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LESSON
PART 1



LESSON - 4

SAFETY HABITS AND FIRST-AID

BEFORE WE PROCEED :

- ◆ Where do you play daily?
- ◆ Where should we fly kites?
- ◆ Where should we cross the road?
- ◆ What should you do while going in school bus?

SAY ALOUD :

- ◆ careful
- ◆ safety
- ◆ outside
- ◆ footpath
- ◆ signals
- ◆ overbridge
- ◆ terrace



LET US LEARN ABOUT SAFETY RULES AND FIRST-AID

We must keep ourselves safe.

To be safe, we must learn to be careful.

We must follow the rules of safety at home and outside.

SAFETY ON THE ROAD

- Follow the traffic signals.
- Walk only on the footpath or left side of the road.
- Cross the road at the zebra crossing only when there are no vehicles or when it is clear.
- Never play on the road.
- Use the overbridge for crossing railway lines.



▲ Use the overbridge



▲ Use zebra crossing



▲ Don't play on road

While crossing the road, watch the traffic lights.

STOP ! says Red.

GET READY! says Yellow.

Go! says Green.

At the junctions, there may be three or more roads. Be careful and follow the elders.

Do not chase a kite, a ball or a running vehicle.



▲ Traffic lights

WHILE TRAVELLING

- Never get in or out of a moving bus.
- Never lean out or stretch out your hand through the window or door of a moving bus.
- Always stand in a queue while getting in or out of the bus.
- Wear safety belt while travelling in the car.
- Do not disturb the driver. Stay on your seat.



SAFETY AT HOME

- Do not play with sharp objects.
- Do not play with matchsticks.
- Do not play with fire.
- Light the fireworks under the guidance of elders on a Deewali/ Christmas day.



▲ Careful with fire



▲ Careful with sharp objects



▲ *Careful with electric wires and plugs*



▲ *Careful with kites*

- Do not light a gas stove on your own.
- Do not go near burning crackers.
- Do not play outdoor games inside the house.
- Do not run down the staircase.
- Do not touch electric wires and plugs.
- Do not fly kites from the terrace.
- Walk carefully on wet floors.



SAFETY IN A SWIMMING POOL

- Never go into the swimming pool alone.
- Always accompany your parents or adults.
- Use the life buoy if you do not know how to swim.
- Never go deep into the pool.



SAFETY IN THE PLAYGROUND

- Play in a playground only, not on the roads.
- Do not play near water.
- Do not play near buildings under construction.
- Do not climb trees.



▲ *Do not climb trees*



FIRST-AID

First-aid is the help given to an injured person immediately before a doctor comes.

Do not let many people gather around the person who is hurt. If the person is bleeding, clean the wound with moist cotton and clean water. Apply some antiseptic like dettol. If needed, call an elder and then a doctor.

KEY IDEAS

- ◆ We must follow traffic rules.
- ◆ We must cross the road at zebra crossing only.
- ◆ We should not go for swimming alone.
- ◆ We must not play with sharp objects.
- ◆ We should not play on roads.



LET'S WRITE TOGETHER



A. Answer these questions :

1. Write one safety rule that we should follow while playing.

.....

2. How should we cross the railway lines ?

.....

3. Write any two safety rules that you should follow at home.

.....

.....

4. Why should we not climb trees ?

.....

B. Complete the sentences with the help of words given below:

seat belt, play, follow, queue

1. We must safety rules.

2. Stand in a.....at the bus-stop.

3. Do not..... on the road or in the street.

4. Wear a.....while travelling in a car.

C. Write 'T' for True and 'F' for False :

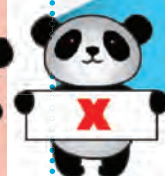
1. We can walk on the road anywhere.



2. We should call many people around an injured person.

3. Playing on an open terrace is not safe.

4. We should not go alone for swimming.



D. Match the following :

1. Sharp objects

Out of a moving bus

2. Play only in

Stop! Stop!

3. Do not run

An open field

4. Red light

Down the staircase

5. Never lean

Blades and knives

LET US DO

Write at least six things that should be kept in first-aid box.

- A) B) C)
D) E) F)



1. Prepare a first aid box for your class.
2. On a full chart paper, write rules of safety. Display this chart on the notice board of your class.

GLOSSARY

- ★ **Careful** : attentive
- ★ **Outside** : the outer side
- ★ **Footpath**: a path that is made for people to walk along
- ★ **Zebra crossing** : a black-white striped area on road for people to walk safely
- ★ **Terrace** : open area on the top of a house
- ★ **Crackers** : small fireworks that explode with a loud noise
- ★ **Injured** : physically hurt
- ★ **Immediately** : without being late
- ★ **First-aid**: the help given to an injured person before a doctor comes

