



## **Primary 6 Integrated Science**

### **Term 3**

#### **Theme: Human Health**

#### **Topic 2/4 – Accidents and First Aid**

**Learning Outcomes:** The learner;

- becomes increasingly aware of accidents in places where they live.
- develops the necessary skills and knowledge for applying first aid.

#### **First Aid**

This is the emergency or immediate care provided to an injured or ill person until full medical treatment is available.

For minor conditions, first aid may be enough. For serious problems, first aid care should be continued until more advanced care become available.

#### **Aims of first aid /aider**

- (i) Give possible first aid.
- (ii) Protect the casualty from further damage.
- (iii) Avoid panic and unsafe practices
- (iv) Encourage and reassure the casualty to reduce fear
- (v) Call for help form adults, teachers or medical work immediately

## Methods in first aid are

- **stop Catastrophic bleeding** (massive external bleeding)
- **Airway** (clearing airways)
- **Breathing** (ensuring respiration)
- **Circulation** (internal bleeding)
- **Disability** (neurological condition)
- **Environment** (overall examination, environment)

## Situations that require first aid include

1. Burn and scald
2. Fractures
3. Bleeding
4. Fainting
5. Epilepsy

## Exercise 1

- (a) Mention any two aims of First Aid.
- (b) State any two situations that require first aid

## First Aid Kit

Should contain at least the following

1. Bandages, Roller Bandages, and Tape:



Used to cover wounds, stop bleeding, and hold dressings in place.

## 2. Safety Pins



- Used to fasten bandages or slings securely.

## 3. Sterile Gauze



Placed directly on wounds to absorb blood and keep the area clean.

## 4. Antiseptic Wipes and Swabs



- Used to clean wounds and kill germs before dressing them.

## 5. Absorbent Compresses



- Thick pads used to control heavy bleeding and protect large wounds.

## 6. Antibiotic Cream



- Applied to cuts or scrapes to prevent infection.

## 7. Burn Ointment

- Used to soothe and protect minor burns.

## 8. Mask for Breathing (Rescue Breathing/CPR)



- Protects both the helper and patient during mouth-to-mouth resuscitation.

## 9. Chemical Cold Pack

- Provides instant cooling to reduce swelling, pain, or bruising.

☞ In short: **Each item in a First Aid kit helps to stop bleeding, prevent infection, ease pain, or protect both the patient and the helper during emergencies.**

### Exercise 2

Give one use of each of the following items in a First Aid kit.

- (i) Bandage
- (ii) Safety pin
- (iii) Plaster
- (iv) Sterile guaze

## Burns and scalds



Burns and scalds are damage to the skin caused by heat. Both are treated in the same way.

A **burn** is caused by dry heat – by an iron, naked fire, friction, electrocution, etc.

A **scald** is caused by something wet, such as hot water, hot porridge, or steam.

Burns can be very painful and may cause:

- red or peeling skin
- blisters
- white or charred skin
- swelling

### First Aid Steps

- (i) **Cool the burn immediately** – put the burnt area under clean, cool running water for about 10–15 minutes.
- (ii) **Do not apply grease or oil** – things like butter or petroleum jelly can make the burn worse.
- (iii) **Cover the burn** – use a clean cloth, sterile gauze, or bandage to protect it from infection.
- (iv) **Keep the person calm** – reassure them and avoid bursting any blisters.
- (v) **Seek medical help** – if the burn is large, deep, or on sensitive areas (face, hands, genitals).

## Preventing Burns and Scalds

- (i) **Keep children away from fire and hot objects** like stoves, charcoal stoves, and candles.
- (ii) **Handle hot water carefully** – don't leave boiling water or tea where it can spill.
- (iii) **Use cooking safely** – cook with care and avoid wearing loose clothes near fire.
- (iv) **Switch off electrical appliances** when not in use to prevent overheating.
- (v) **Store chemicals properly** – keep acids or cleaning agents away from children.

