

Understanding First Aid and Safety

Chapter 5: First Aid and Safety · Topic 1

Key Concept

Basic first aid includes cleaning and bandaging small cuts, cooling a burn under running water, and helping someone who feels dizzy sit down safely.

For more serious injuries, like a suspected fracture or severe bleeding, it's important to keep the person calm, avoid moving them unnecessarily, and call for medical help immediately.

Knowing basic safety rules, like how to use a fire extinguisher or what to do during an earthquake, helps prevent injuries and respond effectively during emergencies.

Learning first aid and safety skills empowers us to help ourselves and others during accidents, potentially saving lives or preventing minor injuries from becoming serious.

Quick Revision Notes

- First aid means providing immediate help before medical care arrives.
- Clean and bandage small cuts.
- Cool a burn under running water.
- For serious injuries, keep the person calm and call for help.
- Avoid moving someone with a suspected fracture unnecessarily.
- Know safety rules for fires and earthquakes.
- First aid skills can save lives.
- Learning safety skills helps respond effectively to emergencies.

Practice Questions

- 1 Learn how to clean and bandage a small cut.
- 2 Practice the correct response to a burn.
- 3 Discuss what to do during a fire emergency.
- 4 Learn three important emergency phone numbers.
- 5 Discuss what to do if someone feels dizzy.
- 6 Create a simple first aid checklist for home.