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Safety and First Aid

Learning Objectives

- Safety on the road
- Safety from fire
- First aid – burns, animal bites, sprains and fractures
- First aid box

To lead a safe life, it is important to follow certain rules especially on the road to avoid accidents. At home also we have to be careful while using fire or electrical appliances. However, accidents occur even though we are careful and at times because of negligence also.

SAFETY ON ROAD

Traffic rules are made for the safety of commuters on the road. But people are in haste to reach their destination and break the traffic rules resulting in accidents.

Safety Rules for Pedestrians

- Always cross the road at the zebra crossing.
- Cross the road when it is green light for the pedestrians.
- If there is a footover bridge then take the bridge to cross the road, because there can be heavy traffic on the road.



Footover bridge

- At places where there is no zebra crossing look right, then left and again right to cross the road. Do not run while crossing the road.
- If you are walking and there is no footpath for pedestrians then keep to your left.

Safety Rules for Vehicle Drivers

- Always follow the traffic signals.
- Do not speed up if the traffic light is yellow. Gradually slow down and stop at the red light.
- Do not jump the red light.
- Do not overtake from the left side.
- Follow the speed limit on the road.
- Give way to emergency services like ambulance, fire engine and police.



SAFETY FROM FIRE

Fire is the biggest discovery of the early man. Fire makes so many things possible, but if we do not use fire safely, it can be hazardous.

We must follow certain safety rules while using fire:

- Do not play with fire.
- Do not light the candle yourself.
- Do not wear synthetic clothes during fireworks. Synthetic clothes catch fire easily.
- Gas should be turned off at anywhere nearby. Open the valve to help.
- In case of fire due to electrical conductor of electricity. Do not touch the fire. Turn off the power source.
- In case of fire caused by water, it will float and continue to burn.
- In case of fire in the building, vacate the building and call the fire department.
- Vacate the building and call the fire department.
- If your clothes catch fire, stop, drop and roll. This will smother the flames and prevent oxygen and will spread the fire.



Switch off the gas cylinder

FIRST AID

We should be cautious to handle such cases, instead of panicking. If someone gets injured, go to the hospital and attended by a doctor. This is called first aid.

right, then left and again right to road.
pedestrians then keep to your left.

Gradually slow down and stop at

fire engine and police.



ead Compulsory keep right

U-turn prohibited



Lane ends ahead



Pedestrians prohibited



Give way



Parking



Compulsory cycle lane

signals

makes so many things possible, but

re:

- Do not play with fire.
- Do not light the candle yourself, ask your elders to help you.
- Do not wear synthetic clothes while burning the crackers. Always wear cotton clothes during fireworks. Synthetic clothes catch fire very easily.
- Gas should be turned off after use. In case of a gas leakage, do not light fire anywhere nearby. Open the door and windows of the kitchen and call for help.
- In case of fire due to electrical short circuit, switch off the mains. Water is a good conductor of electricity. Do not throw water; instead throw sand and mud to douse off the fire.
- In case of fire caused by petrol, throw sand and mud as petrol is lighter than water, it will float and continue burning.
- In case of fire in the building, call 101 for fire engines. Use a fire extinguisher if installed in the building.
- Vacate the building and do not use the lift; instead use the stairs.
- If your clothes catch fire roll yourself in mud. Do not run as the fire will get more oxygen and will spread more.



Switch off the gas cylinder



Child rolling over the mud



Fire extinguisher

FIRST AID

We should be cautious to avoid accidents but at times accidents do happen. In such cases, instead of panicking we should render help before the person is taken to the hospital and attended by a doctor. The immediate help given to the injured person is called **first aid**.

Know More

The natural healer, Aloe Vera gel is an effective remedy for healing wounds. The gel forms a protective layer over a wounded area and helps in healing.



First Aid for Burns

Minor burns can be treated at home.

- Run cold water on the burnt area.
- Apply antiseptic cream or lotion on the area.
- You can also apply some coconut oil.

If the burn is severe and blisters are formed then do not prick the blister. Take the patient to the doctor after cleaning the area with cold water, and put some sterilized gauze.

In case of chemical burns first remove clothes from the burnt area and wash it thoroughly under running water. Wrap the area with sterile gauze and call the doctor immediately.



Running cold water over the burn



Consult doctor for further treatment

First Aid for Fractures

A fracture is caused when there is a crack or a break in the bone of our body. When a person falls down and if there is a fracture, usually the limb gets swollen and there is a lot of pain. Do not panic. In case of a fracture, provide a sling or use a splint to support the broken bone and take the patient to an orthopaedist (a doctor of bones).



A man with sling on fractured arm

First Aid for Sprains

Many a times you will observe while walking your ankle gets twisted. The soft tissues around the joint will swell and pain, and there will be difficulty to move the sprained areas. In case of sprain do the following:

- Rest the injured area.
- Rub ice pack on the injured area.
- Bandage the area to restrict its movement.

First Aid for Animal Bites

In case of an animal bite by a dog, cat or any other stray animal, wash the wound with soap and water so that germs do not spread further in the body. If the stray animal might be carrying rabies virus. After washing the wound, apply a sterilized bandage, and take the patient to the doctor.