### Exercise 3

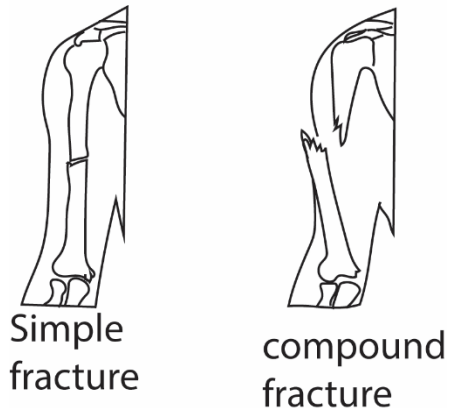
- (a) Distinguish between a burn and a scald.
- (b) Write First Aid steps of a burn or scald
- (c) Mention any two ways of prevention of burns and scalds at home.

### Bone fractures

A **bone fracture** is a medical condition in which there is a partial or complete break in the continuity of a bone.

#### Types of fractures

##### Types of fractures



#### 2. Simple or closed fracture

This is a fracture where a broken bone does not pierce the skin

#### 3. Open or compound fracture is broken bone pierce the form a wound that communicated with the bones. This may expose the bones to contamination.

Open injuries carry a higher risk of infections.

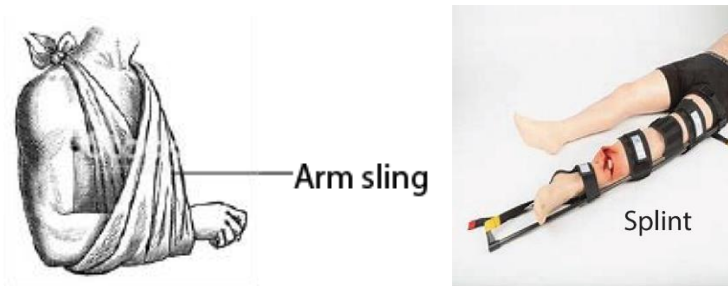
## What are the symptoms of a broken bone?

A broken bone can cause one or more of the following signs and symptoms:

- (i) intense pain in the injured area that gets worse when you move it
- (ii) Numbness in the injured area
- (iii) bluish color, swelling, or visible deformity in the injured area
- (iv) bone protruding through the skin
- (v) heavy bleeding at the injury site

## First Aid Steps for Fractures

- (i) **Keep the person still** – do not allow movement of the injured part.
- (ii) **Support the broken limb** – use a sling/splint (a straight stick or board) and tie it gently with a bandage or cloth.
- (iii) **Control bleeding** – if there is bleeding, cover the wound with a clean cloth or bandage.
- (iv) **Do not try to straighten the bone** – this can cause more damage.
- (v) **Seek medical help quickly** – take the person to a hospital or health center.



## Exercise 4

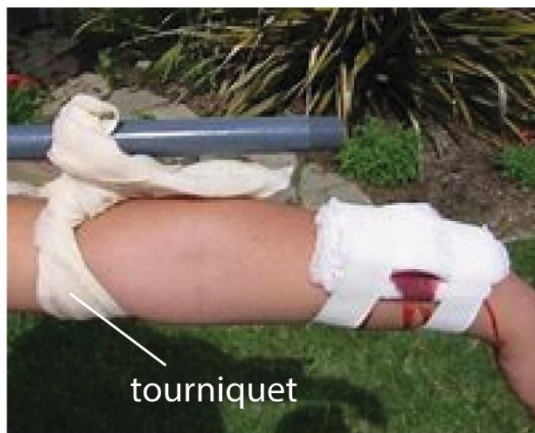
- (i) Distinguish between simple and compound fractures.
- (ii) Mention any two First measures for fractures.

## Cuts and wounds



### First Aid Steps for cuts and wounds

1. **Clean your hands** – wash them before touching the wound.
2. **Stop the bleeding** – press gently with a clean cloth or sterile gauze or use a tourniquet.
3. **Clean the wound** – rinse with clean water to remove dirt.
4. **Cover the wound** – use a bandage or plaster to protect it from germs.
5. **Seek medical help** – if the cut is deep, bleeding heavily, or caused by a dirty object.



