

# 7

## Staying Safe

### LESSON PLAN

#### SPECIFIC OBJECTIVES

The students learn about

- ✧ accidents
- ✧ safety rules and their need
- ✧ road and fire safety
- ✧ first aid
- ✧ first aid given at the time of burns, cuts and wounds, sprains and fractures, animal and snake bites and poisoning

#### TEACHING AIDS

Pictures/charts/models/animation on traffic signs, rules obeyed during driving (as given in chapter), rules followed by pedestrians (as given in chapter); rules followed for fire safety (as given in chapter); First aid given for burns, cuts and wounds, sprain and fractures, animal and snake bites and poisoning (as given in chapter)

#### LESSON PLAN

- ✧ The teacher will start the chapter with 'Warm Up' section by asking some questions based on the general knowledge and personal experience of the students regarding the pictures given in the section. Teacher will help students to explain their views.
- ✧ Now, teacher will discuss what an accident is, how it affects us, why it happens and how it can be prevented.
- ✧ With the help of teaching aids and Activity 1, teacher will discuss some safety rules in different situations:
  - ▶ Road safety rules
    - Teacher will discuss the safety rules while driving (as given in the chapter).
    - Teacher will discuss the safety rules for pedestrians (as given in the chapter).
  - ▶ Fire safety rules
    - Teacher will discuss that inflammable substances and electrical appliances can cause fire accidents.
    - Now, teacher will discuss some rules for fire safety (as discussed in chapter) and how to cope with it in case of an accident.
- ✧ Now, to check the understanding of students about the topic, teacher will ask them to solve 'Checkpoint 1'.

- ✧ Now, teacher will define what the first aid is and why it is important to us. Teacher will also discuss that first aid to be given to victims of different accidents will not be same. It depends on the condition of victim and nature of the accident.
- ✧ With the help of teaching aids, teacher will discuss about first aid given in certain emergencies.
  - ▶ Burns, cuts and wounds
    - ▶ Teacher will explain how to deal minor burns, cuts and wounds and necessary cautions (as given in chapter).
  - ▶ Sprains and fractures in bone
    - Teacher will differentiate between a sprain and a fracture and why they occur.
    - Now, teacher will discuss the first aids given to the victim of sprain or fractures bone(s) (as given in chapter).
    - Teacher will also differentiate between splint and sling and their role in case of fractured bone.
  - ▶ Animal and snake bites
    - Teacher will discuss that bite of some animals such as cat, dog, monkeys can enter the germs of many diseases. Similarly, bite of snake affects the nervous system.
    - Now, teacher will explain the ways to cope with the animal or snake bites (as given in chapter).
  - ▶ Poisoning
    - Teacher will explain what a poisonous substance is. Teacher will also explain that most of the things of common use are potentially poisonous.
    - Now, teacher will discuss the precautions while handling the poisonous substances (as discussed in the chapter).
    - Teacher will discuss the first aid given to a victim of poison (as given in the chapter).
- ✧ Now, teacher will ask students to solve 'Checkpoint 2'.
- ✧ The teacher will sum up the chapter by going through the points given under the head 'At One Go'.
- ✧ Finally, the teacher will help students to solve all the exercises given under the head 'Check Your Study'.

### **BOOST UP**

- ✧ Teacher should encourage students to follow safety rules everywhere.
- ✧ Students should be encouraged to explore more road signs and their meanings.
- ✧ Teacher should discuss the need of road safety rules in life.
- ✧ Teacher should also discuss the road safety rules followed in different countries and compare them with those of our country.
- ✧ Teacher can perform Activity 2 in the class.

### **EXPECTED LEARNING OUTCOMES**

The students understand and know

- ✧ about safety rules and their need.
- ✧ road and fire safety.
- ✧ first aid.
- ✧ first aid given at the time of burns, cuts and wounds, sprains and fractures, animal and snake bites and poisoning.

### EVALUATIVE QUESTIONS

The teacher may ask the following questions for evaluating the understanding of students:

1. Why does an accident occur?
2. What is road safety?
3. Which side should a vehicle overtake from?
4. Where should a pedestrian walk?
5. Why should we not switch on or off during gas leakage?
6. What is first aid?
7. How does an ice pack help during bleeding?
8. What are splint and sling?