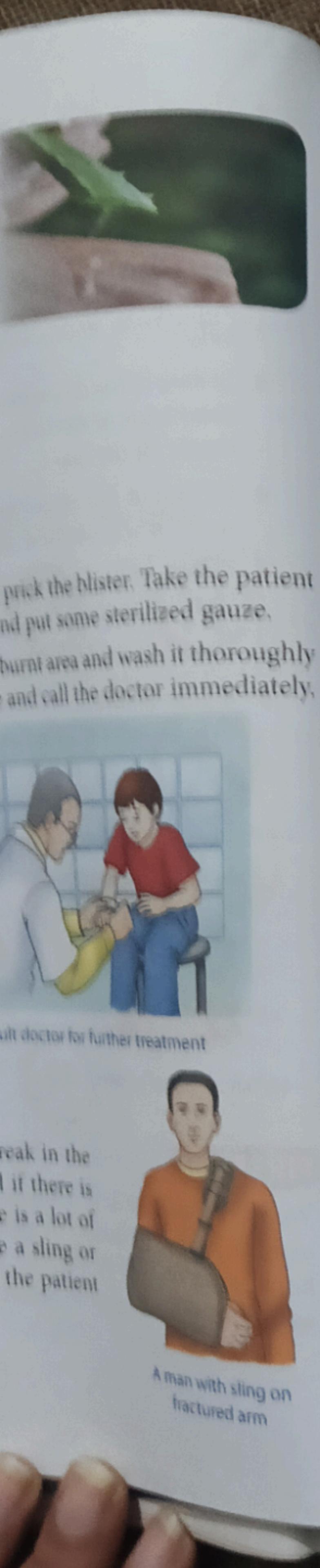
In case of snake bite, tie a tourniquet just above the bitten area. Do not apply a bandage or poison. Take the person to a doctor.

Know More

Tetanus (also known as lockjaw) is a disease caused by a bacterium that is found in soil, dust and saliva. It occurs when a cut or skin punctured by contaminated material comes in contact with the bacterium. It is a life-threatening disease that affects the body's nervous system.

FIRST AID BOX

You can make your own first aid box at home. It is essential to have a well-stocked first aid kit at home. Take an old shoebox and line it with white paper. Put a small pack of cotton gauze, an antiseptic cream, a few pain relief tablets, a few pain relievers in the box. Make sure that the material that you are keeping in the box has not exceeded the expiry date.



First Aid for Sprains

Many a times you will observe while walking if you step over any object accidentally your ankle gets twisted. The soft tissues around the joints get stretched or torn. The area will swell and pain, and there will be discomfort. Ankles and wrists are the common areas to sprain. In case of sprain do the following:

- Rest the injured area.
- Rub ice pack on the injured area till the swelling subsides.
- Bandage the area to restrict its movement.

First Aid for Animal Bites

In case of an animal bite by a dog, cat, monkey or any other stray animal, wash the wound with soap and water so that germs do not spread further into the body, because the stray animal might be carrying infectious germs like rabies virus. After washing the wound, cover it with a clean bandage, and take the patient to the doctor immediately.

In case of snake bite, tie a tourniquet or tightly wound a bandage just above the bitten area. This slows the spread of poison. Take the person to a doctor immediately.



A hand bitten by an animal

Know More

Tetanus (also known as lockjaw), is caused by a bacterium, *Clostridium tetani*. This bacterium is found in soil, dust and manure. It enters the body through open wound, cut or skin punctured by contaminated object. Tetanus is a serious but preventable disease that affects the body's muscles and nerves.

FIRST AID BOX

You can make your own first aid box or a kit at home. It is essential to have a well-stocked first aid kit at home. Take an old shoe box, cover it with white paper. Put a small pair of scissors, a cotton gauze, an antiseptic cream, an antiseptic lotion, a few pain relievers in the box. Make sure that the material that you are keeping in the box has not exceeded the expiry date.



First aid box with medicine and other necessary items

Always remember that prevention is better than cure but if there is some emergency you should be able to handle it diligently.

Summary

- Always follow traffic rules on the road.
- Be cautious while handling fire and electrical appliances.
- Learn to provide first aid in case of burns, fractures, sprains and insect or animal bites.
- Keep a well-stocked first aid box at home.

Glossary

- **Commuter:** person who travels regularly between his work place and his house
- **Pedestrians:** people travelling on foot
- **Hazardous:** anything that involves risk or danger
- **Orthopaedist:** doctor of bones

Objective Type Questions

1. Fill in the blanks.

- Always cross the road at the zebra crossing
- Pedestrians should cross the road when the light is green..... for them and red..... for the vehicle drivers.
- Do not wear ..synthetic..... clothes while burning crackers.
- In case of fire due to an electric short circuit, switch off the main switch
- fracture.... is a crack in the bone.

2. Write true or false. Rewrite the false statements correctly.

- We should walk towards our left on the road. T
- We should use the lift when there is a fire in order to evacuate the building faster. F
- We should prick blisters when there is a burn. F
- We should use a sling in case of a fracture. T

3. Give one word answer for the following.

- Rules made for the safety of commuters traffic rules
- This cloth catches fire easily synthetic

- (c) Phone number to be dialed
(d) The immediate help given
(e) Doctor to be visited upon

4. List some of the common

Place	
At home	Falling
Playground	Hurting
Library	Falling
Kitchen	Cutting
On road	Injuries

5. Given below are some traffic signs. State the meaning of each of them.

- (a) A speed bump or hump sign, indicating a raised section of the road ahead.
- (b) A no U-turn sign, indicating that vehicles are not allowed to make a U-turn at the intersection.
- (c) A pedestrian crossing sign with a diagonal red bar over a walking person, indicating that pedestrians are not allowed to cross the road at that point.