

SAFETY IN THE HOME

L.No	Title of Lesson	SKILLS	Activity
13	Safety in the Home	Self Awareness and Empathy, Interpersonal Communication and Effective Communication, Critical Thinking, Problem Solving & Decision Making, Coping with Stress and Coping with Emotion	Awareness about safety measures that can be taken in case of accidents

Summary

Accidents are major cause of death, especially, among elderly and children. Accidents can also affect a person's psychological, social and cognitive development. Accidents are usually unpredictable and unintended. Carelessness about basic safety norms in the house can take just a second to cause an accident. You can avoid most accidents if you know what kind of accidents can occur in your home. The various kinds of accidents are: falls; cuts; burns and scalds; poisoning; bites and stings; electrocution and shocks; suffocation and choking.

First Aid is the potential life saving technique which is given initially for any injury until professional medical treatment can be given to the victim. For example, if you burn your hand, what is the first thing you do? Put it under water? Does it help to reduce some pain? This kind of initial treatment is called **first aid**. Each of us should try to acquire knowledge and skill of first aid to handle the emergency situations in positive and responsible ways.

Principal Points

Rules of First Aid

You should be aware of these simple rules of first aid:

- Keep a readily accessible First Aid box at home
- Do not waste time in providing first aid
- Remain calm and resourceful
- Take the injured to a safe place
- Reassure the patient
- Disperse the crowd
- Attend fatal injuries first
- Give liquid if the patient is unconscious
- Keep emergency helpline numbers handy
- Call the doctor
- Know the shortest route to the nearest hospital

Build Your Understanding

First Aid Box

Ensure that you include the following items in your first aid box:

- First aid manual
- Gauze of different sizes
- Adhesive tape and bandages
- Thermometer
- Torch and batteries
- Scissors
- Antiseptic lotion
- Sterile cotton
- Paracetamol (for fever)
- Burn relief ointment
- Antibiotics and Antacids, Isabagol
- Anti- inflammatory balm/ tablet
- Hospital/ Ambulance Ph. no.

What's Important to Know?

Common Accidents at Home

Carelessness about basic safety norms in the house can cause an accident. Here is a list of some common accidents and their causes:

- **Falls**
 - Cluttered and Slippery Floor
 - Grill-less Window
 - Wobbly ladder
 - Roof without boundary
 - Dimly lit Stairs
- **Cuts**
 - Sharp Corners
 - Cracked Glass
 - Knives, Blades in reach of child
 - Not using tin cutters
- **Burns and Scalds**
 - Hot Liquid
 - Fire
 - Lighted Cigarette
 - Acids and Chemicals
 - Gas cylinder leak
 - One socket two appliances
- **Poisoning**
 - Cleaners and Detergents
 - Insecticides and Pesticides
 - Fuels
 - Expired medicines
- **Bites and Stings**
 - Bees
 - Insects
 - Snake
 - Wasps
- **Electrocution and Shocks**
 - Naked and Loose wire
 - Short Circuits
- **Suffocation and Choking**
 - Polythene bags
 - LPG cylinders
 - Charcoal stoves
 - Generators
 - Carbon monoxide produced by soft coal and wood.

Did You Know?

- **80%** of the accidents occur at home.
- Over spraying of pesticides on fruits and vegetables can make them poisonous.



Extend Your Horizon

There is a fire in your neighborhood and people are suffering from choking. What kind of first-aid will you provide to them?

Evaluate Yourself

1. You have just installed a computer in your room. All wires are lying loose. What will you do to avoid any accident?
2. What is the best way to clean broken glass pieces from the floor?
3. What type of cloth/ fabric should you wear while cooking?
4. Why should we keep polythene bags away from the reach of children?

Maximize your marks

Learn about the common accidents at home.

Study the table that describes first aid for specific injuries. This will help you better understand and memorise various first aid procedures.