



Keeping Safe

- Become familiar with safety rules at home, at school, on the road and in the playground
- Know what first aid is



WARM-UP

1. Look inside the first aid box carefully. Put a cross (X) on the items that you should not keep in a first aid box.



Have you ever hurt yourself in school or at home? Why do you think this happened?

To keep safe, we must follow certain rules. We call these **safety rules**.

SAFETY AT HOME

You should follow certain safety rules at home.

- Knives, scissors, blades and needles have sharp edges. If not handled carefully, they can cut your skin. Use these things only in the presence of an adult. Never leave them lying around. You or someone else might get hurt accidentally. Keep them back in their proper place after use.
- Fire is dangerous and can cause burns. If you want to light a matchstick, ask an adult to help you. Also, take care that you put out the matchstick before throwing it away.
- Be careful in the kitchen. Do not go near the gas stove. If you touch a hot utensil, your hands may get burned.
- Diwali is a time for fun. But you must be careful with crackers. Light them only in the presence of an adult. Wear cotton clothes while lighting crackers. Keep a bucket of water close. In case of a burn, dip the affected area in water immediately. Then see a doctor.
- Plug points can be dangerous if you are not careful. Never touch a switch with wet hands. You may get an electric shock. Also, you should never touch a hot iron.
- Always be careful while taking bath. You may slip on the wet floor and fall down.
- Do not take any medicine on your own. Medicines taken without a doctor's advice can be harmful for you.
- Never play on a terrace or rooftop. Play in a park or an open ground only. Why do you think this is important? This is because you can fall off a terrace while playing.



▲ *Be careful while using a knife.*



▲ *Be careful while lighting crackers.*



▲ *Never play on the terrace.*

SAFETY AT SCHOOL

You should follow safety rules in the school too.

- There are desks and chairs in the classroom. Do not try to climb on them. The edges can hurt you. You may also fall down and get hurt.
- Do not play with pointed objects like paper cutters and pencils. They can cause injury to your eyes.
- Always walk in a queue in the corridor, and keep to the left. Do not run up or down the staircase. Also, do not slide down the banister.



▲ *safety at school*

SAFETY ON THE ROAD

In order to avoid getting hurt, you should follow safety rules on the road.

- Be very alert on the road. Always walk on the **footpath**. Use the **zebra crossing**, an over-head bridge or a **subway** to cross the road. Look right, then left and then right again before crossing the road.
- While cycling, keep to your left. Use your hands to signal before turning left or right.
- While getting on or off a bus, make a queue. Do not put your head or hands out of a moving vehicle.



▲ *safety on the road*

SAFETY IN THE PLAYGROUND

The playground is one place where you can enjoy yourself a lot. But here, too, certain safety rules must be followed.

- While playing on the swings, the merry-go-round or the see-saw, never push others. Wait for your turn.



The world's first traffic light was put up in London in 1868. It was a revolving lantern with only two signals—red and green. A policeman operated it manually.

- Do not throw stones at each other or at stray animals while playing.
- Do not play in wet fields. You may fall down and injure yourself.
- Follow the rules of the game you are playing.



1. The picture here shows a scene of a playground. Tick (✓) the right actions and cross out (X) the wrong ones.



▲ safety in the playground

FIRST AID

When a person is hurt, we need to help that person immediately. This is called **first aid**. If an accident has occurred, call your parents or your teacher at once.

If the injured person is bleeding, wash the wound in running water.

Then apply warm water which has a little **antiseptic** lotion, such as Dettol or Savlon, added to it.

If the cut continues bleeding, take some cotton or a clean towel. Hold it tight on the cut. The bleeding should stop. After giving first aid, take the injured person to a doctor.



▲ apply antiseptic lotion

In case of a burn, put the affected area under cool water, pat it dry and apply a soothing burn cream.

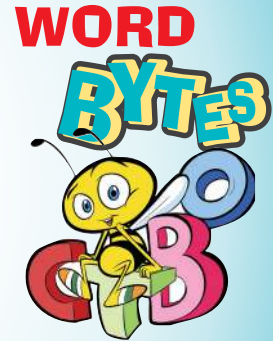
Always keep a first aid box at home.

subway: an underground tunnel or passage

zebra crossing: a special place on a road marked by broad white stripes where traffic must stop to allow people to walk across

first aid: immediate care given to a person who is injured or who suddenly falls ill.

antiseptic: a substance that kills germs.



- We must follow safety rules to avoid accidents.
- By being careful at home, in school, on the road and the playground, we can be safe.
- An injured person should be given first aid quickly.
- In case of bleeding, wash the wound under running water and apply an antiseptic lotion.
- In case of burns, put the affected area under cool water, pat it dry and apply a soothing burn cream.



REVIEW ZONE

A Tick (✓) the correct answer.

1. In case of a burn, we should wash the affected area with water.
a. warm b. hot c. cold d. muddy
2. Which of following is not a safety measure while on the road?
a. using the subway for crossing the road
b. walking on the footpath
c. not looking left or right before crossing the road
d. crossing the road using zebra crossing



3. Which of the following actions are correct?
 - a. keeping to the left of the road while cycling
 - b. throwing stones at stray animals
 - c. not walking in a queue while getting off the bus
 - d. touching a hot utensil on the stove

B Choose the most suitable word from the following to fill in the blanks.

in the playground run walk bursting crackers put out

1. We should a matchstick before throwing it away.
2. We should keep a bucket of water nearby while
3. We should play
4. We should never up the stairs.

C State whether the following statements are TRUE or FALSE.

1. We can take medicines without doctor's advice if we fall ill.
2. We should always keep a first-aid box at home.
3. We can switch on a fan with wet hands.
4. Playing with pointed objects like paper cutters and pencils is great fun.

