

## What is First-Aid?

Sometimes when there is an accident, you may be the only one there to help. You can do few simple things which can save the life before the help arrives. First-aid is therefore the first treatment given to an injured person. The best bit about first-aid is that you do not need to be a doctor! It is about using your commonsense in ways that will keep your friend safe without doing harm.



# KEEPING SAFE AND FIRST-AID

Keeping safe should be your top priority. However accidents may happen. Learn how to protect yourself and others and what to do in an emergency. A well-stocked first-aid kit, kept within easy reach, is a necessity.

## What all are in First-Aid kit?

A First-Aid Kit must be available in every home and school. Things available in the First Aid Kit will help you handle an emergency at a moment's notice. It is important to know what all you will find in First Aid Kit.



## Make sure that it is safe for you to help

Always remember you can help only if you are safe. If your friend is in a dangerous place, like the middle of the road, then get her/him move to a safer place. Send someone for help if you can. If you have to move her yourself, move her by dragging by non-injured part.



## Find out the injury first

Call out to your friend. Ask what happened, ask her where it hurts. If there is no response, he/she may be unconscious, call for help.

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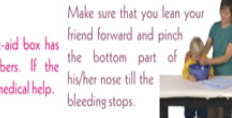
## If insect bites

Clean the bite with antiseptic solution and water and apply anti-biotic ointment.



## Call for help

Call an adult. The first-aid box has important phone numbers. If the injury is serious, call for medical help.



## Keep calm

Talk quietly to your friend. If no-one is around stay with her until someone comes along.



## If there is burn

If it is minor burn, remove your friend from heat source. Remove clothing from the burned area immediately. Run cool (not cold) water over the burned area for approximately 3-5 minutes. Then apply anti-biotic ointment on the burn. Do not use ice.



## If there is injury

Apply an ice pack or instant cold pack to the injured area. If you use ice, always wrap it in a washcloth or sock.



## If animal bites or scratches

Clean the wound with soap and water, and hold it under running water for several minutes. Dry the wound and cover it with sterile gauze or a clean cloth.



# SAFETY FIRST

## At Home

Don't play with the fire or electrical switches. Never open the doors to strangers.



## At School

Choose your friends carefully. Inform your teacher about bully. Be in the school premise all the time. Do not leave school with the stranger.



## At Bus Stop and in Bus

Wait for your turn to get into the bus. Keep your arms, legs and head inside the bus. Get off the bus one at a time.



## On Road

Walk on the sidewalks of the road. Look left, right and left before crossing the road.



## At Playground

Play by rules. Wear all protective gears.

## FIRST-AID KIT

### Materials Required:

1. Lunch box
2. Red and white colour construction paper
3. Glue stick
4. Markers

### Directions:

1. Tear any existing label and clean the lunch box.
2. Cut the red and white construction paper to cover the lunch box. Cut out a + sign from the red paper. Take help of your elder.
3. First glue the red construction paper to cover the whole lunch box.
4. Then glue the white construction paper to cover the front of lunch box.
5. Now glue the + sign on the front side and write First-Aid as shown by colour marker.
6. You can draw and colour large bandages and other first aid symbols to decorate your first-aid kit.

You first-aid kit is ready, keep the first-aid supplies into this. Note the list of important phone numbers and keep inside the kit.



## IDENTIFY THE UNSAFE SITUATIONS



## FIRST-AID KIT WORD SEARCH

A	D	H	E	S	I	V	E	T	A	P	E
L	Q	W	T	T	W	E	R	H	Q	L	W
C	E	R	Y	E	T	Y	U	E	E	A	R
O	U	I	R	I	B	U	R	T	S	Y	
H	O	S	S	I	O	A	P	M	U	T	I
O	P	P	T	L	N	K	O	U	I	O	
L	L	K	J	E	J	D	H	M	P	C	L
S	O	A	P	G	G	A	F	E	K	G	H
W	F	G	H	A	D	I	S	T	J	L	G
A	D	S	A	U	A	D	Z	E	D	O	F
B	B	X	Z	G	X	C	V	R	S	V	A
S	C	V	N	E	B	N	M	X	Z	E	C
Q	M	B	A	N	D	A	G	E	V	S	B

## MATCH THE SITUATIONS WITH THE FIRST AID SOLUTION

	If there is a burn.	
	While at bus stop.	
	If there is a cut.	
	If there is an injury.	
	If nose bleeds.	
	While playing.	