



Note

SAFETY MEASURES

- Saurabh : “Hi Anita, Why are you limping?”
- Anita : I hurt my knee while playing football.
- Saurabh : How did that happen?
- Anita : I twisted my knee as soon as I ran with the ball.
- Saurabh : Oh no! Did you warm up before playing?
- Anita : No, I was in a hurry and skipped it.
- Saurabh : Warming up is very important. It helps prevent injuries.
- Anita : You are right! I’ll never skip a warming up session again.
- Saurabh : Take care and get well soon!



Learning Outcomes

The learner-

- enumerates safety measures in the vicinity of home, school, and playground
- describes first-aid and its importance during common injuries
- explains the preventive measures essential for prevention of common injuries.

8.1 SAFETY MEASURES AT HOME

Safety is the most important concern of parents for their children. However, it is not only children or teenagers, who are at risk of getting injured. People at any age are at risk of injury whether at home, school, workplace, or in the playground. Learning more about safety measures requires learning cognitive and psycho-motor skills that help prevent injuries in potentially dangerous situations. Knowledge of safety measures also provides adequate opportunities to enjoy a large number of activities without any fear. Following points should be taken into consideration when we talk about safety at home.



MODULE-2

Health Education

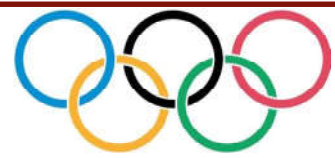


Note

Safety Measures

1. **Proper Ventilation** – Proper ventilation is very important for a healthy living environment and reducing the risk of respiratory disease. Therefore, it is important to open doors and windows for proper ventilation in order to let fresh air in at home.
2. **Spacious Rooms** - There should be spacious rooms in homes so that the furniture and other large articles could be arranged properly and family members can move around in room freely.
3. **Hygienic Floors and Furniture**- Ensure that the floors and furniture are maintained in a hygienic condition. This helps in protecting the individuals from seasonal diseases and infections.
4. **Avoid Iron or Steel Infrastructure**- Stop using sharp and pointed iron or steel infrastructure within the room. It can injure the individual and can be a source of infections.
5. **Avoid Use of Glass or Porcelain Crockery** - Stop using glass crockery when children are under the age of 12 since children of this age group are careless and not able to handle breakable goods properly. It increases the chance of injury.
6. **Clean Bathrooms**- Bathrooms should be kept clean and dry. There should be no water leakage from the taps. This will reduce the chances of slipping or falling in the bathroom. Sanitary items should be kept out of reach of children.
7. **Electric Wiring**- Ensure that electric wiring is not exposed or hanging loose. This can lead to a short circuiting of the wires or may cause someone to receive an electric shock. Be sure to cover unused sockets with safety plugs otherwise there is a chance kids or young adults may insert a finger in the socket.
8. **Kitchen**- Kitchen is the most accident-prone place in the house. Avoid placing the inflammable substances like kerosene oil, match box, lighter etc. near the gas stove. Electric appliances like the toaster, mixer etc. should have the wires checked regularly.
9. **Railing or Fencing**- Install proper railings or fencing on balconies and stairs. It will prevent children, young adults and old people from falling and help them climb stairs safely.
10. **Never Leave Children Alone** - We should never leave children alone in the house. They can harm themselves if left unattended. Guided supervision is required when children are using the internet, watching TV or using a mobile device. Medicines, poisonous substances & sharp objects should be kept out of reach of children.

Physical Education





Note

Safety At Home



Don't put your finger
in the socket



Don't play in the
kitchen



Don't use a knife



Don't eat medicine
without asking.



Don't play with
mosquito to sprays



Don't play with iron



Don't play with
matchstick



Don't use foot stool to
climb in the balcony



Always work with an adult
in the kitchen





Note

Safety Measures

- 11. Observe the Behaviour and Activity of the Child** - We should observe the behaviour of children or teenagers regularly to notice signs of trauma or distress. Proper observance will help to protect them and also ensure remedial arrangements in case of any assault or undesirable situation arising.



DO YOU KNOW?

