

## Safety and First Aid (Part - 2)

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### Be Careful



- Never play with your geometrical instruments or a pointed thing. A compass or a pencil tip can pierce into your eye and can be very dangerous.

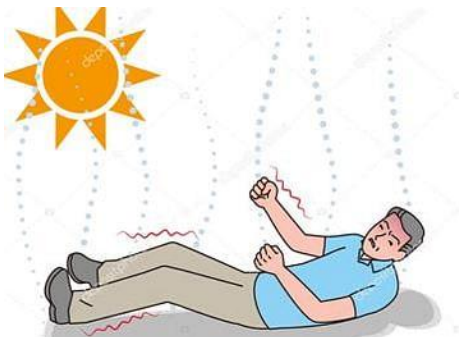
The expiry of the things kept in the box should be checked from time to time.

The first aid box should be kept at such a place where it can be located easily when needed.



Fig: First Aid Box

4. If something gets into your eyes, you should immediately splash cold water in your eyes. To avoid this, you should not throw dust at each other. Also you should wear sunglasses to protect your eyes from dirt and sunrays. Never look at the sun directly as it may cause serious damage to your eyes.
5. Heat stroke: Sometimes people faint due to hot weather. This is called a heat stroke. To keep yourself safe from a heat stroke:
  - Keep on taking liquids at intervals.
  - Do not stand in the sun for a long time.
  - Wear clothes according to weather.



### First aid for heat stroke:

- Make the person sit in the shade.
  - Remove excess clothing if there is any.
6. **Poisoning:** If someone swallows poison, it is very important to call for the medical help immediately. In the meanwhile:
- Make the person drink as much water as he can.
  - Make him vomit out the water so that the poison also comes out of the body.
  - The patient should be immediately taken to the doctor.



### To avoid such situations you should:

- Not touch anything, about which you do not know.
  - Not take anything inside your mouth, about which you do not know, as it can be injurious for you.
7. Drowning: We should also take care of our safety while going into the water. We can do so by:
- Never going near the water alone.
  - Not crossing the danger level mark in the pools.

If someone gets drowned in the water, the following first aid should be given to the person:

- Pull the person out of the water by throwing a long stick or a rope towards him.
- Be careful not to get caught by the water flow.

(Children should call the elders immediately).

- Make the person lie on the stomach and press the back carefully so that water comes out.
- Call for a medical help.

## 8. Bites:

- **Snake bite:** A snake bite is very poisonous. The first aid for a snake bite includes:



Fig: Snake Bite

- Do not waste any time and try to squeeze out some blood from the bitten place so that the poison comes out.
- Tie a band tightly above the place of snake bite. This helps in stopping the poison from spreading in the blood.
- Take the patient to the doctor.
- **Dog bite:** You should never play with stray dogs or cats. A dog bite should not be ignored. There are germs of rabies in the dog's saliva. The first aid for a dog bite is;
  - the wound should be cleaned with water and an antiseptic.
- the patient should then be taken to the doctor as a proper medical treatment is needed for this.



Fig: A Dog bite

Nose bleed: You must have experienced a nose bleed yourself or must have seen it happening to any other person. In case of a nose bleed keep the head up and sit upright. Sit preferably in a cool place and do not blow your nose.



**Fractures:** When we get a crack in any bone we call it a fracture. Usually the fractures are very painful and it takes time for the bone to repair. The common symptoms of a fracture are: swelling of the part, pain, difficulty in moving the part and skin darkening at the place of fracture.



Fig: The above picture shows fracture in leg.

**The steps for the first aid of a fracture include:**

- Do not try to move the fractured part.
- If the fracture is in the arm, tie a sling to rest the arm in it.
- Take the injured person to the doctor, as there is special treatment for this.
- One important thing that we should take care of, is that we should give first aid only if we know how to give it properly.

**Historical Preview**

- The first instance of first aid was recorded in the 11<sup>th</sup> century when care was provided to pilgrims and knights. There used to be training for the knights to treat their injuries in the battle field.
- A society called "Red Cross" was started with a key aim of "aid to sick and wounded solders in the field."

### **Points to Remember**

- Never try to remove metal or glass pieces from a wound unless they are superficial.
- Never touch the wound with your bare fingers as it may cause infection.
- Never leave the wound exposed to open air.