### Ways to Minimize Cuts and Wounds at Home

- (i) **Handle sharp objects carefully** – knives, scissors, and razor blades should be used with care.

- (ii) **Keep sharp tools away from children** – store them safely out of reach.
- (iii) **Use tools properly** – cut on a chopping board, not in the hand.
- (iv) **Keep floors clear** – avoid slipping on toys, water, or objects.
- (v) **Wear shoes or slippers** – to protect feet from sharp objects on the ground.
- (vi) **Dispose of broken glass safely** – wrap it before throwing away.
- (vii) **Maintain good lighting** – so you can see clearly when working.

### Exercise 5

- (i) Mention any one first Aid measure for cuts and wound.
- (ii) State any two ways of minimizing cuts and wounds at home.

### Fainting

Fainting, or syncope, is a sudden and temporary loss of consciousness.

This usually occurs due to a lack of oxygen reaching the brain.

### Symptoms of a Fainted Person

- (i) The person becomes **unconscious** (not aware of what is happening).
- (ii) They may look **pale**.
- (iii) Their body feels **weak or limp**.
- (iv) **Slow or weak pulse** (heartbeat).
- (v) **Shallow breathing** (breathing lightly).

### Causes of Fainting

- (i) **Lack of enough blood flow to the brain** (for example, standing too long or suddenly standing up).
- (ii) **Hunger or low blood sugar** – when someone has not eaten for a long time.
- (iii) **Heat and dehydration** – too much heat or lack of water in the body.
- (iv) **Shock or fear** – sudden strong emotions can cause fainting.
- (v) **Illness or weakness** – certain sicknesses can make a person faint.

## First Aid Steps for Fainting

- (i) **Lay the person down** – place them flat on their back.
- (ii) **Raise the legs** – lift their feet slightly to help blood flow to the brain.



- (iii) **Loosen tight clothing** – especially around the neck and chest.
- (iv) **Ensure fresh air** – open windows or move them to a cool place.
- (v) **Do not crowd around** – give the person space.
- (vi) **Seek medical help**

## Exercise 6

- (a) What is fainting?
- (b) State any one sign that a person has fainted
- (c) Give one cause of fainting
- (d) Suggest any one First Aid measure for fainting

## Fits or seizure

- Fits or seizures happen when the brain's electrical activity becomes abnormal for a short time.
- The person may suddenly lose control of their body.

## Symptoms during a Fit

- (i) Sudden **loss of consciousness**.
- (ii) **Jerking or shaking** of the body.

- (iii) **Stiff muscles.**
- (iv) **Foaming at the mouth** or biting the tongue.
- (v) Sometimes the person may **fall down**.

### First Aid Steps

- (i) **Stay calm** – do not panic.
- (ii) **Protect the person** – move sharp or dangerous objects away.
- (iii) **Do not hold them down** – allow the body to move freely.
- (iv) **Do not put anything in the mouth** – this can block breathing.
- (v) **Loosen tight clothing** – especially around the neck.
- (vi) **After the fit stops** – place the person on their side (recovery position) to help breathing.

### Recovery Position



- (vii) **Seek medical help** – if the seizure lasts long or happens again.

### Exercise 7

Suggest any **four** First Aid measures for a person in fit /seizures.

### Snake bites

Most snakes aren't dangerous to humans however some snake bite bites can cause severe injuries and sometimes death.

### First Aid Steps

- (i) **Keep the person calm and still** – movement spreads the poison faster.

- (ii) **Lay them down** – keep the bitten part lower than the heart.
- (iii) **Do not cut or suck the wound** – this can make things worse.
- (iv) **Remove tight items** – like rings or shoes near the bite, before swelling starts.
- (v) **Cover the bite** – with a clean cloth or bandage.
- (vi) **Seek medical help immediately** – take the person to the hospital quickly.

## Fire

Basically, fire is light and heat that comes from a special kind of chemical reaction such as burning

Four elements, also known as the fire tetrahedron, must be present in order for a fire to exist.

