

# **DELHI MODERN PUBLIC SCHOOL, PAMPORE**

**Class:4<sup>th</sup>**

**Subject: Science**

**Study Material:-Term-I**

**Lesson no.7**

**Topic: Keeping Safe**

In this chapter, we are going to learn about safety rules, first aid.

- Know that safety rules should be followed everywhere:  
In schools, at home , on the road, in the park, in cinema halls, etc.
- Understand that safety rules help in preventing accidents.
- Learn how to give first aid in case of a minor cut, burn or insect bite.

## **Day 1:**

Read half lesson and underline the main points and learn them ( page no. 71-73)+  
Do page no. 71 on book.

## **Day 2:**

Read half lesson (page no. 74-77) and underline the important points and learn them.

## **Day 3:**

Read full lesson and do review zone.

## **Day 4:**

Recapitulate the lesson and do part A on book.

**A)**Tick (✓) the correct answer:

1. All of these
2. medicine
3. mopping the floor after taking a bath
4. swim
5. All of these.

## **Day 5:**

Do part B, C on book.

**B)** Fill in the blanks:

1. cotton , tongs 2. Rubber 3.terraces or roads 4. Eatables 5. Calamine.

**C) State True or False:**

1. False 2. False 3.True 4. True 5. False

### **Day 6:**

Do part D short answer questions:

1. We should not wear synthetic clothes while working in the kitchen because they easily catch fire.
2. The two safety rules that we should follow at school are:
  - a) We should not push or pull one another while climbing on stairs.
  - b) We should not climb on desks and chairs in the class room.
3. We should not run around unnecessarily at a public place because we might get separated from our parents.
4. We should not run away from a dog if it is walking towards us.
5. In case of minor burns, wash the affected area with cold water , put an ice pack and then apply an antiseptic lotion.

### **Day 7:**

Do long answer questions(3 questions)

1. The general safety rules that should be followed at home are:
  - a) Immediately wipe any liquid that has been spilled on the floor or else someone may slip on the wet floor.
  - b)Do not go too close to heaters , table fans and other electrical gadgets when they are switched on.
  - c) Do not consume any medicine on your own.
  - d) Wear dry rubber slippers while touching an electric device. Do not touch any device with wet hands.
2. No, it is not safe to ride a bicycle on busy roads because there might be a lot of traffic and the amount of cars will be a lot. This will make riding bicycle harder and make you risk your life. So, it is not safe to ride a bicycle on busy roads.
- 3.The safety rules that we should follow on the beach are:
  - a) We should not swim in the water alone.
  - b)We should not go too far into the water.
  - c) We should be careful while walking on the beach. We should look out for beach toys such as shovels, small buckets and spades lying around.

### **Day 8:**

Do 2 long answer questions:

4. The first medical help given to anyone in case of an accident is called First Aid.

The points we should remember while giving first aid are as follows:

a) We should never try to give first aid to anybody if we have not learnt how to do it.

b) If someone gets injured or falls sick, we should call an adult immediately. They can then call a doctor.

c) Make the person sit comfortably or lie down. We should try to calm him or her down.

d) We should not let people crowd around the person.

e) We should not move a person who is seriously injured. He may have broken bones that could be further damaged if we move him.

5. If a person faints, make the person lie down in such a way that the head is lower than the body. So, That the brain gets extra blood supply and oxygen.

**Day 9:**

Make a chart on road safety rules.