



DR. R. N. INTERNATIONAL SCHOOL

UNDER THE AGIS OF S. S. SITARAMSINGH EDUCATIONAL AND CHARITABLE TRUST

MOHANPUR, SITAMARHI- 843302

6. Stay Safe

First aid - प्राथमिक चिकित्सा

Emergency - आपातकाल

Medical - चिकित्सा

Bandages - पट्टियां

Antiseptics - रोगाणुरोधक

Scissors - कैंची

Sprain - मोच

Tissues - ऊतक

Joint - जोड़

Swelling - सूजन

Fracture - हड्डी का टूटना

Exposed - खुला हुआ / अनावृत

Infected - संक्रमित

Splints - खपच्ची (टूटी हड्डी को सहारा देने के लिए)

Stretcher - स्ट्रेचर

Sling - गोफन / स्लिंग (हाथ को सहारा देने वाली पट्टी)

Wounds - घाव

Scraped - खरोंच आना

Bleeding - खून बहना / रक्तस्राव

Sterile gauze - कीटाणुरहित जालीदार पट्टी

Burns - जलना / जलन

Severity - गंभीरता

Blisters - फफोले / छाले

Chemicals - रसायन

Venom - विष / जहर

Complications - जटिलताएं

Stinger - डंक

Allergic reactions - एलर्जी की प्रतिक्रिया

Poisoning - विषाक्तता / जहर फैलना

Dosage - खुराक

- **Exercises**

A. Tick (✓) the correct option.

1. What should you do immediately after a sprain to reduce swelling?

c) Apply ice or an ice pack

2. What is an open fracture?

b) A fracture that breaks the skin

3. What should you do first when treating a minor cut or wound?

b) Wash your hands

4. What is the recommended first aid for an animal bite?

c) Wash the wound with soapy water

5. How should you treat a bee sting to reduce pain and swelling?

b) Wash the area with soap and water

B. Fill in the blanks.

1. For minor burns, it is recommended to apply a paste of **baking soda** and water.
2. A first aid box contains items like bandages, **antiseptics**, scissors and gloves.
3. For chemical burns, wash the area with **lots of water** to remove the chemicals.
4. If someone accidentally swallows a poisonous substance, drinking **salt water** might help induce vomiting.
5. Before taking any medicine, it is important to check the **expiry** date.

C. Write T for True statements and F for False statements.

1. You should move the broken part of the body after a fracture occurs. **(F)**
2. Severe burns should be treated at home using antiseptic cream and bandages. **(F)**
3. If stung by a bee, we should gently remove the stinger. **(T)**
4. Swallowing harmful substances does not make us sick. **(F)**
5. Animal bites can be ignored. **(F)**

D. Answer the following questions.

1. **What should be used to cover minor cuts and burns?**

For minor cuts, a thick cotton pad should be applied first, and the wound wrapped in sterile gauze. Minor burns can be covered with antiseptic cream or a paste made from baking soda and water.

2. What is meant by fracture?

A fracture is a break in the bone. It happens when something pushes or hits the bone harder than it can handle.

3. What should we do in case of a dog bite?

Wash the wound thoroughly with soapy water, apply antiseptic cream, and cover it with cotton. Wrap the wound with sterile gauze and take the person to a doctor immediately.

4. How can first aid be given for a bee sting?

Gently remove the stinger, wash the area with soap and water, and apply an ice pack to reduce pain and swelling. You should also avoid scratching to prevent infection.

5. How can we treat different types of burns?

- **Minor burns:** Run cool water over the burnt area and apply antiseptic cream or a baking soda and water paste.
- **Severe burns:** Seek immediate medical help and do not remove any clothing from the burnt area.
- **Chemical burns:** Remove clothes around the burnt area, apply antiseptic cream or something cold, and wash the area with lots of water.

6. What type of first aid should be given to someone who has a fractured hand bone?

You should support the broken bone with a sling around the neck to keep it stable until medical help arrives.