These fire tetrahedron include:

- Oxygen.
- Heat.
- Fuel.
- Chemical reaction.

When you remove one of the four elements, the fire can then be extinguished.

## Actions during Fire Outbreak

- (i) **Stay calm** – do not panic.
- (ii) **Raise an alarm** – shout or ring a bell to alert others.
- (iii) **Call for help** – inform adults, neighbors, or the fire brigade (call 999 using land line or 112 on mobile phones).
- (iv) **Escape safely** – leave the building quickly through safe exits.
- (v) **Do not use lifts** – always use stairs.
- (vi) **If clothes catch fire** – stop, drop, and roll on the ground to put out flames.
- (vii) **Help others if safe** – especially children or the elderly.

## Prevention of fire outbreak

- (i) **Switch off electrical appliances** when not in use.
- (ii) **Do not overload sockets** – too many plugs can cause sparks.
- (iii) **Keep matches and lighters away from children.**

- (iv) **Cook carefully** – never leave food unattended on the stove.
- (v) **Store fuels and chemicals safely** – away from heat and flames.
- (vi) **Put out candles properly** – before sleeping or leaving the room.
- (vii) **Install fire safety equipment** – like fire extinguishers in buildings.
- (viii) meet at your agreed point
- (ix) stay outside: **NEVER** go back in the burning building to rescue pets or valuables

### Methods of fighting fire outbreak

#### Never attempt to fight fire which is beyond your ability

- (i) **Use water** – for ordinary fires (like paper, wood, cloth).
- (ii) **Use sand or soil** – to cover and smother flames.
- (iii) **Use fire extinguishers** – different types for electrical, fuel, or chemical fires.
- (iv) **Remove fuel** – take away things that can burn near the fire.
- (v) **Cut off air supply** – close doors or cover flames to stop oxygen.
- (vi) **Call the fire brigade On 999 landline or 112 mobile phone**

### Exercise 8

- (i) Name any two elements of fire
- (ii) State any two way of preventing fire outbreak at home

### Drowning

**Drowning** happens when a person's nose and mouth are covered by water and they cannot breathe.

It can lead to unconsciousness and even death if not helped quickly.

### Symptoms of a Drowning Person

- (i) Struggling or waving arms in water.
- (ii) Unable to speak or call for help.
- (iii) Gasping or choking.
- (iv) Body sinking or floating face down.
- (v) Unconsciousness if not rescued.

## First Aid for Drowning

- (i) **Remove the person from water safely** – without endangering yourself.
- (ii) **Lay them flat** – check if they are breathing.
- (iii) **If not breathing** – give rescue breaths and chest compressions (CPR).
- (iv) **Keep them warm** – cover with a blanket or dry cloth.
- (v) **Seek medical help immediately** – take them to hospital.

## Prevention of Near Drowning

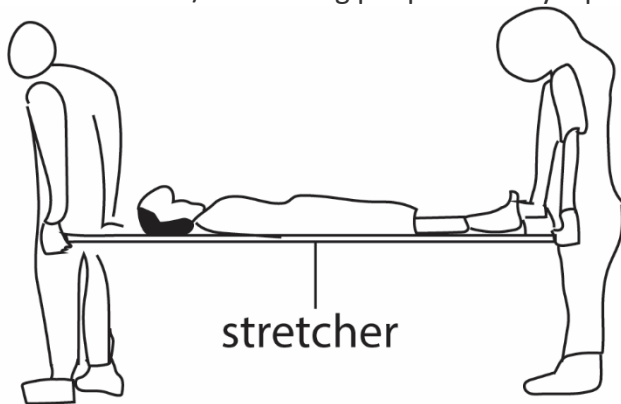
- (i) **Learn how to swim** – children and adults should be taught swimming skills.
- (ii) **Never swim alone** – always swim with others or under supervision.
- (iii) **Use life jackets** – especially for children and non-swimmers.
- (iv) **Avoid deep or dangerous water** – stay away from rivers, wells, or dams without safety measures.
- (v) **Do not play carelessly near water** – avoid running or pushing others at pools or lakes.
- (vi) **Supervise children closely** – adults should watch children whenever they are near water.
- (vii) **Follow safety rules** – obey warning signs and lifeguards at swimming places.

