



VIDURA COLLEGE
ENVIRONMENTAL STUDIES
2 ND TERM



Dear children, please make sure to write the unit number and unit name and underline the two topics, and on your blank page draw or paste the pictures relevant to the topic.

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UNIT : 03 – STUDENT NOTE - 1
PROTECTION AND SAFETY

Link: <https://www.youtube.com/watch?v=kRtmM07fXBY>

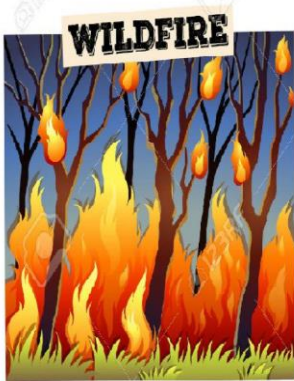
We must learn accidents and disasters cause harm to people and it should be minimized. It is very urgently needed at present to prevent disasters and epidemic diseases from society.

Natural Disasters

- Floods
- Earth slips
- Hurricanes
- Cyclones
- Tsunamis
- Volcanic eruptions
- Earthquakes
- Bush fire

ACTIVITY: MAKE A POSTER ABOUT NATURAL DISASTERS

NATURAL DISASTERS



NATURAL DISASTERS



Effects of natural disasters and protection methods

Disaster	How you could get impacted	Impact	How to avoid the impact
Lightning strikes	Being in open areas during thunderstorms	Death and damages to properties	Avoid open areas during thunderstorms
Floods	Visiting flooded areas to watch the floods Boat riding in flood water	Death by drowning	Avoid visiting flooded areas and playing with flood water.
Landslides	Not evacuating areas prone to landslides	Deaths and damages to properties	Avoiding and evacuating high-risk areas.
Tsunami	Visiting beaches during Tsunami situations	Deaths and damages to properties	Evacuating to higher grounds.

Instances where accidents can occur in our daily activities.

- Serpent bites
- A dog bite
- Vehicle accidents
- Falling from a tree
- Drowning
- Falling from a bicycle
- Food poisoning
- Gas leak
- Using electrical appliances
- Using equipment causes cuts

- Accident in the playground
- Using medicine incorrectly
- When travelling about.

Steps that should be followed when an accident occurs

Accident	Steps to be taken after the accident	What should be avoided after the accident	How to prevent the accident from happening
Burns due to spilling a boiling kettle	The burn should be washed using flowing water	Should not apply anything. Example: Toothpaste	Keeping the kettle in a safe place.
Dog bites	Wash the bite mark with soap and water	Should not apply anything.	Being careful when walking Not teasing and irritating dogs.
Snake bites	Wash the bite marks and admit to a hospital promptly	Avoid sucking off the venom and home cures	Be alert when walking on grass etc. and at the night.
Drowning	Shouting for help Once the drowned person is rescued, apply pressure to the stomach for emitting swallowed water.	Avoid water being swallowed.	Do not bathe in risky places.

First Aid

First Aid is the initial care for an illness or injury, before taking him or her to the hospital.

Items in a First Aid Box and use of those items

Item in the First Aid Box	Use of the item
Pair of Scissors	To cut bandages and plasters
Bandages	To cover wounds
Painkiller Pills	To be given when there is a high fever, headaches etc.
Cotton wool	To clean wounds
Plasters	To cover wounds
Antiseptic liquids/ ointments	To apply to wounds
Thermometers	To check body temperature

Things to be considered when giving medicine to a patient.

- Follow instructions given by the doctor.
- Give the correct quantity according to age.
- Inquire whether the patient has any allergies.
- Observe the number of times and time intervals to give it.
- How the medicine should be stored.
- How it should be mixed.
- To be given before or after meals.

Some anti-social activities in society affect children.

1. Introducing drugs to children/liquor
2. Introduce smoking to children.
3. Child abuse
4. Using them as servants or labourers.

The things children should consider in such instances.

1. They should think about their safety.
2. Be aware of unsafe instances.
3. Think about steps that should be taken if some unhealthy situation arises.
4. Be aware of people who can cause such unhealthy situations.
5. If someone suggests unhealthy activities should be able to refuse them.
6. Think of people from whom you can seek protection for your safety.
7. Take steps to inform elders / Teachers when such actions of bad behaviour take place.
8. Call 119 or 1929 seeking help from the correct authorities.

Activity - Answer the following questions.

1. What is defined as anti-social activities?

2. name some areas where anti-social activities are commonly found?
3. What type of students are subjected to such activities?
4. Name the people who exposed them to such activities?

What type of repercussions do such children have to face.

1. The disgrace from society
2. being avoided by the others.
3. Punishment, from courts/law
4. Destroying one's self-esteem

Steps that should be taken to avoid these anti-social activities.

- eg -
1. Avoid associating with such people.
 2. Be able to take firm decisions to say no to such activities.
 3. Be guided by the parents in all your activities.
 4. Be aware of activities that cause child abuse.

Communicable diseases

1. Mumps
2. Measles
3. Chickenpox
4. Sars
5. Covid 19
6. Bird flu

Non-communicable diseases

1. Diabetes
2. Obesity
3. Cancer
4. High blood pressure

Steps that should be taken to prevent contracting diseases.

eg :

1. Maintain good health – Bathe and keep the body clean, use a handkerchief when sneezing etc.
2. Take nutritious food - Healthy foods, avoid junk food.
3. Wash hands properly before and after meals.
4. A person suffering from a communicated disease should follow instructions given by doctors.
5. Maintain a healthy environment.