

## Chapter - 12

### First Aid and Safety

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#### Answer the following questions

**1. What is first aid?**

**Ans.** First-Aid is the first response to an injury. It can be performed by anyone with basic training and equipments. It is meant to ensure that the injury does not aggravate, the pain is relieved, and the injured is safe until they can access a professional medic.

**2. What are the various kinds of injuries caused sometimes, due to participation in sports?**

**Ans.** Bone injuries occur in the form of a fracture, it is when the bone in the body breaks.

**3. What is a burn injury? How many kinds of burn injuries are there?**

**Ans.** When a burn occurs, the skin is exposed and a layer is peeled off. Among the three types of burns, the full thickness burn needs immediate medical attention compared to the other two.

**4. If someone gets a burn injury, what will you do first?**

**Ans.** Things we need to check when someone gets a burn are: why it occurred, how it occurred, if medical attention is required, how serious is the burn and what kind of infection can be caused by it.

**5. Mark the statements as True/False.**

**(i) A first-aider must not panic, so that she/he can help in early transportation of the victim to the hospital.**

**Ans.** True

**(ii) When an injury occurs in sports, then the activity causing injury must be stopped immediately.**

**Ans.** True

**(iii) First aid is meant for sportspersons only.**

**Ans.** False

(iv) The primary aim of the first aid is to save the life of an individual.

**Ans.** False

(v) First aid is provided by a medical doctor only.

**Ans.** False

## **Project**

1. List the items which should be kept in the first aid box.
2. Prepare a first aid kit in consultation with the teacher concerned. Keep it in the classroom. (Activity 12.1)
3. Discuss with students how you will ensure that all items are always present in the first-aid box.

***Student do it Yourself***