## Exercise 9

- (a) State any one symptom of a drowning person.
- (b) List any two ways of avoiding drowning

## Stretcher

In first Aid, a stretcher is a device used to carry a person who must lie flat and can't move on their own. It takes two/four strong people to carry a patient on a stretcher.



## Road accidents

### Community Activities to Reduce Road Accidents

- (i) **Educate people** – hold meetings to teach road safety rules.
- (ii) **Put road signs** – clear signs for speed limits, zebra crossings, and warnings.
- (iii) **Repair roads** – fix potholes and keep roads in good condition.
- (iv) **Provide street lights** – for clear vision at night.
- (v) **Encourage safe driving** – discourage speeding and drunk driving.
- (vi) **Help pedestrians** – build footpaths and zebra crossings.
- (vii) **Work with police** – support traffic officers in enforcing rules.

## Exercise 10

Suggest any two ways of minimizing road accidents

## Fever

Fever is when the body temperature rises above normal.

It is a sign that the body is fighting an infection.

### Causes:

- (i) Germs (bacteria or viruses).
- (ii) Malaria.
- (iii) Flu or other illnesses.

### Prevention:

- (i) Keep the environment clean.
- (ii) Sleep under a mosquito net.
- (iii) Eat healthy food and drink clean water.

### First Aid:

- (i) Keep the person cool (light clothing, cool room).
- (ii) Give plenty of fluids.

- (iii) Seek medical help if fever is high or lasts long.

### Tepid Sponging



Tepid sponging means **wiping the body with a cloth dipped in lukewarm (not cold, not hot) water.**

It is used to **reduce high fever** and make the person feel cooler.

### Steps in Tepid Sponging

- (i) **Prepare lukewarm water** (not too hot, not too cold).
- (ii) **Dip a clean cloth or sponge** into the water.
- (iii) **Wipe the person's body gently** – especially the forehead, armpits, and body.
- (iv) **Repeat often** until the fever goes down.
- (v) **Keep the person comfortable** – in light clothing and a cool room.

### Exercise 11

- (i) What is fever?
- (ii) Mention any two causes of fever.
- (iii) Suggest one First Aid measure for fever.

### Foreign Bodies in Passages

Foreign bodies are objects that accidentally enter parts of the body where they do not belong, such as the **mouth, nose, ears, anus, eyes, throat, or vagina.**

They can cause pain, blockage, or injury.

## First Aid for Foreign Bodies

### 1. Mouth / Throat

- If choking, encourage the person to **cough strongly**.
- If not breathing, perform **back blows** or abdominal thrusts.
- Seek medical help immediately.

### 2. Nose

- Ask the person to **breathe through the mouth**.
- Do not poke with sticks or sharp objects.
- Take them to hospital if the object does not come out.

### 3. Ears

- Do not insert anything to remove it.
- Tilt the head to allow the object to fall out if possible.
- Seek medical help.

### 4. Eyes

- Wash gently with clean water if it is dust or small particles.
- Do not rub the eye.
- If sharp objects are stuck, cover the eye and rush to hospital.

### 5. Anus / Vagina

- Do not try to remove objects with hands or sticks.
- Keep the person calm.
- Seek medical help immediately.

#### short:

- Foreign bodies are objects stuck in body passages.

- First aid is mainly about **not forcing removal**, keeping the person calm, and **seeking medical help quickly**.

## Exercise 12

What is the First Aid of a foreign body in the Eye?

## Nose Bleeding

Nose bleeding happens when blood flows out of the nose.

It is usually caused by small blood vessels breaking inside the nose.

### Causes of Nose Bleeding

- Picking the nose with fingers.
- Injury to the nose (like being hit).
- Very hot or dry weather.
- Sneezing too hard.
- Certain illnesses.

