

CLASS – 5 WORKSHEET

SUBJECT-SCIENCE

TOPIC: FIRST AID

SYNOPSIS:-

- During an accident, the help or aid given to the victim before the arrival of a doctor is called the **first aid**.

- We should give first aid to :-
 1. **Bleeding**
 - If there is a minor cut or wound on the skin, clean the wound with sterilized warm water. In case of a major cut or wound, cover the wound with a dry, sterilized cotton or a clean piece of cloth.

 2. **Fracture**
 - Keep the patient calm and comfortable and send for a doctor immediately. Apply splint to give support to the broken bone and to avoid any unnecessary movement.

 3. **Burns**
 - If the clothes of a person catch fire, cover him with a blanket or thick mattress (duree). This will cut out the air supply to the burning clothes.
 - If the burn is a mild one, apply **BURNOL** over the affected part.

 4. **Snakebites**
 - A tourniquet(piece of cloth) may be tied, just above the bite, to stop the flow of blood to the heart.
 - Take the victim to the doctor as fast as possible.

 5. **Insect bite**
 - In case of an insect bite, remove the sting first.
 - Use ice cubes on the affected area to reduce pain and swelling.

 6. **Dog bite**
 - Wash the wound with soap and water to remove germs as the virus causing rabies is carried in the **saliva** of an infected animal.
 - Take the victim to a doctor immediately.

 7. **Poisoning**
 - Keep the medicines locked, beyond the reach of small children.
 - Wash all vegetables and fruits before eating them. They may be sprayed with harmful **insecticides** and **pesticides**.

- We often get hurt at home or outside, when we are careless or in a hurry. It may also result in the loss of one's life.
- We should remember the following safety rules to avoid accidents.

- **AT HOME**
In the Kitchen
 - Do not wear nylon and terylene clothes when you go near the fire.
 - Always put off any fire before installing a cylinder.

- **OUTSIDE HOME**
On the Playground
 - Be careful while playing games like cricket, football, etc. You might get yourself hurt and others.
 - Take your turn at the swing or at the see-saw.

- **On the Road**
 - Follow the traffic rules while on the road.
 - Always cross the road at the **zebra crossing**.

In case of a fire , do the following:-

- Turn off all the electrical switches.
- Put off all burning things.
- Then raise alarm and call the fire brigade.
- Use the fire fighting equipment available.
- Leave the place from the nearest exit.

EXERCISE:-

I. Fill in the blanks:-

1. Do not wear _____ and _____ clothes when you go near the fire.
2. While crossing the road, always use a _____.
3. There are _____ pressure points in a human body.
4. Wash all vegetables and fruits before eating them, they may be sprayed with harmful _____ and _____.

II. Complete the following exercise at the end of the chapter:-

Exercise A, B, C, D and E on Page 53.

III. Draw the following diagrams on Page 47:-

- A) The different Road Signs
- B) First Aid Box Kit

Please refer to the link below:- 

<https://youtu.be/IDz5fw5cOU>

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