Fire extinguishers contain different substances depending on the type of fire they are used for. The best fire extinguishers for domestic use are Dry Powder Extinguishers as they can be used in case of most types of fires, including gas and electrical fires.

The first fire extinguisher was invented by George William Manby in 1818 in England. His extinguisher contained potassium carbonate (liquid) under pressure to put out fires. Modern fire extinguishers have improved a lot since then and are very helpful in protecting lives and property.



Activity 8.1

Draw a simple picture of your home. Then, label three areas where you can install safety features (like a smoke alarm, safe electrical outlet cover, or keep a first-aid kit).

8.1.1 Safety Measures – School

School has always been the second home of the child. It is the place where children spend a large part of their day. Parents cannot be around the child during school hours and have to entrust the safety of their child in the hands of teachers, school management and staff. Safety measures in School include the following points.

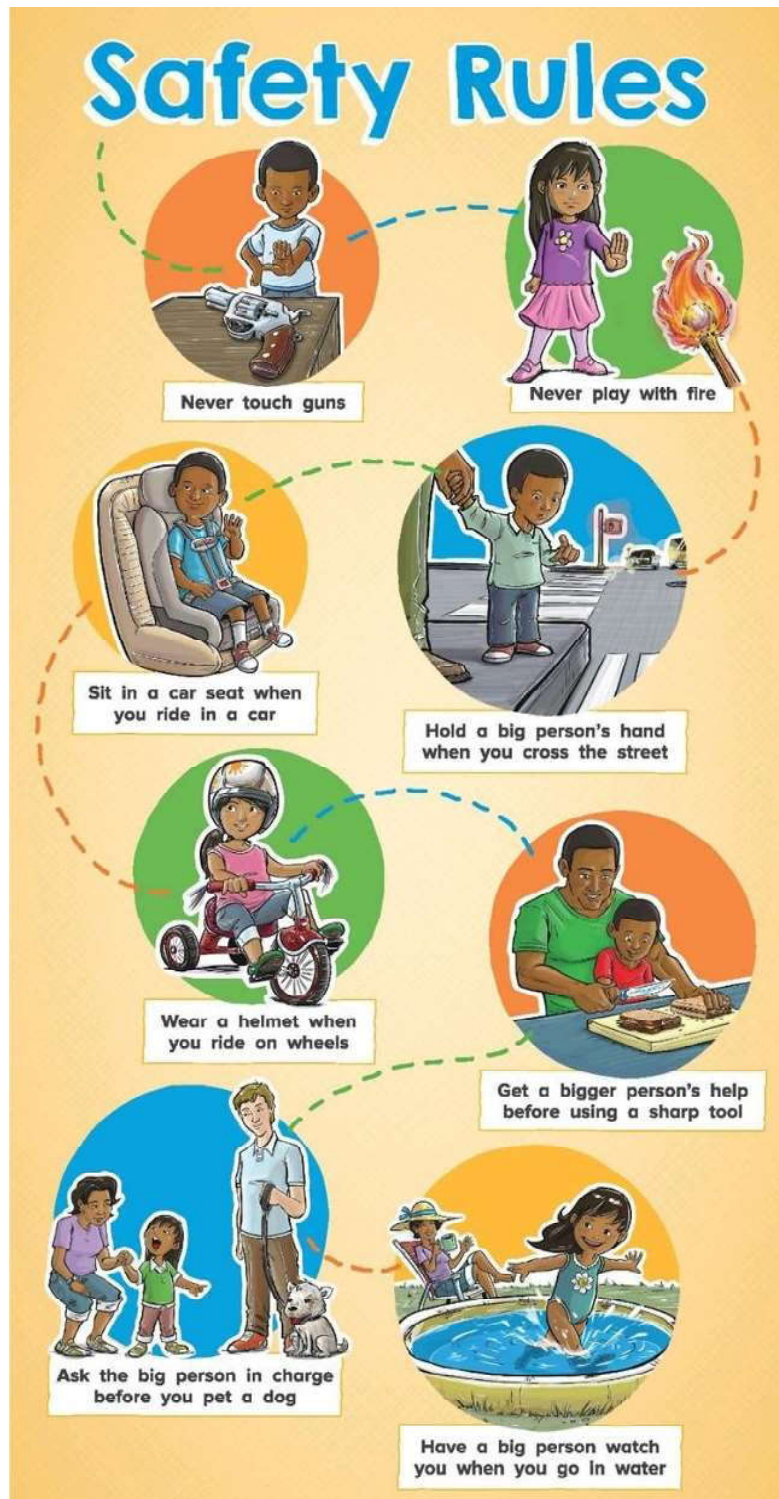
- 1. Knowledge of Safety Threats-** There should be proper knowledge of safety threats. Until and unless proper knowledge is provided, the threats cannot be understood or visualized.
- 2. Safe Transportation-** Ensuring safe transportation is the prime task of the school management. The driver of the school vehicles like — bus, taxi, van etc. should have police verification. Moreover, the vehicle should be properly maintained and inspected on a regular basis.
- 3. CCTV Surveillance** - There should be installation of CCTV surveillance on the campus. This helps to monitor the movement of the children and staff. It also enables the security personnel to take proper note of strangers and other visitors to the school.



