

GIRLS' HIGH SCHOOL & COLLEGE, PRAYAGRAJ

Worksheet No. 3

Session : 2020 - 21

Class : 3 Sections : A - F

Subject : Science

Chapter 2 : Safety and Home

Topic : Safety and First Aid

Instruction : Parents must ensure that the child reads, understands, learns and is able to answer the questions.

Accidents happen suddenly and can put our lives in danger. We can avoid accidents if we are careful and follow safety rules.

Safety Rules At School :

1. Do not run around the classroom or jump on desks.
2. Do not spill water or food in the class.
3. Use a pencil sharpener to sharpen pencils.
4. Do not run in the corridors or up and down the stairs.
5. Stand in a line to get into the bus.



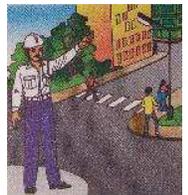
Safety Rules At Home :

1. Do not play with sharp pointed objects like knives and scissors.
2. Do not touch electrical things with wet hands. You may get an electric shock.
3. Stay away from fire and hot objects.
4. Do not leave your toys, bags etc. on the floor. Someone might trip over them, fall and can get hurt.
5. Be careful while walking on the wet bathroom floor. You may slip on the floor.



Safety Rules on the Road :

1. Walk on the footpath.
2. Cross the road at the zebra crossing or subway.
3. Before crossing the road, first look to your right then to your left and then to your right again. Cross only when the road is clear of vehicles.
4. Do not get into or out of moving vehicles.
5. Do not put any part of your body out of moving vehicles.



Safety Rules in the Playground :

1. Follow the rules of the game for a fair play.
2. Wait for your turn on the swings and see - saw.
3. Do not stand in front of a moving swing.
4. Do not hit each other with bats and other playing kits.
5. Do not play on wet fields. You may fall and hurt yourself.



First Aid

First aid is the first help given to a sick or an injured person.



1. Do not allow people to crowd around the injured person.
2. Keep calm and take help of the first aid box.
3. Make the injured person sit or lie down.
4. Clean the wound with an antiseptic lotion using cotton wool and tie a clean hanky or bandage over it.
5. Call a doctor if needed.



Some First - Aid For Minor Injuries.

1. **Minor Burns** – The burnt part should be kept under running cold water for about 10 minutes, then an ointment meant for burns should be applied.
2. **Bruises** – Make an ice pack by putting 5 to 6 ice cubes in a clean cloth and apply it on the bruise.
3. **Minor cuts and wounds** – The wound should be washed with an antiseptic lotion and an antiseptic cream should be applied to it. The wound may then be covered with adhesive bandage or cotton and a gauze bandage.
4. **Animal Bites** – The bitten part must be washed with soap and water, and dried. In the case of serious injuries, get help from a responsible person.

KEYWORDS (from the above text with meaning)

1. Antiseptic – a substance that kills germs.



2. Safety – a state of being safe from harm or danger.



3. Footpath – a path for people to walk on foot.



4. Zebra crossing – a street crossing marked with white stripes.

5. Subway – a path for people to walk under a road.



EXERCISE

(Instruction - Parents must help the child in answering and learning these exercises.)

I. Fill in the blanks -

1. We must follow _____ rules to avoid accidents.
2. We should not touch switches or plugs with _____ hands.
3. Cross the road at the _____ crossing.
4. The burnt part should be kept under running _____ water.
5. Use a _____ to sharpen pencils.

II. Name the following -

1. Any two antiseptic lotions. _____ , _____.
2. The first help given to an injured person. _____.
3. Any two sharp pointed objects. _____ , _____.
4. Any two things kept in a first aid box. _____ , _____.
5. A path for people to walk on foot. _____.

III. State True or False -

1. It is safe to walk on the footpath. _____.
2. We always know when an accident is about to happen. _____.
3. An antiseptic is a substance that kills germs. _____.
4. Toys, clothes and book should be left on the floor. _____.
5. We should run on the road. _____.

IV. Short Answer Questions -

(Instruction – Write the answers of the following questions.)

1. How can we avoid accidents ?

Ans. We can avoid accidents if we are careful and follow safety rules.

2. What is first - aid ?

Ans. _____

3. Why is it necessary to put your things in their proper places ?

Ans. _____

4. In which directions should we look before crossing the road ?

Ans. _____

5. Name any three things that should be in a first aid box.

Ans. _____

V. Long Answer Questions -

(Instruction – Write the answers of the following questions.)

1. Mention five things we should do if a person gets injured?

Ans. Five things that we should do if a person gets injured are –

(1) Do not allow people to crowd around the injured person.

(2) Keep calm and take help of the first aid box.

(3) Make the injured person sit or lie down.

(4) Clean the wound with an antiseptic lotion using cotton wool and tie a clean hanky or bandage over it.

(5) Call a doctor if needed.

2. Write any five safety rules that you should follow on the road.

Ans. _____

3. What first - aid will you give or provide for the following minor injuries –

(a) Minor Burns

(b) Bruises

(c) Animal Bites

Ans. _____

----- END -----