

ANSWERS

Chapter 2: Safety and First Aid

What I Know

1. One way
2. U-turn prohibited
3. Horn prohibited
4. One way
5. Stop

Checkpoint 1

1. Burn
2. Tourniquet
3. Sprain
4. Patient
5. Sling

What I Have Learnt

I. Objective Type Questions.

1. RICER
 2. Sand or mud
 3. lighter
 4. nose bleeding
 5. anti-tetanus
1. ACCIDENT
 2. RABIES
 3. CAPILLARIES
 4. BLISTERS
 5. SLING
- C. 1-c, 2-f, 3-b, 4-e, 5-d

II. Short Answer Questions.

1. a. Synthetic clothes catch fire easily whereas cotton clothes do not.
b. Petrol is lighter than water and will start floating if we try to put it in with water.
c. In a fire, it is easier to breathe if we stay low. So, we should crawl on the floor if the room is filled with smoke.

2. Common causes of fire are:
 - a. Carelessness while burning matchsticks, cooking and so on.
 - b. Faulty electrical wiring and defects in electrical appliances.
3. Splint is a piece of hard material used for supporting a broken bone when it has been set.
4. We use a tourniquet to stop the blood supply to the deep cut in the body and help in stopping the loss of blood.
5. First aid is the immediate help given to a sick or an injured person before the arrival of a doctor.
6. Wounds should be washed with soap and water to remove all the germs from it and prevent infection.
7. Any flat surface object like a cardboard, notebook and diary can be used as splint in case of fracture.
8. If we prick a blister, it will turn into an open wound and catch infection easily.

III. Long Answer Questions.

1. Five measures to safeguard ourselves from fire are:
 - a. We should not play with matches and lighters.
 - b. We should never wear nylon or synthetic clothes while in kitchen or while handling fire. We should always wear cotton clothes.
 - c. In the kitchen, we should switch off the gas cylinder when not in use. Gas leak can cause major fires. We should open all the windows and doors of the house and call for help.
 - d. In case of electrical fire, we should not throw water to put out the fire as it can cause electrocution. Instead, we should use sand or mud.
 - e. In case of fire caused by petrol, we should try to put it off by throwing sand and mud. Water cannot be used, as petrol is lighter than water and floats on it.
2. In case of minor burns:
 - a. Put the burnt area under cold running water till the pain subsides. If dough is available in the refrigerator, then put a thick layer of dough on the affected area. It will help in cooling down the burning sensation.
 - b. Apply an antiseptic lotion to avoid infection.

In case of severe burns:

 - a. Severe burns can form blisters which we should not touch or prick. On pricking blisters, they become open wounds and can catch infections easily.
 - b. Apply a layer of antiseptic lotion or a paste of baking soda and water on the blisters and cover them with a sterile cloth dipped in an antiseptic lotion.

- c. Severe burns should only be treated by a doctor.
- 3. Immediate help given to a person in case of fracture:
 - a. Calm the person and make him/her comfortable.
 - b. Do not let the fractured part hang loose. Put a flat object like a cardboard or a notebook under the fractured part and give support by tying a piece of cloth around it. The support is known as splint and the cloth tied around is called sling.
 - c. Take the person to the doctor immediately.
- 4. Immediate help given to a person in case of animal bites:
 - a. Wash the area with soap and water thoroughly, at least three times to remove the saliva.
 - b. Clean the affected area with an antiseptic lotion and cover with a clean cloth.
 - c. See a doctor immediately. The doctor may give anti-rabies injections.
- 5. RICER is a term used for first aid in case of sprains.
 - R – Rest: After injury, the patient should take rest and not take part in any painful activity.
 - I – Ice: An ice pack should be used to reduce pain and swelling in the affected area.
 - C – Compression: The sprained area should be bandaged firmly, starting just below the injured area and moving up.
 - E – Elevation: The sprained area should be kept elevated.
 - R – Referral: And finally, a doctor should be consulted for detailed analysis.

Enrichment Activities

I. HOTS

- A. Sara is too small to understand about electric shocks and can put her fingers in the switchboard. To avoid this accident, her mother has put tape on all switchboards that are at her level.
- B. This is because the poison that enters the blood can travel to the heart if not kept below the level of the heart. It can cause instant death.
- C. Sprain is caused due to the torn tissues around the joints. Sprain can occur during exercising, walking or playing. Rubbing the ice pack can reduce inflammation. It can subside the swelling and can reduce the pain. Ice is cold and hence soothes the inflammation.
- D. Cold water causes constriction of blood vessels, thereby resulting in stopping of blood flow from the nose.