4. **Medical Facilities-** Proper medical facilities should be provided in case of any injury or emergency medical situation. There should be a proper medical room with a certified and competent medical staff along with necessary medicines and first aid kit.



Note





Note

Safety Measures

5. **Washrooms and Laboratories-** Monitoring of washrooms, laboratories and dark corners within the school premises is essential. Usually, bullying or undesirable acts of harassment or violence happen in these places. That is why it is essential to keep additional housekeeping staff or guards in these places.
6. **Teaching Staff-** Ensure proper background verification for teachers before placement. For the safety of the students, it is important to have a sensitive and qualified teaching staff who can handle the students with utmost care, affection and love.
7. **School Staff-** School staff like drivers, cleaners, peons etc. must undergo thorough verification before being hired.
8. **Gate Security-** Effective security measures at the gate must be implemented. Breaching of school entrance gate can cause several unwanted situations and compromise the safety and security of children.
9. **Monitoring Visitors and Record Keeping-** There should be proper monitoring and maintenance of records of visitors. It is important to make a proper entry and exit record of the visitors and no stranger should be allowed to enter the school premises at any cost.
10. **School Infrastructure-** Ensure that the school infrastructure and building plan adhere to government guidelines. Students and staff should be trained to respond to the emergency protocol in case of emergencies like fire, earthquake or any other natural disaster or emergency caused by human actions.
11. **Fire Safety Equipment-** The fire safety equipment should be placed at different places which can be assessed or reached with ease. Proper training for using fire safety equipment should be should be given to the students and staff.
12. **Anti-ragging and Anti-bullying-** The school should have a zero tolerance policy towards ragging, bullying and misconduct. The school administration should be strict while handling cases of indiscipline and bullying. They should have a strict policy for compliance and same should be conveyed in advance to all the students.
13. **Emergency Response Protocols-** Promoting awareness of emergency response protocols is essential to ensure safety of students and staff. Students and staff should be trained to respond to the emergency protocol to cope with any emergency.
14. **Information About the Child-** It is essential to be vigilant about checking the child's identity card and obtaining their contact details to meet any emergency situation. The school must ensure restrictions on a child's movement outside the premises in case he/she is alone to prioritize their safety and well-being.
15. **Feedback Box-** A feedback box should be placed at different accessible locations for students to provide their feedback on issues that concern them.





Activity 8.2

“Practice with friend what you would do if you heard the fire alarm at school”.
(Enlist your actions and then share with the class).



Note

8.1.2 Safety Measures- Playground

Playground is the place where children can express themselves in a most natural manner. However, the playground is also the place where chances of sustaining injuries increases. This is especially true if children engage in unsupervised activities. The following safety measures can minimize the injuries or the severity of injuries.

1. **Proper Sports Attire-** Wearing appropriate sports attire on the sports field is necessary. Sports attire is different for different games. It helps not only to protect the athlete from injury but also enhances performance.
2. **Sports Shoes-** Wearing proper sports shoes is essential. Different playing fields require different types of sports shoes. For example, on a badminton court, non-marking shoes are required, while spikes are required for track and field events and studs are required on the football field.
3. **Sports Equipment-** It is important for players to use standard sports equipment. Standard sports equipment helps in increasing the performance and also reduces the chances of injuries which occur due to wear and tear of substandard equipment.



