



Mentor Guru

Class 1 Science

Chapter 8: Safety and First Aid Notes

We should follow safety to keep ourselves safe. We should take care of ourselves and others too. Here are some safety rules, you must follow.

On the Road:

Always walk on the footpath. If there is no footpath, on the left side of the road never run across a busy road.

Crossing the Road:

Before you cross a road, look right, then left, and then right again. Cross a road only at the zebra crossing. Cross the road when it is clear, watch out for traffic signals. Be careful on a rainy day road can be slippery.

While Travelling by Bus:

First of all, stand in a queue while you are waiting for a bus. Never travel on foot board (stairs). Do not get in or off a moving bus. Do not lean (peep) out of the window of a moving bus. You may get hurt. Do not throw things out of a moving bus. You may hurt someone.

On The Play Ground:

Always play in a playground or open place. Never play on the road. Play only safe game obeying its rules. Do not pluck flowers in the park. Do not tease animals. Be kind to them.

When You Go Swimming:

Do not go alone for swimming. Use air-filled tube for swimming. Do not jump into deep water.

At Home:

Do not play with the articles like scissors, sharp knife, blade etc. Do not run down the stairs. Do not play with electric switches devices. Do not fire with match stick.

At School:

Do not climb or jump on desks and chairs. You may fall and get hurt. Do not push each other while climbing up or getting down the stairs.

First Aid:

First aid means 'the help given to an injured person immediately, if you get at home, report it to you elders. If someone else gets injured', call a doctor. A good first aid will make you fine soon.

Important Points:

1. Safety rules keep us safe.
2. Use zebra crossing to cross the road.
3. Always walk on the footpath.
4. Never play with fire, electric and sharp articles.
5. The first help given to an injured person is called first-aid.



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