

Chapter 8

Safety and First Aid

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.



A Glance on Terms

- Accident** : an unpleasant event or injury caused due to carelessness
- Safety** : staying away from harm.
- Zebra crossing** : marking on the road for crossing.
- First aid** : Immediate help given to an injured person.

Revision Time

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

