

Safety and First Aid (Part - 1)

Amazing Facts

- There are special training courses which train people in first aid.
- Why people wear light colours in summers?

This is because light colours absorb less heat and make us feel cool.

QUICK CONCEPT REVIEW

Your parents and teachers often tell you to walk and play carefully. Have you ever thought why do they give you so many instructions while you cross the road or while you play? Well, the answer is in the fact that in our day to day life if we do not perform all the activities carefully we might hurt ourselves. Our elders want us to be away from any danger.

In this chapter we shall learn about the precautions we should take while doing different things so that we do not harm ourselves. We shall also learn about what we should do if someone gets hurt.

The first help that an injured person gets before any medical help reaches is called FIRST AID. The first aid proves to be very helpful to treat a patient or an injured person. In some of the cases it has been proved to be lifesaving.



Fig: An injured person

The motive of giving first aid is:

- To save life of the victim.
- To prevent further harm.
- To provide help for recovery.

Safety in and outside the home:

1. Electric shock: We use different types of electrical instruments such as iron, refrigerator and television. A person can get electric shock if there is a fault in the appliance or the appliance is not used properly. The current which passes through the body can cause serious damage to the internal organs of the body.



Fig: An Electric Shock

Safety measurements -while using electricity:

- Never touch any electric switch or instrument with wet hands.
- Always wear your footwear while using electricity.
- Never touch bare wires.
- Do not hang wet clothes etc., on electricity wires.
- While repairing electric meter or fuse etc., always switch off the main supply.
- Replace the sparking switches with new ones.
- Never put your fingers in any electric outlet.
- Never mix electricity with water.
- Do not place any electrical instrument such as dryer or radio near water tub or shower.



- Shock risk I Whenever you see this sign, do not go near as there is a high risk of electric shock.
- But incase if someone gets an electric shock, the following first aid should be given to the person:
- First of all try to separate the person from source of electricity, but do not touch him. You can do so with the help of a wooden stick.
- If the person is having difficulty in breathing, give the person artificial breathing through mouth.
- Place the person in open air.
- Take him to the doctor.

In case of fire from electric short circuits you Should call the fire brigades immediately.

2. In the washroom: While going in the washroom make sure you are wearing slippers in a good condition. Never keep the washroom wet as it may become cause of slip. Keep the soap or the bottles in their proper place before leaving the washroom as someone may get slip when they come under their foot.

In the kitchen: You should be very careful in the kitchen too.



Sharp knives should be used with utmost care.

- Do not go near the burning gas or stove.

Sometimes when we touch hot pots we burn our fingers. While burning the crackers and not being careful we can burn our hands. The first aid in case of burns is given as follows:

- Pour cold water on the burnt area.
- Cover the burnt area after applying some ointment meant for burns.
- Sometimes you may get blisters which look like packets of water. You should never burst the blisters as there is very high risk of infection.

You can also get cuts if you use the knife carelessly. While playing also you can get cuts or wounds.



While playing you:

- Should never push others.
- Should play carefully.

If by chance you get a wound or cut it should be treated and should not be ignored. If not treated properly the germs can grow over the wound making it worse. It may cause great pain.

First aid for a wound or cut:

- Call an adult.
- First of all clean the dirt from the wound. You can use any antiseptic liquid to clean the wound.
- Apply an antiseptic cream over the wound.
- Cover the wound to keep the dirt away.
- In case of a bleeding cut, wash the area with water and press with cotton.
Apply an antiseptic over the cut. You should take the patient to the doctor if the cut is deep or the bleeding does not stop.



Fig: A wound

We should keep all the things ready in a box which can be used in the time of need.
This box should contain:

1. An antiseptic solution like Dettol. This can be used to wash the wound to remove any dirt.



Fig: Dettol (an antiseptic solution)

2. Cotton: To wipe the wounds.



Fig: Cotton Balls

3. Antiseptic creams: To apply on the wounds.



Fig: An antiseptic cream

4. Bandages: To cover the wound.

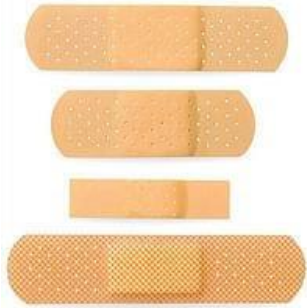


Fig: Bandage (used to cover and heal wound)

5. Scissors: To cut the bandages.



Fig: A pair of scissors