MODULE-2

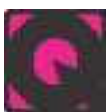
Health Education



Note

Safety Measures

5. **Playfield-** The playfield should be clean, smooth and levelled and free from stones or garbage. Stones and garbage on the field may cause injury to the athlete.
6. **Water logging-** Excessive water logging may cause deterioration of the field and leave it unfit for playing.
7. **Select Age-appropriate Activity-** Consider the age appropriacy of any activity to be assigned to a group while selecting sports activities. Games like boxing, wrestling etc. have a lot of impact because of different age groups.
8. **Supervision of an Expert-** Sports should be played under close supervision of an expert. Experts may advise the players on the spot regarding their mistakes and also help them train safely, helping prevent injuries on the field.
9. **Obey Rules and Regulations-** It is important to obey the rules and regulations of the particular sport. Every game or sport has specific rules which need to be followed without any alterations.
10. **Do Not Get Over-excited During Play-** It is essential not to get overly excited during the play. Excitement leads to carelessness while playing, or trying to extend one's limits far beyond one's potential and body limitations. This ultimately leads to injury.
11. **Fitness and Skill Competency-** It is important to know your fitness level and skill competency in any activity. Every individual is different as to their fitness and competency. This must be kept in mind while choosing a particular game.
12. **Proper Supervision** – There should be proper supervision by the teacher at the time of entry and exit from the ground
13. **Interest:** Activities must be chosen as per interest of the student.



Intext Questions 8.1

1. **Tick the correct option.**
1. What is the primary benefit of ensuring proper ventilation at home?
 - a) Reducing noise pollution
 - b) Providing fresh air circulation
 - c) Saving energy costs
 - d) Preventing electrical hazards





Note

2. Why is it recommended to avoid using porcelain or glass crockery around children under 12?
 - a) It is difficult for them to hold
 - b) It is breakable, causing potential injury
 - c) They may damage the crockery, leading to high costs
 - d) They are not familiar with using glass items
3. Which of the following safety measures is essential for ensuring children's safety on a playground?
 - a) Wearing appropriate sports attire and footwear
 - b) Limiting physical activity time to under 30 minutes
 - c) Only allowing children above 10 years of age
 - d) Restricting water consumption during play
4. In schools, what is the purpose of CCTV surveillance?
 - a) To monitor visitors and unauthorized access
 - b) To control classroom activities
 - c) To ensure proper teaching methods
 - d) To restrict student movement
5. Which statement about kitchen safety is correct?
 - a) Inflammable substances should be stored close to the gas stove for easy access.
 - b) The toaster and mixer should be placed and wired carefully to avoid accidents.
 - c) Children should be encouraged to handle kitchen appliances independently.
 - d) Sharp objects should be placed openly in the kitchen.



DO YOU KNOW?

The first traffic signal was installed outside the Houses of Parliament in London in 1868. This gas-lit signal was manually operated and was designed by John Peake Knight, a railway signals engineer.

Around 1912, Lester Wire, an American police officer and inventor, developed an electric traffic signal system, and by 1914, the first electric traffic signal was installed in Cleveland, Ohio.



**Note**

Later, in 1923, Garrett Morgan patented a three-position traffic signal. His design introduced a “caution” phase (in addition to the stop and go signals), which is considered a precursor to the modern traffic light system.

8.2 FIRST AID

First aid has a very important role in the management of any common injury. It is the immediate help provided to the injured person before treatment by the medical experts. According to St. John Ambulance Association, first aid is a knowledge of the principles of practical medicine and surgery by which a trained person may give skilled assistance in case of an accident or sudden illness. Or, stated more simply, it is the immediate help that can be given to an injured or sick person. In case of an unforeseen and unfortunate accident or mishap, this immediate response is essential to stabilise the injured person, and reduce the chance of permanent damage. It is not necessary that only a trained professional can provide first aid, but general knowledge of first aid is necessary for ensuring the first aider is equipped to take charge. Otherwise, the effect of the first aid loses its importance and the injured person may be harmed further.



