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Class: I V

Sub.tec: Naina paswan

Subject: SCIENCE

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BASED ON N.C.E.R.T PATTERN

LESSON 10 : SAFETY RULES AND FIRST AID

IV. Answer the following questions:

Ans 1. an undesirable or unfortunate happening that occurs unintentionally and usually results in harm, injury, damage, or loss; casualty; mishap: automobile accidents. Law. such a happening resulting in injury that is in no way the fault of the injured person for which compensation or indemnity is legally sought.

Ans 2. First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. In serious cases, first aid may be necessary to keep the victim alive.

Ans 3. To prevent the condition of the patient from getting worse: - A person who has met with an accident needs medical attention immediately. If there is no doctor nearby, the condition of the injured person can become critical so first aid is given to prevent his condition from getting worse.

Ans 4. Here are some tips for preventing the most common household accident.

- 1. Give support where needed. ...**
- 2. Avoid unsafe playgrounds. ...**
- 3. Provide protective gear for play time. ...**
- 4. Keep rugs in place. ...**
- 5. Make bath time slip-free. ...**
- 6. Keep your home well-lit. ...**
- 7. Reduce clutter. ...**
- 8. Only use step stools when necessary.**

Ans 5. Follow the rules of the road and obey signs and signals. Walk on sidewalks whenever they are available. If there is no sidewalk, walk facing traffic and as far from traffic as possible. Keep alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.

Ans 6. Place a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm to control bleeding. Apply constant pressure until the bleeding stops. Maintain pressure by binding the wound with a thick bandage or a piece of clean cloth.

- . Ans 7. Always play safe by being careful and showing courtesy.**
- . Never run around or push and pull others while near playground equipment. ...**

- **Don't go too close to the front or rear of moving equipment; instead, walk out around it.**
- **Wear proper clothing. ...**
- **When you get off equipment make sure there isn't anyone in the way.**

Ans. 8. If there are no injuries and the person is breathing, raise the person's legs above heart level – about 12 inches (30 centimeters) – if possible. Loosen belts, collars or other constrictive clothing. To reduce the chance of fainting again, don't get the person up too quickly.