

How to rescue a drowning person:

➤ **Calling for help:**

At first, we should call adults for help, and send someone to call emergency service.

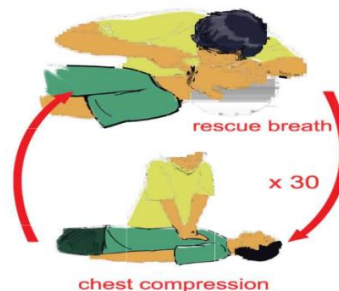
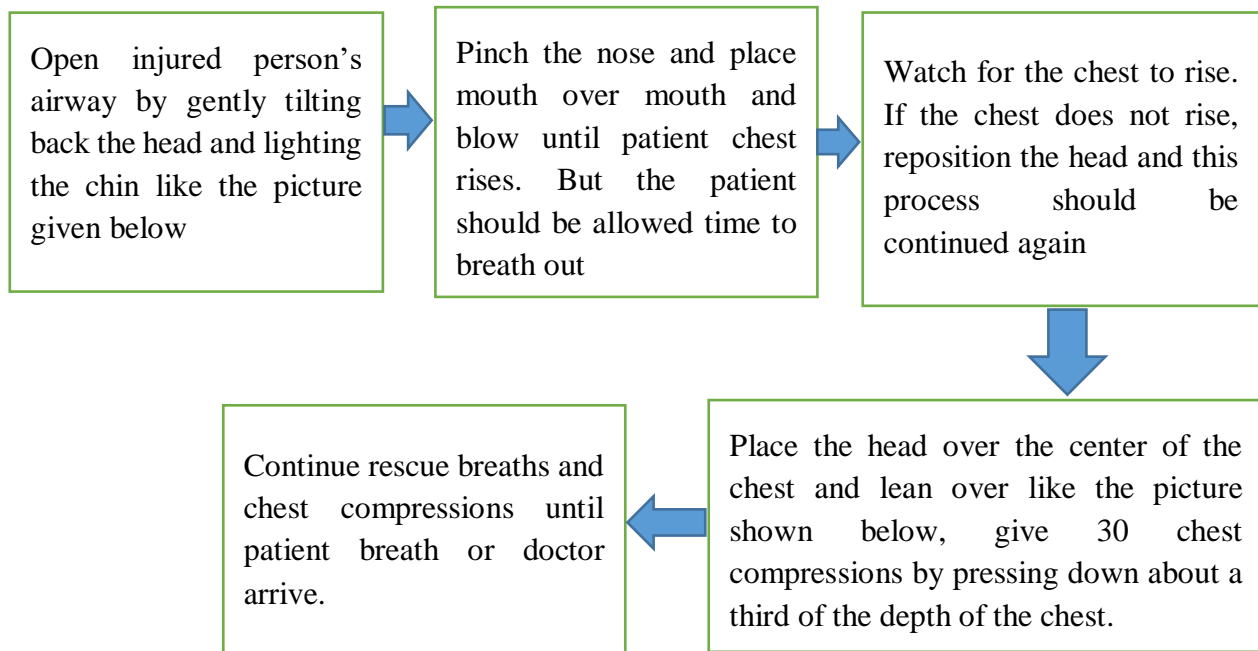
➤ **Taking out from water if possible:**

If it is safe and possible, 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.

➤ **Keeping ourselves safe:**

We should not attempt a swimming for rescuing, or we may also get drowned.

When not breathing



Nurun Nahar Borna

(Asst. Teacher) Bosonto Campus

Electric shock:

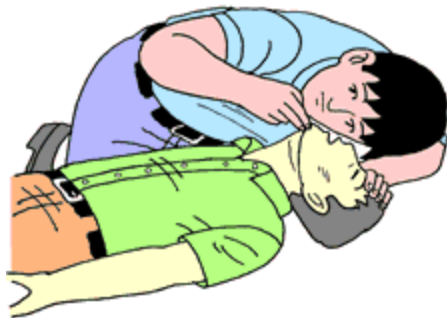
Electric shock is the flow of electrical current through a person's body that may damage the skin or internal organs or even kill the person if the voltage is high enough.

Rescue from electric shock:

1. Separating the person from source of electricity: At first, we should separate the person from the source of electricity as soon as possible.
 - 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 use rubber or dry wooden stick to get the person away from the source.
 - Do not touch the person who are receiving the electric shock.
2. Calling for help: we should call emergency service for help as soon as possible.

First aid for electric shock:

- Check for the person's consciousness, breathing, pulse, and injury.
- If the person has a burn, give first aid for burns.
- If the person is not breathing, give first aid for rescue breaths and chest compressions.



Nurun Nahar Borna

(Asst. Teacher) Bosonto Campus

Snake bites:

What we should do:

1. move away from the snake and maintain distance.
2. Try to remember the color and shape of the snake.
3. call emergency services for help as soon as possible.



moving away from snake

What we shouldn't do:

- Don't try to suck the venom out
- Don't cut the skin around the wound.
- Don't apply ice.
- Don't move the person unless in immediate danger.
- Don't try to catch the snake.
- Never go to snake charmers for treatment.



don't cut the skin around the wound

First aid for snake bite:

1. Keep the person as still as possible.
2. Lay down with the bitten body part below the level of the heart.
3. Remove any items or clothing around the wound.



Exercises

1. Write the answer of the following questions in short:

- a) What is electric shock?
- b) How should we separate the person from the source of electricity?
- c) When a friend is bitten by a snake, what should we do?

2. Write the answer of the following broad questions:

- a) Explain how to rescue a drowning person.
- b) When a person is not breathing, what should we do?

3. Match the words on the left with the words on the right:

1. Drowning in water	i. Keep yard tidy
2. Burns	ii. Turn off the main switch
3. Fire accident	iii. Flotation devices like banana tree
4. Electric shock	iv. Cold running water
5. Snake bite	v. Fire extinguisher