### Prevention

- Avoid picking the nose.
- Do not play rough games that cause injuries.
- Keep the nose moist in dry weather (apply a little petroleum jelly).
- Treat illnesses early.

### First Aid for Nose Bleeding

- Stay calm** – reassure the casualty.
- lean back head** to reduces blood flow from the nose
- Sit upright and lean forward** – this prevents blood from flowing into the throat.
- Pinch the soft part of the nose** to promote clotting– hold for about 10 minutes.
- Apply a cold wet cloth** on the nose or forehead.
- Seek medical help** if bleeding continues.

 **In short:**

- (i) Nose bleeding is blood coming out of the nose.
- (ii) It is caused by nose picking, injuries, or dry weather.
- (iii) Prevent it by avoiding nose picking and rough play.
- (iv) First aid is sitting upright, leaning forward, pinching the nose, and seeking medical help if it doesn't stop.

## Revision questions

1. (a) Give any one cause of burns at home.

- (i) **Fire or flames** – from stoves, candles, or matches.
- (ii) **Hot objects** – touching hot pots, irons, or kettles.
- (iii) **Electricity** – faulty wires or touching live electrical appliances.
- (iv) **Chemicals** – cleaning agents or acids that can burn the skin.

(b) Mention any way in which cuts can be prevented at school.

- (i) **Handle sharp objects carefully** – scissors, blades, and compasses should be used properly.
- (ii) **Keep sharp tools in safe places** – store them after use, not left lying around.
- (iii) **Do not play with sharp objects** – avoid using them as toys.
- (iv) **Walk, don't run, in classrooms** – running can cause accidents and falls.
- (v) **Keep classrooms and playgrounds tidy** – remove broken glass, tins, or sharp items.
- (vi) **Wear proper shoes** – to protect feet from sharp objects on the ground.
- (vii) **Teachers should supervise** – when pupils use sharp tools in class.

(c) Name any two responsibilities of a good first aider

- (i) Give possible first aid.
- (ii) Protect the casualty from further damage.
- (iii) Avoid panic and unsafe practice
- (iv) Encourage and reassure the casualty to reduce fear
- (v) Call for help from adults, teachers or medical work immediately

2. One function of a bandage found in a first aid kit.

- (i) A bandage is used to **cover and protect wounds**.
- (ii) It helps to **stop bleeding**,
- (iii) **keep the wound clean**,
- (iv) and **support injured parts** like sprains.

3. State the purpose of pressing the belly of a casualty of near drowning.
- (i) Pressing the belly helps to **force out water** that may have entered the stomach or lungs.
  - (ii) It allows the casualty to **breathe more easily** once the water is expelled.
4. Give any one way in which you can reduce chances of accidents when crossing a road.
- (i) **Use zebra crossings or pedestrian bridges.**
  - (ii) **Do not ply on the road**
  - (iii) **Look left, right, and left again** before crossing.
  - (iv) **Cross only when the road is clear.**
  - (v) **Do not run; walk carefully.**
  - (vi) **Avoid distractions** like playing or using a phone.
5. How does mouth-to mouth breathing help a victim of near drowning?
- (i) Give oxygen directly to victim's lungs
  - (ii) Carbon dioxide from the first aider stimulates breathing of the victim.
6. (a) Write down any two causes of nose bleeding.
- (i) Picking the nose with fingers.
  - (ii) Injury to the nose (like being hit).
  - (iii) Very hot or dry weather.
  - (iv) Sneezing too hard.
  - (v) Certain illnesses.
- (b) Why is a person whose nose is bleeding advised to;
- (i) lean back his/her head?  
Reduces blood flow from the nose
  - (ii) Pinch the soft part of his/her nose?  
Encourages blood clotting/stops bleeding

1. A boy bleeding from the nose is made to lie down or sit on a chair with his nose upwards. What should be done next to stop bleeding?

**Pitch the nose to stop bleeding**

2. What is a compound fracture?

**A compound fracture is where broken bone pierce the skin to form a wound that communicated with the bones.**

3. What First Aid should be given to a person with a compound fracture on the arm?

**Stop bleeding**

**Immobilize with splint or arm sling**

4. A child suddenly removed the cover of a saucepan full of boiling water. One arm of the child was burnt with steam.

(a) What kind of burn did the child get?

