

### Chapter 3 – Safety and First Aid

Accidents happen when people behave careless or don't follow certain simple rules and precautions for safety.

#### A. SAFETY

##### 1. Safety from Fire :-

Causes:

- Carelessness while handling candles, match stick, firecrackers.
- Electrical faults
- Accidents while cooking, Gas leaks, etc.

Prevention of Fire Hazards ( a possible source of danger )

- By being careful while handling fire
- Checking for proper electrical wiring, faults or breaks in wire, faults in electrical appliances.
- Not wearing synthetic clothes like Nylon which catch fire easily.
- Opening all doors and windows in case of gas leaks.
- Not switching on electrical switches during gas leaks as the sparks would lead to fire.

Methods of Putting out Fire

- Informing nearest fire station immediately
- **Fire that has been caused due to electrical faults** should not be put off using water (because electricity will flow through water)
- **Fire that has been caused due to cooking oil** catching fire should not be put off using water (because oil will float on water)
- In case of electrical fires / cooking oil fires / petrol fires, mud or sand must be heaped on the burning materials.
- **Or**, Foam from a fire extinguisher can also be used.
- **Incase of clothes catching fire** roll the person on the floor and cover the person with thick blanket.
- **Or**, Water can also be used to control the fire.

##### 2. Safety from Electricity :-

There are some simple rules to be followed:

- If you need to put a plug into a socket or remove it, first make sure that the switch is 'OFF'.
- Always switch off an electrical gadget when its work is over, before you touch or open it.
- Never touch a switch or a plug when your hand is wet. **You may get an electrical shock.**
- If you need to switch off any gadget that is giving a shock or giving off sparks, first try to call an electrician or an adult.
- If you have to do it yourself, wear dry rubber slippers or stand on a wooden plank.
- Rubber and wood are insulators, which do not allow electricity to pass through them, and you will be safe.

## Flash Notes – Safety & First Aid

### 3. Safety from Kitchen Gas leakage :-

- If the gas cylinder in your kitchen is leaking, you can usually smell the gas.
- It catches fire easily and you need to act calmly and quickly. Here is what you should do:
- Open doors and windows wide, allowing fresh air to flow through. This will allow the gas to go out.
- Do not put on any electrical switches, not even an exhaust fan. Even a small spark can set the gas on fire.
- Do not light any matches or use the gas lighter. This too can set fire to the gas.
- Telephone the emergency number of your gas company at once. You should keep this handy in the kitchen.

### 4. Safety on the playground and on the Road :-

- Never tease or play with animals you don't know. It may bite you.
- Don't play on the roads as this may be dangerous due to traffic.
- Always cross the road on the striped Zebra crossing next to the traffic lights.
- Wait for light to turn Red for the traffic before you cross the road.
- If there are no lights the rule is: Look right, look left, look right again before crossing.
- Never run across a road.
- If driving a car Red means Stop, Yellow means Get ready, and Green means Go.

## FIRST AID

First Aid is the First or immediate help given to an injured person before the doctor arrives.

Types: -

#### i. First Aid for cuts and scratches

- Clean the wound with running water
- Apply antiseptic lotion or cream
- Covered the wound with cotton or clean gauze or bandage
- You could also use a tourniquet. This is a bandage tightly tied over the wound to stop bleeding.
- When the skin is cut by a dirty or rusted object, germs may enter and cause a dangerous disease called tetanus. Consult a doctor for an anti-tetanus injection.

#### ii. First Aid for Fractures ( A crack or break in a bone )

- Do not move the fractured part
- Support the bone with a splint or clothes slink to avoid movement
- Rush to hospital

#### iii. First Aid for Nose Bleeds

- Keep the patient upright
- Press the bleeding part of the nose firmly for sometime to stop the bleeding
- Keep icepacks or wet clothes on nose and head
- Ask patient to breathe through mouth and not blow the nose

## Flash Notes – Safety & First Aid

### iv. First Aid for Sprains ( When tissue around a joint get torn and caused swelling)

- Apply icepack / ice cubes
- Take a rest

### v. First Aid for Animal Bites

#### In case of Animal Bites like Dogs, Cats, etc.

- Wash the wound with running water and soap to remove the germs which may have been passed on to the person.
- You might need a vaccination due to animal bites
- Rush to Doctor

#### In case of Bee Stings

- Apply a paste of Baking soda or toothpaste

#### In case of Wasp Stings

- Apply Vinegar or lemon Juice

#### In case of Snake Bites

Apply a Tourniquet ( Bandage tightly ) just above the bite to stop the flow to the heart, this also slows down the spreading of the poison

Do not apply ice and do not cut the wound to take out the venom

### vi. First Aid for Burns

#### Minor Burns

Apply Cold running water

Apply antiseptic cream like Silver Sulphadiazine, etc.

Apply a paste of baking soda and water on the burn

#### Severe Burns

In case of blister gets formed , never try to prick it

Dip a piece of cloth in solution of baking soda and put on the burn

Rush to the hospital

## Flash Notes – Safety & First Aid

### Chemical Burns

Remove cloths around the burnt area  
Place the wound under the cool running water  
Cover the burn with a sterile gauze  
Rush to the hospital

#### vii. **First Aid for Poisoning**

Keep all medicines locked and away from children and also check the expiry of the medicines.

Wash vegetables and fruits, since they may have been sprayed with harmful insecticides and pesticides.

In case of any poisoning try to make the victim vomit.

Rush the victim to the doctor.

#### viii. **First Aid Box & a Handy list of numbers.**

Keep a basic first aid box at home and also in your car

Keep a telephone numbers of your nearest police station, fire station, doctor and chemist handy, so that you can call them immediately for help.