

St. Andrews Scots Sr. Sec. School

9th , Avenue, I.P Extension , Patparganj, Delhi-92

Session: 2026 –2027

SUBJECT- SCIENCE

Class: V Topic: Staying Safe Lesson No: 7

- **Reading of the chapter**
- **Explanation (will be done in class)**

Book Exercises

Checkpoint-1

1. Strictly
2. Cotton
3. Sand

Checkpoint 2

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

Exercises

A. Fill in the blanks

1. accidents
2. road signs
3. High beam
4. water
5. antiseptic

B. Give one word for the following

1. First aid
2. Sprain
3. Poisons
4. Splint

5. Blisters

C. Write True or False

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

D. Tick (✓) the correct answer

1. (c) ☒
2. (a) ☒
3. (c) ☒
4. (c) ☒

Learn Defines from page no.78

Notebook work

Write any 10 New words

E. Answer the following questions.

1. What is first aid?

Ans. The first help given to a sick or an injured person before the medical treatment is available is called first aid.

2. What rules should one follow while driving on the road?

Ans. One should follow the following safety rules:

- (a) Follow the traffic rules strictly.
- (b) Do not use mobile phones while driving.
- (c) Wear the seat belt while driving.
- (d) Avoid zig-zag driving.

3.How will you put out a fire caused by faulty wiring?

Ans. Fire caused due to faulty wiring can be put out by throwing sand over it.

4.What will you do if your friend's clothes catch fire?

Ans. When clothes catch fire, make the person roll on the floor or cover with a blanket as it would cut the air supply and extinguish the fire.

5.What first aid should be given in the following cases?

(a) nose bleed (b) a fracture (c) a sprain (d) cuts and wounds

(a)nose bleed

- Let the person sit upright.
- Tilt his/her head slightly forward.
- Press the soft part of the nose for some time.
- Place an ice-pack or a wet cloth on the nose till the bleeding stops.
- Ask the person to breathe through the mouth for some time.

(b) a fracture

- Do not move the patient.
- Use an ice pack on the affected area.
- Use a splint to prevent further movement of fractured arm or leg.
- Do not let the fractured arm to hang down straight. Use a sling to give support to the broken limb.

(c) a sprain

- apply an ice pack to the sprained rea till the swelling disappears
- apply plane relieving ointment.
- Tie a crepe bandage or any other clean cloth on the affected area

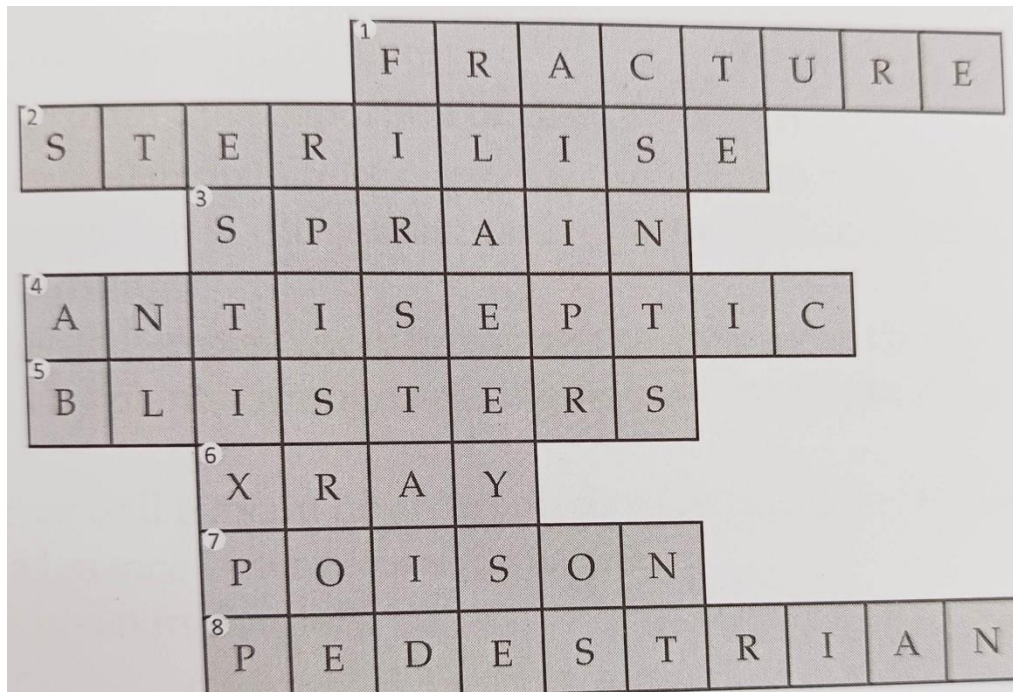
(d) cuts and wounds

- wash the wound with soap and water.
- apply an antiseptic cream and tie a bandage or clean cloth over the wound.

6.Write down some precautions for handling poisonous substances at home.

Ans. Poisonous substances should be kept with labels on them, tightly closed and out of the reach of the children.

G. Solve the crossword puzzle with the help of given clues.



Think zone (.Give reasons)

1. Tarun saw a 'No Smoking' board at a petrol pump.

Ans. Petrol is a highly flammable substance. A single drop of petrol can catch fire and become hazardous.

2. Sumit saw a person's clothes catching fire. He immediately wrapped a blanket around him.

Ans. Wrapping a blanket around a fire would cut the air supply and the fire will be extinguished.

3. If an animal bites someone, the wound should be washed with soap and lots of water.

Ans. The saliva of animals contains deadly germs. Washing the wound with soap and lots of water will wash away saliva and stop the entry of germs into the body.

Diagrams



Draw following road safety signs with their names