

NIOS lesson adaptation project

by  **Embrace** Volunteers

The power within you!

(A community initiative of Harchan Foundation Trust)

CHAPTER -13

SAFETY AT HOME

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

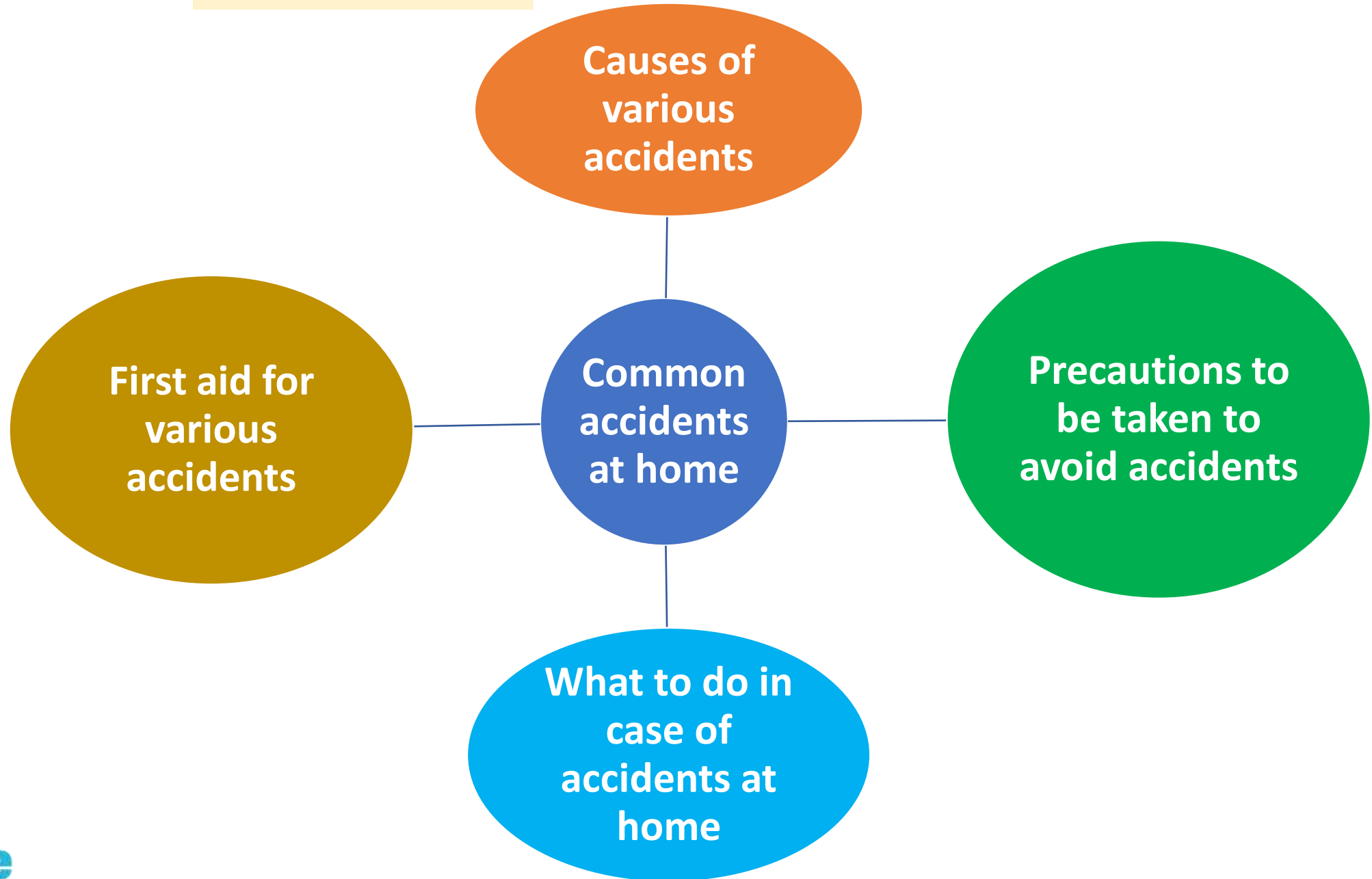
KWL CHART

What you know (before lesson)	What will you learn	What you learnt (After Lesson)
	<ul style="list-style-type: none">1-Common causes of accidents at home2-How can we avoid certain accidents3-What to do in case of certain accidents4-Suggest first aid for specific accidents	

Keywords and meanings

KEYWORD	MEANING
Inflammable	Material which can easily catch fire
Unconscious	In the state of not being awake and not aware of things around you.
Extinguish	To stop a fire or a light burning.
Doused	Pour water
Sprained	To cause an injury to a joint by a sudden movement.
Electrocution	The injury caused by electric shock.