**Scald**

(b) What First AID would you give to the child?

**Pour cold water not ice**

(c) Give the possible ways by which such accidents could be avoided?

**Keep children from the kitchen or hot objects**

5. (a) Why should water not be used to put out fire from petrol which is burning?

- **Water contain oxygen that supports burning**
- **Petrol float on water and continue to burn.**

(a) Suggest two ways by which fire from petrol burning can be put out.

**Using carbon dioxide fire extinguisher**

**Covering with blanket**

**Pouring sand**

6. Which First Aid would you give to a person who has a burn by fire?  
**Pour cold water to burnt area to reduce the effect of burn**
7. (a) State one way in which you can distinguish between a poisonous snake and a nonpoisonous one  
**- Poisonous snakes has fangs while nonpoisonous snake does not have fangs**  
(b) Give an example of a poisonous snake.  
**Cobra**  
**Puff adder**  
**Black mamba**  
(c) What First Aid is given to a person bitten by a poisonous snake?  
**Take the person to hospital**
8. What First Aid would you give to a person who is bleeding through the nose?  
**Make a person lean forward and pitch the nose to stop bleeding**
9. (a) Give two reasons why First Aid is given to a patient.  
**To prevent further injury**  
**To minimize pain**  
**To promote recovery**  
**To reduce/stop bleeding**  
(b) State two reasons why proper medical prescription is necessary before taking any medicine.
10. State any one way in which the First Aid for a cut is different from First Aid for a burn.  
**First Aid for cut is to stop bleeding with a bandage while the first aid for a burn is to reduce pain by putting in cold water**
11. If your friend accidentally pours hot milk on his/her hand, what First Aid would you give him or her.  
**Put the hand in cold water or pouring water to injured hand.**
12. Why it is important to look left, right then left again before crossing the road?  
**To prevent motor accidents**
13. Why is it not advisable to use water to put off fire caused by petrol?  
**Petrol floats on water and continues to burn**
14. (a) What is first Aid?  
**First treatment given to an injured person before being taken to hospital**

(b) Why would it be dangerous for a boy of 11 years to try to remove an adult, who is near drowning, from water?

**May also fall and drown in water**

(c) Suggest two things the boy in (b) above should do to save the adult from drowning.

**Call for help**

**Throw closed empty jerry can into water to enable the drowning person to float on water**

15. Give one sign you would use to identify a compound fracture.

**Bone breaks and come out of the skin**



16. What is near drowning?

**Near drowning is when a person swallows water in a water body, become unconscious but does not die**

17. (a) What is the use of First Aid box?

**To store First AID tools**

(b) What is meant by drug abuse?

**Take unprescribed drugs that put a person's life in danger**

(c) Give any two pieces of advice to a person who is on drug abuse.

**(i) Sensitize him/her on the bad effect of drug abuse**

**(ii) To get activities that can keep him busy during his/her free time.**

**(iii) To take him to rehabilitation centre.**

18. (a) What first aid will you give to an accident victim?

**Check the person's pulse whether is still alive or not.**

**Stop bleeding**

**Put a splint to broken part of the body.**

(b) Explain how you will administer first aid nose bleeding.

**(i) pitch the nose to stop bleeding**

**(ii) bend the head forward**

19. What can be done to lower the temperature of a person with high fever?

**Using a tepid sponge or a wet sponge in lukewarm water**

20. Peter water put gout fire caused by petrol but the continued Burning. Suggest one thing he should have used to put off the fire.

**(i) Fire extinguisher,**

**(ii) By pouring sand on to the fires**

21. (a) Why is it important to feel the pulse (heart beat) of a seriously injured victim of an accident?

**To determine whether the victim is alive or dead**

(b) What can a small boy or girl do when his or her older sister falls into water?

**Make an alarm**

(c) Why is it dangerous to cause a victim who has swallows paraffin to vomit it?