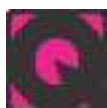
8.2.1 Benefits of First Aid

1. **Life-saving:** The prime benefit of first aid is that it may help save the life of the victim in case of an accident or major injury. It has been researched that the first aid provided to the victim of an accident, the Platinum Ten Minutes and the Golden Hour are of utmost importance to help the person to a great



extent in situations like management of blood loss, protection of the injured part etc.

2. **Minimizing the Loss:** If immediate first aid is provided to the victim, further damage to the affected injured part maybe minimized. For example; an accident victim may bleed to death in case no first aid is given. Or, the fracture may worsen or there may be a chance of multiple fractures during transportation or even loss of limbs.
3. **Pain Management:** During the injury, the first impact is severe pain. First aid helps the person get relief from the severe pain just after the accident. Once the pain is settled or reduced, the victim's condition can be assessed in a better way. The victim may then be better managed or moved for medical help in a more effective manner.
4. **Promotes Recovery:** It is quite understandable that first aid has its own limitations, but immediate help promotes recovery. Firstly, the victim gets a kind of assurance that the injury is manageable and, first aid helps him or her due to prevention of aggravation of the injury.
5. **Protects Choking:** In several cases, the victim of an accident goes into shock due to blockage of air pipes because of injury or due to wrong body posture. The prime purpose of first aid is to ensure that the victim's nasal/ mouth passage should not be blocked or hindered and the air should be breathed in and out with ease.
6. **CPR or Cardiopulmonary Resuscitation:** CPR is artificial breathing or the passive breathing administered to the victim by the first aider. Though administering CPR requires proper knowledge and training, efforts to give CPR to the unconscious person or the victim who is unable to breathe, surely helps in the revival of the victim.
7. **Medical Care:** First aid is a type of medical care which is provided to the victim in order to make him or her healthy. It helps the person to get fit and active even without taking help of the medical expert. For example; first aid given in case of minor cuts, burns or as a result of a fall etc.



INTEXT QUESTIONS 8.2

1. **Tick the correct option.**
1. What is the primary purpose of first aid?
 - a. To replace medical treatment by experts

MODULE-2

Health Education



Note



MODULE-2

Health Education

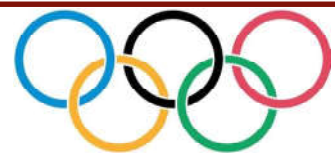


Note

Safety Measures

- b. To delay medical intervention
 - c. To provide immediate help to an injured or sick person before expert treatment
 - d. To diagnose illnesses
2. Which organization defines first aid as “a knowledge of the principles of practical medicine and surgery”?
 - a. American Red Cross
 - b. World Health Organization (WHO)
 - c. St. John Ambulance Association
 - d. National Safety Council
3. How does first aid contribute to minimizing severity of injury?
 - a. By curing the injury completely
 - b. By stopping the need for medical professionals
 - c. By preventing further damage to the injured area
 - d. By ignoring minor injuries to focus on major ones
4. Which of the following benefits of first aid helps in restoring breathing in cases of blocked airways?
 - a. Pain management
 - b. Protecting from choking
 - c. Reducing blood loss
 - d. Minimizing injury
5. What is CPR in the context of first aid?
 - a. A technique to manage fractures
 - b. A type of pain-relieving medication
 - c. Artificial or passive breathing given to a victim
 - d. A method to prevent infections

Physical Education



**Note**

8.3 PREVENTIVE MEASURES FOR COMMON INJURIES

Injuries may lead to trauma. Sometimes, small injuries may create major problems. Even if the injuries are not handled properly, it may lead to a serious loss to the injured person. Medical treatment may affect the recovery differently for different persons. Moreover, an injury may have not only a physical impact on the victim; it may have serious mental and psychological consequences. Physical injuries will heal over a certain period of time, but the mental and psychological impact leaves a deep impression on the personality of the individual. That is why it is important to take preventive measures to avoid the common injuries. Few of these measures include the following.

