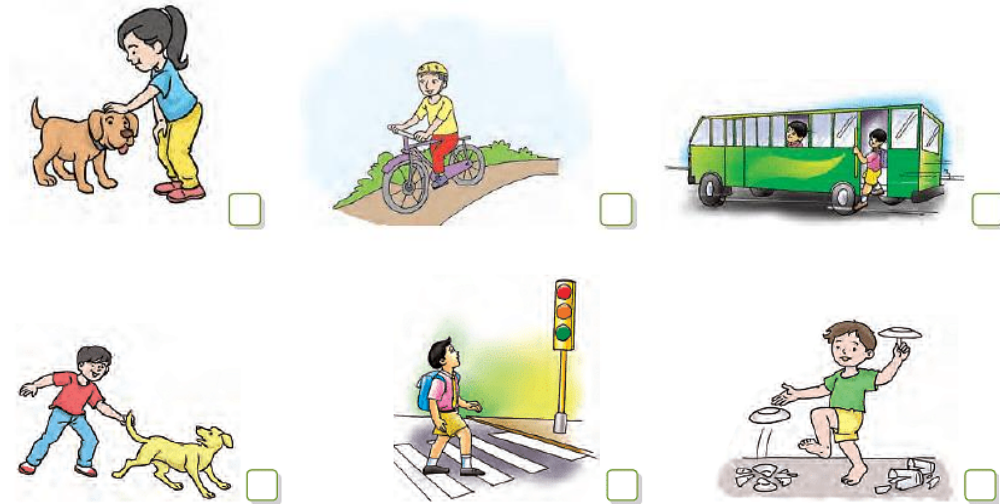


Safety And First Aid

Put a tick under the safe activities and a cross under the activities which are dangerous.



The world is a beautiful place to live in. At the same time it is also filled with dangers. Dangers are situations or things which can hurt us. We should be aware of the dangers around us and learn to be careful and avoid them. Staying away from dangers is being safe.

Safety At Home

Following a few simple safety rules can keep us safe at home.



- Never play with fire or light firecrackers yourself. Use matchsticks only in the presence of an adult. Put them out before throwing in a dustbin.
- Never try to insert your fingers in a plug point. Never touch damaged electric wires. Inform your elders. They will have it changed.
- In the kitchen always be careful of the stove, the hot utensils, and the food cooking in them. Do not go near the stove when it is on.
- Knives, scissors and tools are sharp and can cause cuts. They have to be used very carefully. Do not play with sharp things.

- Do not try to taste anything you are not sure about. Many things, including medicines, may be poisonous for you.

Safety At School

If you behave responsibly in school and follow the rules, you can avoid accidents.



- Running around inside the class and climbing on desks can cause accidents. The corners of desks are sharp and can hurt badly.
- Be careful while climbing up or coming down a staircase. Never run or push anyone. A fall on a staircase can hurt very badly.
- Be very careful when you go to the science room. Never touch, taste or smell anything without asking your teacher.
- Blades are not for you to use. Do not use them to sharpen pencils.

Safety on The Playground

Sometimes in order to win a match, players start breaking rules and playing rough.



- Always follow the rules of a game. Rules are for our safety and for us to enjoy the game.
- Play the games in the right spirit, to reduce accidents and enjoy more.
- Do not push or trip players.

Safety on The Road



- Remember that roads are not meant for playing. Playing on the roads can be very dangerous.
- Footpaths are meant for you to walk on. If there is no footpath, walk on the side and be alert to the traffic.
- If you have learnt to ride a bicycle, always keep to the left. Signal with your hand before turning. If you are in a car, wear seat belt.
- Cross the road only at the zebra crossing. Before crossing, look to your right, then to your left, and then to your right again. Cross the road only if it is clear. You should be even more careful if there is no zebra crossing on the road.
- Obey the traffic signal. Remember, the green traffic light tells you to go. The red light tells you to stop. The yellow light tells you to be ready.
- Always stand in a queue to board a bus. It helps to avoid accidents.
- Many accidents happen when people try to get on or off a moving bus. Never try such things.

First Aid



First aid box

Sometimes, accidents happen even when we are careful. Never panic in such a situation. You can help the injured person by following some simple rules. The first help that an injured person needs is called first aid.

Immediately try to find an adult to help you.

- Never allow people to crowd around the injured person.
- Do not move the injured person. If he or she has broken a bone, this can cause more damage.
- Make the injured person sit or lie down.
- If a wound is bleeding, wash it with clean water.
- Tie a clean bandage or handkerchief around the wound to stop the bleeding.
- If someone has a burn, put the burnt area under a Cold Water tap.

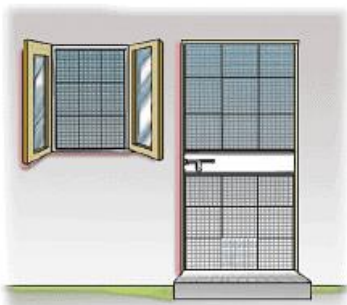
Home Is Best

A house gives us shelter from the weather, animals and enemies. To live a healthy life, certain things are important. Our house should be built and kept in such a way that we get these important things.

A Good Home



A good house



Net on doors and windows

- Sunshine is important. It kills germs. We should have windows in directions from where sunshine can come in.
- Clean air is necessary. Air gets dirty when we breathe. There should be windows and ventilators for fresh air to come in. We should grow trees and plants around our house as plants help to clean the air.
- Open spaces such as verandas or balconies are important for getting sunshine and fresh air.
- Wire netting on doors and windows keeps the house free of insects such as flies and mosquitoes. With this arrangement, air and sunshine can come in, but the insects can be kept out.
- Cleanliness is necessary in every part of the house. To keep the bathrooms clean and dry, there should be a proper drainage system to carry away the dirty water.
- Dirty water or garbage should not be allowed to gather anywhere inside or outside the house. This causes insects and germs to grow.

Care of The House



Keeping home clean

- Germs mainly live and grow in the kitchen, toilets and garbage bins. These should be regularly and thoroughly cleaned every day.
- The rest of the house should also be swept daily and kept clean.
- Flies and cockroaches should be kept away from the kitchen as they cause diseases. Always keep food covered.
- Fresh air and sunlight should be allowed to come into the kitchen and toilets.
- Garbage bins should be kept covered.