**Vomiting can cause paraffin enter the lungs and causing death**

**Vomiting may cause dehydration**

(d) Why is First Aid given?

**Prevent further damage**

**To preserve life**

22. What First Aid would you give to a person whose finger has been burnt by fire?

**Put the burnt finger in cold water**

49. You are running home with your friend after school and one of your friends accidentally falls down and his thigh bone breaks

(a) What do we call the injury he got?

**Fracture**

(b) Give two things you will do to give him First Aid

**Applying a splint around the broken bone area**

**Prevent movements**

**Stop bleeding**

(c) What would you prepare to enable you carry him properly

**Stretcher**

23. (a) Why should water not be used to put out a fire caused by petrol?

**Petrol floats on water and continues to burn**

**Water contain oxygen that supports burning**

(b) Suggest any two ways in which such a fire can be put out.

**Using fire extinguisher**

**Using sand or soil**

**Use blanket**

(c) How is a burn different from a scald?

**A burn is caused by naked fire flames or hot object while a scald is caused by hot water or steam**

24. What is a stretcher useful in giving First Aid?

**It is used to carry casualty to the health center**

25. John fell off a bicycle and broke his thigh bone.

(a) Name the injury which John got.

**A fracture**

(b) State any two ways in which John can be given First Aid.

(i) apply a splint at the broken area

(ii) give a pain killer

(c) What is the importance of giving first Aid to a person like John?

- **Reduce pain**

- **Prevent injury from worsening**

26. (a) Why is it a bad practice to apply soil or cow dung on any burnt area of our skin?

**They may contain germs**

**They do not reduce the heat from the burn**

(b) Suggest any two reasons why the injured part with a burn or scald is dipped into cold water.

**To cool the burnt place**

**To minimize the effect of the burn**

(c) Give any one way of avoiding burns while lifting hot objects.

**Use pieces of paper or cloth**

27. Suggest any one use of a tourniquet.

**It is tied tightly around the arm to reduce bleeding from a cut or injury.**

28. Give one activity the community can do to reduce road accidents.

**There should be Zebra crossing for pedestrian to cross safely**

**They should be road signs**

**Avoid over speeding**

**Putting humps in dangerous spot**

29. Give one reason why people who get badly burnt are given plenty of fluids

**To prevent dehydration**

**To replace water lost in fluids**

30. (a) What is First Aid?

**First Aid is the first help given to a casualty (accident victim) before being taken to a health center or hospital for treatment.**

(b) List any two things found in a first Aid box.

**Bandage**

**Scissor**

**Plaster**

**Pain killers like Panadol and diclofenac**

**Cotton**

**Spirit**

**Razor blade**

(c) State why every school should have a First Aid box.

**- to handle emergency cases in order to reduce on the extent of injury**

**- to save life in case of overbreeding**

31. Give one way in which the cause of a scald is similar to that of a burn.

**Both injuries are caused by heat energy**

32. State one types of accidents whose First Aid is to put the affected part of the body in cold water.

**Burn or scald**

33. Why are the legs of a person who has fainted raised higher than the head as a way of giving first aid?



Raising legs allows more blood supply to the brain

34. What kind of accident requires the use of splints in giving First Aid?

**Fracture**

35. Why tepid sponging is an important First Aid to a person with high fever?



A tepid sponge reduces body temperature. It is a cloth with lukewarm water.

36. Why should cold water be poured on the part of the body which has been scalded or burnt?

**To cool the place and reduce further damage**

37. State the injury caused by steam to human body.

**Scald**

38. (a) What causes fainting

**Low oxygen supply to the brain**

(b) State any two conditions that can lead to fainting

**Standing for long time**

**Sad news**

**Shock**

**Fatigue**

(c) Why the legs of a person who fainted are raised higher than the head when giving First Aid?

**To increase blood (oxygen) flow to the brain**

39. State any sign compound fracture?

**Broken bone come out of the skin**

**Bleeding**

**Thank You**

**Dr. Bbosa Science**