

Note: The given content need not to be printed.

**CHAPTER 02**  
**FIRST AID AND EMERGENCY**  
**P.NO.13-19**

**Learning Objectives:**

- To make students aware of different types of injuries and their first aid like burns and nose bleeding .
- To enhance the cognitive and critical thinking among them.

**Different kinds of injuries (contd.)**

**BURNS**

A burn is tissue damage that results from scalding, overexposure to the sun or other radiation, contact with flames, chemicals or electricity, or smoke inhalation.

On the bases of severity of injury, burns are of two types:

1. **Minor burn:** A burn which does not require emergency care is called as minor burn. They can be treated at home. Immediately, put the burnt area under cold running water till the pain becomes less. Apply antiseptic lotion for relief.



2. **Major burn:** A burn which require an immediate care. They can form blisters. Never touch and prick the blister, as it will become an open wound and will catch infection. Gently cover the blister with the clean piece of cloth. Severe burns should be treated by a doctor. Chemical burns need to be treated by a doctor. Before the doctor arrives, wash the affected area with plenty of water and lightly cover it with a piece of clean cloth.



### **NOSE BLEED:**

- Many people bleed from the nose during summer, when small blood vessels burst.
- To stop bleeding from the nose, pinch the bridge of the nose and apply ice on the head. If ice is not available pour cold water on the head.



## NOTEBOOK WORK.

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

## FIRST AID AND EMERGENCY

### CHAPTER 02

### PAGE NO. 13- 19

#### I Learn, I Answer

#### A. Answer these questions.

Q1. Define first aid?

Ans. The immediate medical help given to an injured person is called first aid.

Q3. What should you do for minor burns?

Ans. We should keep the burnt area under cold running water. After that, we should apply antiseptic cream for relief.