Mind map



Common accidents at home



Fall & get sprain



Fire



Dog bites



Cuts



Poisoning



Electric shock



Burns

What can cause cuts at home



Sharp corners
of furniture

- Knives, stored facing upwards
- Blades or scissors lying within reach



Cutting tins without a
tin cutter



Cracked or chipped glasses
or cups

Precautions to avoid cut accidents

- Check for sharp corners of furniture.
- Don't keep cracked or chipped glasses in house.
- Knives should be kept facing downwards..
- Keep blades or scissors or knives out of reach of children.
- Always cut tin with a tin cutter.
- Always open window with its handle.
- Use sharpener to sharpen pencil and not blade.

Effective ways of collecting broken glass

With wet mop



With dust pan and broom



With kneaded dough



With sticking tape

First Aid in case of cuts/bleeding

- Wash the spot with antiseptic.
- Press the bleeding part with the help of cotton, for 20 minutes. In case bleeding does not stop, ice bag should be applied on the dressing.
- In case blood is flowing in jerks, then tie a bandage tightly.
- In case bleeding continues, raise the bleeding part to slow down the flow of blood and tie the bandage on the side which is away from the heart.
- If the cut is deep, take him to hospital and get tetanus shots.

Burns and scalds

Common burn accidents at home

- Hot tea get spilt on someone.
- Hot oil splashes while frying.
- Clothes used to remove utensils from stove catches fire.
- Child plays with match box.
- Lighted cigarettes and ashes thrown carelessly on garbage.
- Worn out wires that may lead to short circuit and overheating.
- Cooking gas cylinder leak.



WHAT SHOULD YOU DO IN CASE OF LPG GAS LEAK?



**DO NOT
OPERATE
ELECTRICAL
SWITCHES.**



**ENSURE
THAT STOVE
KNOBS ARE
OFF.**



**DO NOT
LIGHT A
MATCHSTICK.**



**DIAL 1906,
THE
EMERGENCY
HELPLINE**



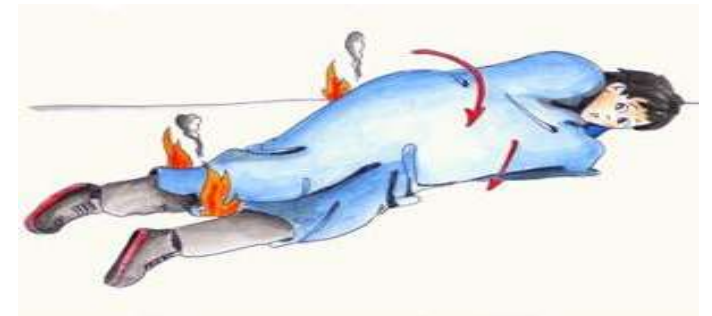
**OPEN ALL
DOORS &
WINDOWS.**

What to do in case of Fire/Action plan in case of fire

- Put out the flame with sand or water. Do NOT use water to put off an electrical fire.



- Never run if your clothes are on fire. It will fan the fire.
- To extinguish fire on your clothes, roll on floor or wrap yourself with a woollen blanket and roll on the floor.



What to do in case of Fire/Action plan in case of fire

- Tie a wet cloth around the face
- Crawl along the floor to escape. Remember, the air at the ground level is cleaner as hot air and smoke rises upwards



Poisoning

All chemicals like household cleaners, detergents, kerosene and expired medicine can cause poisoning.

Over spraying of pesticides on fruits and vegetables can make them poisonous.

Prevention of poisoning at home:

- Label all medicines or bottles .
- Do not store them with food items or food containers .
- Keep chemicals locked away from kitchen and out of children's reach .
- Before consuming wash all fruits and vegetables thoroughly.
- Check the expiry date and discard all the expired medicine.

Bites and stings

- ❖ The stings of bees and wasps can cause a lot of pain and swelling
- ❖ Dog and monkey bites can cause rabies and should not be ignored.
- ❖ Snake bite can be fatal

It is advisable to consult a doctor at the earliest when you have bites as stated above

Electrocution and shock

Electrocution:

Injury caused to someone by electric shock



Shock :


A shock is a uncomfortable feeling you get when an electric current passes through your body



Safe use of electricity at home

- Do not attach too many appliances on a single socket, it can overheat wires and cause short circuit.
- Do not touch any electrical switch or appliance with wet hands, as it can cause shock.
- Wires should not pass through the door frames as constant opening and closing of door can damage the wire.

Safe use of electricity at home

- Never remove plugs from socket by pulling the wire. Pull out plug itself.
- Old and damaged wires should be changed.
- Buy  marked electrical appliances only.
- Train children in the correct use and handling of electrical appliances.

Safe use of electricity at home

- Get electrical repairs done from a qualified electrician.
- Do not attempt repairs on your own.
- No electric wire should cross any heating device.
- Electrical sockets should not be directly exposed to water to prevent electrocution.

Video –precautions while using electrical appliances

https://www.youtube.com/watch?v=PZEkdzOr7vE&feature=emb_logo

Safety measures to prevent fire

- Keep matchbox out of reach of children.
- Before sleeping, put off burning candle or any lighted fire.
- Always label inflammable liquids containers.
- Always put only one electrical appliance in one socket.

Suffocation and choking

Suffocation

Difficulty in breathing.

Choking

To stop breathing which is caused by obstructing windpipe.

