

**Lecture Sheet-2**

**Chapter- 9: Our Duties and Responsibilities**

**Topic-2: Health and Safety at Home**

**Notes:**

- **At first read the related topic from the text book.**

**Health:**

The state of being free from illness or injury.

**Example:** They grew up **healthy** and strong.



**Safety:**

The condition of being protected from potential harm or something that has been designed to protect and prevent harm.

**Example** of safety is a **safety** belt.



## Accident:

An unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury. Accident occurs due to our carelessness and recklessness.

## Ways to avoid accidents at home:

- Be careful with knives and scissors
- Do not touch electric switch with wet hands or bare feet.
- Have to turn off gas and electricity.
- Have a first aid box at home.
- Do not open the door to strangers.
- Be careful with fire.
- Label medicines and pesticides so they don't get taken by mistake.

## First aid:

First aid is the first and immediate assistance given to a sick or injured person until full medical treatment is available. First aid gives us the tools to prevent the situation from becoming worse.



### Ways to stay safe outdoors:

- Be careful if climbing on trees or walls.
- Be careful when playing near water.
- Do not play near traffic.
- Be careful while crossing the road.



**PS: \* Study the lecture sheet to upgrade your learning curve and you will find answer to the question from work sheet.**

**\* If you find it difficult to follow the video you can always pause and watch the screen to make it more understandable. Also, everything is shared in the lecture sheet for better understanding.**

**\* What you have learnt today, that you have to orally share the lesson with your afternoon teacher.**

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**Thank you  
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