Chapter - 10

Date:

Safety and First Aid

(A) Answer these questions :

Q. (1) How can we avoid accidents ?

Ans→1 To avoid accidents we must follow safety rules at home, in school, on the playground on the road etc.

Q. (2) List the safety rules to be observed while going for a swim.

Ans→2 (1) Do not go for swimming alone. Always swim in the presence of an adult.

(2) Do not push anybody into water just for fun.

(3) If you feel tired, come out immediately.

Q. (3) Write any three rules to be kept in mind while playing.

Ans→3 (1) We should not throw things at each other.

(2) We should never play a rough game.

(3) Avoid playing with sharp objects, like a knife or a blade.

Q.4) What do you mean first add ? Why is it important.

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Ans-4) First aid is the immediate help given to a sick or injured person. It is important because it can sometimes save the life of a person.

Q.5) List the things that a first aid box should contain.

Ans-5) First ~~add~~ aid box should contain:
1. An antiseptic lotion such as Dettol or Savlon.
2) Gauze and cotton pads
3) A pair of scissors.
4) Some Band-Aid
5) A crepe bandage
6) Antiseptic cream for cuts and burns
7) A bottle of spirit.
8) Sticky tape.

Q.6) How would you give first aid to a person with a minor burn?

Ans) 6 (1) wash the burn area with running water.

(2) Put an ice pack on the burnt part.

(3) Then put an antiseptic cream like Burnol on the affected part.

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(B) Fill in the blanks:

(1) Our carelessness can cause accidents.
(2) Keep the floors clean and dry.
(3) We should not wear nylon or synthetic clothes in the kitchen.
4) Cycle on the left side of the road.
5) Avoid playing with sharp objects.
6) Electric switches and wires should not be touched with wet hands.

(C) Mark a (✓) for true and a (X) for false:

(1) Running on staircases is safe [X]
(2) Keep the bathroom floor dry when it is not in use. [✓]
(3) The switch should be turned on before touching a stove, heater or lamp. [X]
(4) We can go very close to a fire. [X]
(5) It is safe to play with matchsticks [X]
(6) Always swim in the presence of an adult [✓]
(7) If you go to a party or restaurant, don't get excited. [✓]

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