- **Clothing:-** It is important to wear proper clothes at proper place. If you are engaged in an activity where risk of fire is involved, avoid wearing polyester or nylon clothes and wear cotton clothes instead.
- **Use of Protective Gear:-** Individuals should be careful to take adequate protection to avoid the injuries. For example, using the seat belt while driving the car, wearing helmet while riding a two-wheeler, using masks in public places etc.
- **Following Rules and Regulations:-** One should always follow the rules and regulations as per the law of land. Following the traffic signal while driving, being careful about sign boards for turns, using stairs instead of the lift in case of fire, avoiding swimming in restricted water bodies etc helps prevent accidents.
- **Health Check-ups:-** Every individual should undergo a health check up on a regular basis. It will help in assessing the condition of the body and help in detection and diagnosis of any critical disease in its early stage.
- **Fitness Test:-** Every individual should take a fitness test on a regular basis. This will help him/her find out about his/her fitness condition. Sometimes, excessive exercise or strenuous activities may cause an injury.
- **Diet:-** It is important that every individual takes a balanced diet as per his/her occupation and activities. Sometimes, teenagers or young adults take a very limited diet to lose weight. Dieting without any supervision may affect nutritional levels which may hamper overall health.
- **Environment:-** People should be aware of the climatic conditions and environment of their surroundings. Whenever there is change in the environmental conditions, it will directly affect the health of the individual.



MODULE-2

Health Education



Note

Safety Measures

- **Warm-up:-** All athletes and sportspersons must ensure proper warm-up before engaging in physical activities.



INTEXT QUESTIONS 8.3

1. Tic the correct option.

1. Which of the following is an important factor to consider when choosing clothing to prevent injuries?
 - a) Wearing the latest fashion trends
 - b) Avoiding cotton clothes at all times
 - c) Wearing clothes suitable for the activity, such as cotton near fire
 - d) Choosing bright-colored clothing
2. Why is regular health check-up recommended as a preventive measure for injuries?
 - a) To stay updated with the latest medical advancements
 - b) To diagnose any critical disease or assess body condition early
 - c) To avoid paying high medical bills
 - d) To meet the minimum health requirements for insurance
3. Which of the following is NOT an example of a protective gear?
 - a) Helmet
 - b) Seat belt
 - c) Cotton clothes
 - d) Masks
4. What is one of the psychological effects of injuries as mentioned in the text?
 - a) Longer physical recovery time
 - b) Increased physical strength



- c) Long-lasting mental and psychological impact
 - d) Improved cognitive skills
5. Why is it important to warm up before engaging in physical activities?
- a) To increase strength instantly
 - b) To reduce the risk of injuries
 - c) To feel more energetic
 - d) To burn calories quickly



TERMINAL EXERCISE

- 1) Explain the safety measures required to be adopted by the School for the better safety of students.
- 2) Write in details about the measures to prevent Common injuries?
- 3) Write down the role of First Aid to minimize the Injuries?
- 4) Write a note about the safety concerns in Home for Children?



Answer of Intext Questions

8.1

- 1) b) Providing fresh air circulation
- 2) b) It's breakable, causing potential injury
- 3) a) Wearing appropriate sports attire and footwear
- 4) A) To monitor visitors and unauthorized access
- 5) b) The toaster and mixer should be placed and wired carefully to avoid accidents

MODULE-2

Health Education



Note



MODULE-2

Health Education



Note

Safety Measures

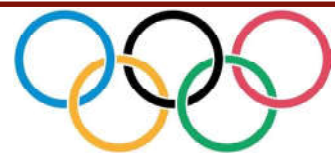
8.2

- 1) c To provide immediate help to an injured or sick person before expert treatment
- 2) c St. John Ambulance Association
- 3) c By preventing further damage to the injured area
- 4) b Protecting from choking
- 5) c Artificial or passive breathing given to a victim

8.3

- 1) c) Wearing clothes suitable for the activity, such as cotton near fire
- 2) b) To diagnose any critical disease or assess body condition early
- 3) c) Cotton clothes
- 4) c) Long-lasting mental and psychological impact
- 5) b) To reduce the risk of injuries

Physical Education





Note

Concept Map