D Answer the following questions.

1. Write any two safety rules that you should follow while bursting crackers.
2. Why should you not take medicines on your own?
3. What are the safety rules to be followed in school?
4. What is first aid?
5. Why should we follow safety rules?



HOTS CORNER

1. Garima is going to her relative's house with her parents. She is sitting on the front seat of the car. Her father is insisting her to fasten the seat belt. Why do you think her father is doing this?



ENHANCE YOUR LIFE SKILLS

1. You might have seen road-safety signs on the road. Find out what the following signs indicate.



2. In India, national road safety week is observed in the first week of January every year. Students can prepare a role play on “Safety Rules”. Invite parents to your school and present the play in front of the parents, teachers and other students of your school. Students can be dressed as policemen, traffic policemen, etc.



ONLY A CLICK AWAY

1. To play a game and know more about road safety, visit the following link.
<http://www.trafficclub.co.uk/>
2. Find out what kind of precautions astronauts and deep sea divers take in order to keep them safe in space and under the sea. Take help from your elders. Submit your findings in a small scrap book.



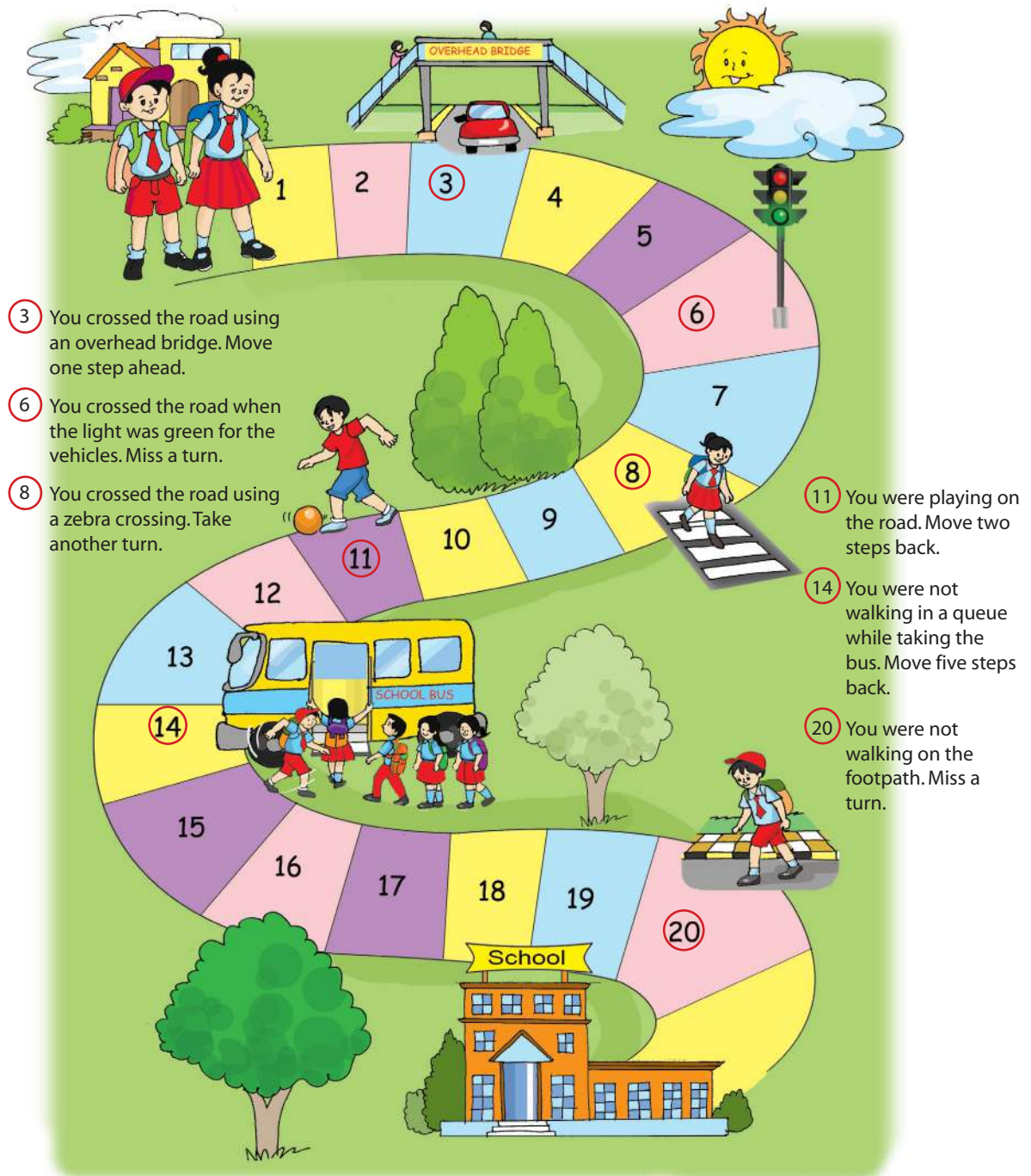
ACTIVITY BAG

1. The Road Safety Game

The term “Road Safety” indicates how safe people are while on the road.

Play the road safety game given here. Divide the class into groups of five students each. Each student in every group should have a different coloured counter. You can take different coloured buttons as the counters.

Roll the dice, count the spaces and follow the instructions.



Teacher's Notes

- Teacher can explain to the students the consequences of not following the safety rules.
- Teacher can give the students imaginary situations where they have to answer by giving the correct and safe course of action.
- Answers to Question Drill: 1. wrong actions: do not throw stones on stray animals; do not play in wet field; do not push others while playing.