



## UNIT-IV SAFETY IN THE HOUSE

### NOTES

**Safety in the house:** Safety is one of the most important things in our life. Home safety refers to the awareness and education of risk and potential dangers in and around a home which may cause bodily harm, injury or dead.

No one wants to be thinking of safety at all the time. It is better to set situations for everyday living so that there are as few hazards as possible, and to learn and practice habits that will carry us through the day with the fewest possible risks.

**Prevention of Accidents in the house:** People only relate accidents to traffic accidents or accidents in outdoor activities. However as a matter of fact, the place where regarded as the safest place – home – hides many “hazards”. The main causes of home accident are general negligence of safety at home. Conditions that trigger the high rate of home accidents include the age, mental and physical status of the individual, environmental hazards and the failure of the victim to recognise these hazards.

Accidents cannot be completely avoided but its occurrence could be prevented. The best way to prevent accidents in the home is to make sure you have taken necessary precautions. If accidents happen, stay calm and call for help.

**Fires and Burns:** Fire and burn are the most common accidents which are happening in our home. Fatal fires in the home can be caused by placing combustible material too close to an open fire, going to sleep while smoking, starting fires with flammable liquids, using defective electric equipment, children playing with matches, overloading electric circuits, using defective wiring and carelessness in the storing of petroleum products.

**Poisons:** Each and every year, many children die due to accidentally ingesting solid or liquid poisons. So for preventing from this accident, the elder people should always:

- Keep all medications and poisonous substances either locked in cabinets or stored on high shelves.
- Destroy poisonous substances and prescriptive drugs after they have served their purpose.



**Gases:** Accidental inhaling of poisonous gas causes people death. So for preventing this it is important to have adequate ventilation in the area in which one is working.

**Electricity:** For good living, electricity is essential, but when it is used carelessly, it can shock, burn and kill. So, for preventing from the accident, some precautions should be followed:

- Never to overload a single circuit.
- To pull out plugs from sockets by the plug, not by the cord.

**Glass Doors:** Children and adults while walking into the glass doors cause multiple injuries. So be careful if there are glass doors in the home, make sure they are made of safety glass and are marked by easily seen devices.

**Precautionary measures in the house:** Some of the precautions which can be taken up for avoiding home accidents are:

- Be careful of swinging doors.
- Do not start an automobile in a closed garage.

**Scope and certain basic requirements of the first aid:** First aid is a way of preparing an individual to respond to emergency situations quickly.

**Some of the scopes are:**

- It determines the nature of the case requiring attention.
- It includes the arrangement to take the injured person to either home or to hospital.

**Certain basic requirements of the first aid are:**

- People should not be allowed to make a crowd around the patient.
- If breathing has stopped, artificial respiration must be given.

**First Aid treatment:**

**A) Cuts -** A slight clean scratch or cut requires nothing more than an application of tincture of iodine. If the wound is dirty, wash it with boiled water and clean with cotton wool.

**B) Bruises –** It should be treated with cold water or iced dressings.



**C) Burns and Scalds** – For burns and scalds, the treatment is similar. You should cover the burn with stripes of lint or cloth soaked in a solution of 2 teaspoonfuls bicarbonate of soda, to 1 pint of warm water or in strong warm tea.

**D) Fire** – When a person's clothes are on fire, he/she should lie down and roll on the ground, wrapping, if possible, with a blanket, or any thick cloth, to put out the flames.

**E) Poisoning** – There are different cases of poisoning like corrosive, irritant, hypnotic, convulsant poisons. In all this cases, give milk, raw eggs beaten up with milk or water, cream and flour beaten up together, or strong tea.

**F) Shocks** – It is very important to give attention by both physical and psychological approach. Soothing and reassuring words should be spoken to the patient. No one should be allowed to discuss his condition within his hearing.

**G) Bites** – For immediate treatment use iodine solution so that it can prevent the entry of germs through the punctured skin.

**H) Fractures** – Take these actions immediately while waiting for medical help:-

➤ Apply ice packs to limit swelling and help relieve pain. Don't apply ice directly to the skin. Wrap the ice in a towel, piece of cloth or some other material.

**I) Dislocation** – If there is a dislocation problem then follow the given points-

➤ **Don't delay medical care** – Get medical help immediately.

➤ **Don't move the joint** – Until you receive help, splint the affected joint into its fixed position. Don't try to move a dislocated joint or force it back into place. This can damage the joint and its surrounding muscles, ligaments, nerves or blood vessels.

**J) Drowning** – In this condition, you should follow the following points-

➤ Don't just jump in the water

➤ Throw a light object (life jacket, wooden piece, rope) for the patient to catch

➤ Rescue the patient from under water

➤ Lie the patient in flat surface

➤ Remove all the wet clothes and make the patient warm.



**K) Nose bleeding** – The first aid for this condition should be given below:

- Firmly pinch the entire soft part of the nose just above the nostrils.
- Sit and lean forward (this will ensure that blood and other secretions do not go down your throat).
- Breathe through your mouth.
- Hold this position for 5 minutes. If bleeding continues, hold the position for an additional 10 minutes. If bleeding does not stop, go to the hospital.

**NB: Mouth to mouth breathing** – The first aid for this condition should be given below:

- Patient is placed in the supine position.
- Air passages are cleared by turning the head to one side, mouth is opened and cleared of water, saliva, mucus, or blood.
- Chin is held up forward with one hand and nostrils are pinched with the other.
- Person who is giving respiration takes a deep breathe applies his mouth to that of the patient and breathe blown into his mouth until the chest of the patient moves up indicating that the lungs are filled up.
- Repeat every 3 – 4 seconds till the patient begins to breathe again.

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