Prevention of accident related to choking and suffocation among children

- Adult supervision is must.
- Buy toys which do not have very small detachable parts.
- Keep polythene bags out of reach from the children.

First aid and its rules

First aid

It is the potential life saving technique which is given initially for any injury until professional medical treatment is available.

Rules:

- Keep a first aid box readily accessible in your house.
- First aid should be given quickly, without wasting time.
- You should remain calm and be resourceful while giving first aid.
- Take the victim to a safe place if needed.
- Reassure the patient.

Rules of First aid

- Disperse the crowd.
- Attend first to injuries which can be fatal.
- In case of unconsciousness, do not give any liquids.
- Keep emergency helpline numbers handy.
- Call the doctor.
- Know the shortest route to the nearest medical institution and take the victim there.

First Aid for specific injuries

In case	What to do
Fracture	<ul style="list-style-type: none">▪ Support the injured part with the help of a splint▪ The splint should cover a joint above and a joint below the fracture.▪ Protruding bone should not be pushed back.▪ Do not move the injured part unnecessarily.▪ Move the injured to the hospital carefully
Bleeding	<ul style="list-style-type: none">▪ Press the bleeding part with the help of sterile gauze, for 20 minutes. In case bleeding does not stop, ice bag should be applied on the dressing.▪ Wash the spot with antiseptic.▪ In case, blood is flowing in jerks, then tie a bandage tightly on the side, closest to the heart.▪ In case bleeding continues, raise the bleeding part to slow down the flow of blood and tie the bandage on the side which is away from the heart.

First Aid for specific injuries

Burns

- Remove victim away from fire.
- Place burnt area under running cold tap water.
- Pat dry and apply antibiotic. (silver sulphadiazine)
- Put clean gauge and bandage on the burnt part.
- For serious burns, rush to the hospital.
- Home remedy (egg or peeled aloe vera leaf applied on burnt area also helps to prevent blisters and eases pain)

Shock

- Make the victim comfortable and lay her down with the legs above the level of the head.
- Loosen the clothes and cover with a blanket or a thick cloth to prevent the heat loss from the body.
- Do not use hot water bottles to keep the patient warm.
- Do not give anything to drink or eat as the victim may vomit and choke. In case thirsty, give a handkerchief soaked in water to suck.

First Aid for specific injuries

Burns from chemicals

- Remove clothes and thoroughly rinse the burnt part with water, for at least 15 minutes.
- Cover with clean dressing and take the victim to the doctor.

Sting

- Remove the sting, with help of a tweezer.
- Apply cold compress to relieve pain and swelling
- Run cold water over and around the sting
- Apply skin soothing lotion to relieve itching.

Choking

- In case a child chokes on something, he should be immediately turned upside down(legs up) and thumped on the back
- One should never insert a finger in the mouth as it may push the object further,
- In case the child swallows any object, he/she should be fed a lot of bananas

First aid to unconscious person

First Disperse the crowd around the victim. Take the victim out in fresh



Sprinkle water on face



Make the victim lie on his/her side



Loosen any tight clothing



Rub hands and feet for circulation

First aid to sprained/ muscle rupture

- ❖ Apply ice bag for at least ½ an hour.
- ❖ Put an anti inflammatory ointment and tie a crepe bandage.
- ❖ Do not put pressure on the affected body part.
- ❖ Do not move the injured part unnecessarily.



First Aid For Dog Bites

- Wash the area thoroughly with soap and water.
- Do not use any antiseptic.
- Do not cover the wound
- Go to the hospital for tetanus and anti-rabies and strictly follow the vaccination schedule.
- Consult a doctor as soon as possible.



Important checklist

- ✓ Know your blood group.
- ✓ Know if you suffer from any allergy.
- ✓ Keep important emergency numbers to seek help.
- ✓ Know qualified doctor in your neighbourhood.
- ✓ Know the names of medicines and their dosage prescribed by your doctor
- ✓ Eat medicines prescribed by the doctor only.
- ✓ Keep a file of all your medical investigation test reports, X-ray's, ultrasounds.
- ✓ Check the expiry date while buying medicines and discard all the expired medicines from your medicine cabinet?

List of Volunteers

Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

Mentors (Volunteers) : Banu Arjun, Hema Bhatia, Indumathi , Kalpana Sankar, Priya Balasubramanian, Renu Goyal, Sowmya Srikumar, Viraja.

Special educator/Parent Volunteers:

Beverly Sujit ,Chantelle Saldana, Gayathri,Haritha Meda,Jaishree Muralidharan, Madhushree Bhat, Meenakshi, Nisha Narayanan, Pavithra, S. Arjun , Savita Sharma Bhardwaj, Sathyabhama Naryanan, Selvarani, Shakkeela Narikkoottungal, Shweta Taneja, Sucharitha Karthik, Suja Varghese, Sunitha R , Rohitesh Sharma , Tinu Anna Sam.

"volunteers don't necessarily have the time, they just have the **HEART**."

~ elizabeth andrew

Thank You
Volunteers.

