

Safety Rules and First Aid

Welcome to an important lesson on keeping yourself and others safe! Learning about **Safety Rules** and **First Aid** helps us protect our bodies from harm and help others when they are hurt or sick. Let's explore these important rules and simple first aid steps together.

What are Safety Rules?

Safety rules are instructions that tell us how to keep safe in different places like home, school, playground, and on the road. These rules help prevent accidents and keep us from getting hurt.

Example of Safety Rules:

- *Always walk, don't run in the classroom.*
 - *Don't touch electrical switches with wet hands.*
 - *Wear a helmet when riding a bicycle.*
 - *Look both ways before crossing the road.*
 - *Don't play with sharp or hot objects.*
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What is First Aid?

First Aid is the first help we give someone who is hurt or sick before a doctor comes. It is very important because quick help can stop a small injury from getting worse and can save lives.

Examples of Simple First Aid:

- *Clean a small cut with clean water and cover it with a bandage.*
 - *Put ice on a bump to stop swelling.*
 - *Help someone who is choking by asking them to cough or giving back blows if you know how.*
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Important Safety Rules to Remember Every Day

1. Always tell an adult if you see something dangerous.
 2. Don't go anywhere with strangers.
 3. Wash your hands before eating and after playing outside.
 4. Keep your toys and things organized to avoid tripping.
 5. Follow safety signs like "Wet Floor" or "No Entry."
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Basic First Aid Steps for Cuts and Scrapes

1. **Stay calm:** Take a deep breath and don't panic.
 2. **Clean the wound:** Gently wash the cut with clean water to remove dirt.
 3. **Stop bleeding:** Press a clean cloth on the cut until the bleeding stops.
 4. **Cover it:** Put a small bandage or plaster to protect the cut.
 5. **Tell an adult:** Let your teacher or parent know what happened.
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Let's Practice!

Answer these questions to check your understanding:

- 1. Name two safety rules you should follow at school.
 - 2. What should you do first if you see someone with a small cut?
 - 3. Why is it important to follow safety rules?
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Remember, safety is everyone's job. Being careful and helping others keeps our green world a safe and happy place for all!