

**Note: The given content need not to be printed.**

**CHAPTER 02**  
**FIRST AID AND EMERGENCY**  
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**Learning Objectives:**

- To acquaint students with the concept of accident and first aid.
- To make them aware of different types of injuries.
- To enhance the cognitive and critical thinking among them.



**Safety and First aid**

- An accident is an unintended, normally unwanted event which results in harm, injury, damage or loss.
- We all know that accidents can cause serious injuries. So, we should be careful and follow safety rules to avoid them.

**First Aid**

- Accidents happen without any warning. We may get hurt at different places like school, home, playground or on the roads.
- Thus, it is very important to know what to do during an emergency before the doctor arrives or before the patient is hospitalised.
- Till the doctor arrives we can give first aid to the patient.
- First aid is the aid or treatment given to the injured person before the arrival of a doctor. Always be very calm while giving first aid.



- Different kinds of injuries need different kinds of first aid.

### CUTS AND WOUND

- For minor wounds, cuts and scratches first wash your hands and then wash the wound under running water.
- Clean the wound with an antiseptic lotion.
- Cover the wound with cotton wool and bind it with a bandage or clean handkerchief.
- Make sure it is not very tightly tied.
- Sometimes, the cut can be deep and bleed more. In that case we must try to stop bleeding by using a tourniquet.
- Tourniquet is a bandage which can be tightened further by twisting a crosspiece through it.
- A tourniquet should always be tied above the wound and never on the wound.



## **NOTEBOOK WORK.**

- All work is to be done on the EVS notebook.
- Fill in the index page properly.

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### **HELPING WORDS**

1. hospitalised
2. immediate
3. injured
4. minor
5. wound
6. splint

7. fluid
8. dehydration
9. fractures
10. bandage
11. headache
12. nausea