climber need support to grow?
4. Why should a house have windows and ventilators?
5. What is hatching?

G. Answer in two or three sentences.

1. Can muscles move on their own? Explain with examples.
2. How should we cross a road?
3. How does a duck eat?

H. Think and answer.

1. The gardener frequently loosens the soil in the plant pot. Why does he do so?

or

The windows of a house should be in east and west directions. Why?

2. If our skin gets cut, there is bleeding. But why don't we bleed when our nail or hair is cut?

or

Why does an eagle make its nests on treetops or high rocks?