

Answer sheet:

1.

- a) suddenly
- b) Injury
- c) Preventable
- d) Bitten
- e) Long
- f) Attention
- g) Fire extinguisher
- h) Evacuate
- i) First aid
- j) Safe
- k) 10 minutes

2.

- a) False. C/A: Most of accidents can be preventable
- b) True
- c) True
- d) False. C/A: We shouldn't try to handle a snake to safe other people
- e) True
- f) True
- g) True
- h) False: C/A: We should not fight alone with fire to safe other people.
- i) False. C/A: We shouldn't apply ice to cool the burn.
- j) True

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3.

- a) I. choking
- b) I. clean
- c) II. long stick
- d) II. Wet blanket
- e) III. Water with coconut oil.

4.

- a) 1+ iii = Drowning in water – flotation devices like banana tree.
- b) 2+ iv= Burns – cold running water
- c) 3+v = Fire accident- fire extinguisher
- d) 4+ii= Electric shock – turn off the main switch
- e) 5+i= Snake bite- keep yard tidy.

5.

a) Anything that happens by chance and causes damage or injury is called accident.

b) Two ways of prevention from drowning in water are given below:

- 1. Learn to swim: We can prevent ourselves from drowning by learning how to swim.
- 2. Swim in supervision: We should not swim alone without help of the older and should not dive under water.

c)

- 1. Lack of attention: It may occur due to lack of attention when cooking, careless use of candles or lamp, short circuits of electrical appliances.
- 2. Throwing burning things: It may occur due to throw burning beedi, cigarettes, safty match in unsafe areas or if the children play with match or lighter.

d) Emergency care or treatment given to an ill or injured person before medical services arrive is called first aid.

e)

- 1. We should not play with fire near the stove and never play with fire.
- 2. We should keep flammable objects far away such as clothes, paper, dry wood etc. from heat and flames.

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- f) Electric shock is the flow of electrical current through a person's body that may damage the skin or internal organs or even kill the person if the voltage is high enough.
- g) we should separate the person from the source of electricity as soon as possible.
 - We should turn off the power by unplugging the cord, by turning the main switch off, or by turning off the breakers.
 - If it is not possible to turn off, then we should use rubber or dry wooden stick to get the person away from the source.
 - We should not touch the person who are receiving the electric shock.
- h) we should do the following steps:
 - we should move away from the snake and maintain distance.
 - we have to remember the color and shape of the snake.
 - we should call emergency services for help as soon as possible.

6.

a) We can prevent snakebites by taking the following steps:

1. We should not try to handle a snake
2. Avoiding places where snakes may live like tall grass or bush, rocky areas, and holes in ground.
3. Using long stick if we must go into tall grass or bush.
4. Shining a flash light on our path when walking outside at night.
5. Keeping our yard tidy to reduce places where snakes hide.

b)

Some general rules of first aid are given below:

- 1) Calling for help: at first, we should call adults or emergency service for help.
- 2) Keeping ourselves safe: before we do anything to help an injured person we make sure to keep ourselves safe, or we may also get involved in an accident.
- 3) Do not move injured person: we should not move an injured person unless it is necessary.
- 4) Keep the person calm: we should calm the person by saying something encouraging like 'Everything will be alright'

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c)

1. Using fire extinguisher/ water/ wet things: we can put off a fire by using a fire extinguisher, covering a fire with a wet blanket, or pouring water at the base of the fire.
2. Evacuating building: if fire becomes big and severe, we should evacuate the building.
3. Call fire service/ fire station: we should contact fire station nearby as soon as possible.
4. Working together: we should not fight alone with fire. We should work together in such an accident.

d)

1. **Calling for help:** At first, we should call adults for help, and send someone to call emergency service.
2. **Taking out from water if possible:** If it is safe and possible, we should take the person out of the water by using a long pole or rope to try to reach the person, or flotation devices like a banana tree or wooden plate so that he/she can catch them and come to the shore.
3. **Keeping ourselves safe:** We should not attempt a swimming for rescuing, or we may also get drowned

e)

1. At first, we should open injured person's airway by gently tilting back the head and lighting the chin.
2. Then we should pinch the nose and place mouth over mouth and blow until patient chest rises. But the patient should be allowed time to breath out.
3. We should watch for the chest to rise. If the chest does not rise, reposition the head and this process should be continued again.
4. After then we should place the head over the center of the chest and lean over and give 30 chest compressions by pressing down about a third of the depth of the chest.
5. We should continue rescue breaths and chest compressions until patient breath or doctor arrive.