

Accidents are an external action caused due to carelessness. Accidents may cause severe injury to the person involved. In order to avoid accidents, it is very important for us to be careful all the time. We are given safety guidelines at home and in school but we tend to overlook them and eventually end up being bed ridden for days.



Accidents at Home

Let us look at the pictures below and see why the accidents take place:

A



B



C



D



E



- In case of deep cuts and severe bleeding, cover it with a thick layer of cotton wool soaked in an antiseptic solution.
- Once the bleeding stops, apply an antiseptic cream and cover it with a bandage.
- A tetanus injection may be administered by the doctor.



A seriously injured person should never be moved from his position without professional help. This is to ensure that any internal injuries are not made worse.

Sprains

A sprain results due to a twisted joint that swells up and causes a lot of pain.

- Apply an ice pack to reduce the swelling.
- Use an anti-inflammatory cream and hold the joint tightly in a crepe bandage.



Fractures

(Fractures are caused when a bone in the body breaks. The affected area immediately swells up causing a lot of pain.)



- The affected area must be tied with a ruler or a stick, or even sheets of newspaper could be used as a **splint** that will ensure that the bone remains in its place.
- The affected area must not be moved at all.)

Quick Revision:

Fill in the blanks:

1. A splint keeps the bone in its place.
2. The immediate help given to a wounded person is called the first aid.
3. An ice pack reduces swelling in case of sprain.
4. Antiseptic cream and lotion are used as immediate first aid in case of cuts.

Nose Bleeding

It is a common occurrence in the hot weather.

- The patient should be made to sit in a position such that the head is at a raised level.
- The nasal region should be covered with ice cubes held in a handkerchief.
- Follow with cool drinks and juicy fruits once the bleeding stops.



Burns

Burning of skin results from exposure to extremely hot liquids or objects, turning the skin red or in severe cases causing blisters.

- The burnt area should be kept in contact with cold water with ice until the pain subsides.
- For minor burns, apply a paste of baking soda in water.
- In case of blisters, do not prick. Gently cover it with a clean piece of cloth dipped in baking soda and water solution.



- Immediately take the patient to the doctor.

(If a person's clothes catch fire:

- Make the patient roll on the ground.
- Cover the patient with a thick blanket)



Animal Bites

- In case of insect bites, wash and apply a paste of baking soda and antiseptic cream.

Ans D1

- In case of a dog bite, wash the bite with soap and water, apply antiseptic cream, cover it with a clean bandage. Check the possibility of vaccination of the dog and consult a doctor immediately.)

Dog bite can cause a dreaded disease called Rabies. A person affected by the disease develops fear of water, called hydrophobia. Over the years mental retardation and death may also occur.



Ans D2

- In case of a snake bite, tie a tight bandage between the bite and the heart to slow down the blood circulation and hence the spread of poison to the whole body.)



For Poisoning

Ans-D4

- Poisoning may result due to ingestion of many chemicals at home like naphthalene balls, medicines, nail paints, detergents, liquid cleaners etc. As a general rule:



- The medicines and chemicals should be kept out of reach of children.
- The expired medicines should be disposed off immediately.
- In case of ingestion of a chemical, the victim should be made to vomit immediately and taken to a doctor.)



As a general precaution in case of accidents, medication should be provided by trained medical personnel only to ensure that there are no interactions with any preexisting condition the victim may have.

New Words

Pedestrians

— People who walk on the road.

First Aid

— The immediate medical aid given to an injured person.

Sprain

— A twisted joint.

Fractures

— They are caused by broken bones.

Splint

— A support used to keep the fractured bone in place.

Let's Revise

1. Prevention is better than cure.
2. Be careful while handling electrical points.
3. Floors in kitchens and bathrooms should be kept dry.
4. Keep a first aid box handy at home at all times.

Let's Answer

A. Rewrite the following statements correctly:

1. Before plugging in appliances into sockets, keep the switch in on position.
Before plugging in appliances into sockets keep the switch in off position.
2. Prick the blisters with a needle.
Don't prick the blisters with a needle.
3. Carry a person with a fractured bone without support.
Don't carry a person with a fractured bone without support.

4. Tetanus injection is given in case of a dog bite.

Tetanus injection is given in case of a cut.

5. An ice pack is not anti inflammatory.

An ice pack is anti inflammatory

B. Write two first aid tips for each:

1. Insect bite

In case of insect bites, wash and apply a paste of baking soda and antiseptic cream.

2. Burn

For minor burns, apply a paste of baking soda in water. Immediately take the patient to the doctor.

3. Sprain

Apply an ice pack to reduce the swelling. Use an anti-inflammatory cream and hold the joint lightly in a crepe bandage.

C. Carry out a market research and find out two brands for each:

1. Antiseptic lotion

Dettol

Boroplus

2. Soothing cream for burns

Mederma

Burnol

3. Antiseptic cream

Dettol

Boroline

4. Anti inflammatory gel

Iodex

Rumalaya

D. Answer these:

1. What precautions should be taken in case of dog bite? Pg. no. - 63 (D1)
2. Why should flow of blood be restricted in case of a snake bite? Pg. no. - 63 (D2)
3. What should be done in case a person's clothes catch fire? Pg. no. - 62 (D3)
4. What can be the possible reasons for poisoning? State remedial action. Pg. no. - 61 (D4)
5. Explain with relevant drawing, the first aid in case of a fracture. Pg. no. 61 (D5)

E. Look at the pictures and put a tick ✓ or ✗ to indicate correct behaviour.

