

Junior Certificate Home Economics

Safety & First Aid

Accidents

- Some accidents which occur in the home can be prevented and the risk of others can be reduced.
- The most common accidents which occur in the home are burns, scalds, falls, cuts, poisoning, electrocution, choking and suffocation.
- A fatal accident is one where the person dies as a result of the accident.

Causes of Accidents in the Home

- Badly designed homes, equipment and rooms
- Equipment not installed properly
- Faulty equipment
- Careless behaviour eg curious children, forgetful elderly people
- Careless storage of harmful chemicals/equipment
- Bad lighting

Avoiding Falls

- Wipe up spills immediately
- Don't over polish floors
- Loose rugs should have a non slip backing
- Floor coverings should not be torn or frayed
- Avoid trailing flexes
- Stairs should be well lit with a two way switch

Avoiding Falls

- Always keep the stairs clear
- For toddlers, a safety gate should be used at the top and bottom of stairs
- Avoid clutter on the floor
- Use a chair or sturdy step stool when reaching high shelves

Fire Safety

- Install a smoke alarm and test regularly
- Use a fire guard around open fires
- Do not dry/air clothes too near an open fire
- Do not move portable gas fires when turned on
- Switch off and unplug electrical appliances at night and when not in use
- Never put hot ashes into a plastic bucket
- Never smoke in bed
- Never leave a chip pan or frying pan unattended

Small Fires

- Use a fire blanket / extinguisher to put out the fire
- Never use water on electrical fires or on burning oil/fat
- Call the fire brigade if you are unable to extinguish the fire

Larger Fires

- Raise the alarm
- Make sure that everybody leaves the house, closing doors and window if possible
- Never re-enter a burning house
- Ring the fire brigade from a neighbour's home

Fire Safety Equipment



Safety with Medicines

- Store medicine in its original container
- Keep it in a locked press, out of the reach of children
- Throw away out of date medication – perhaps return to pharmacy to dispose of properly
- Never give prescription medication to somebody unless it has been prescribed to them by the doctor

Electrical Safety

- Do not overload electrical sockets
- Avoid trailing flexes
- Switch off appliances when not in use and always before cleaning them
- Keep appliances in good working order. If in doubt, get a qualified electrician to check them
- Do not handle electrical appliances with wet hands
- Always buy good quality appliances with a safety guarantee

Safety Symbols

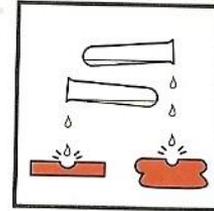
Cleaning agents and chemicals often carry written warnings or symbols to indicate that they may be harmful.



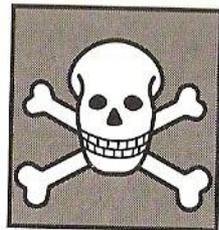
Highly flammable



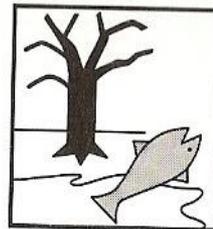
Harmful irritant



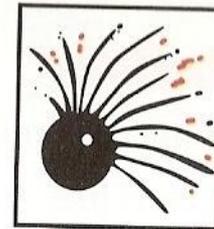
Highly corrosive



Toxic



Environmentally damaging



Explosive

First Aid

- First aid is the treatment of an injury or sudden illness given before professional medical help can be provided.
- Aims of First Aid:
 - To preserve life
 - To prevent condition getting worse
 - To reassure
 - To provide comfort

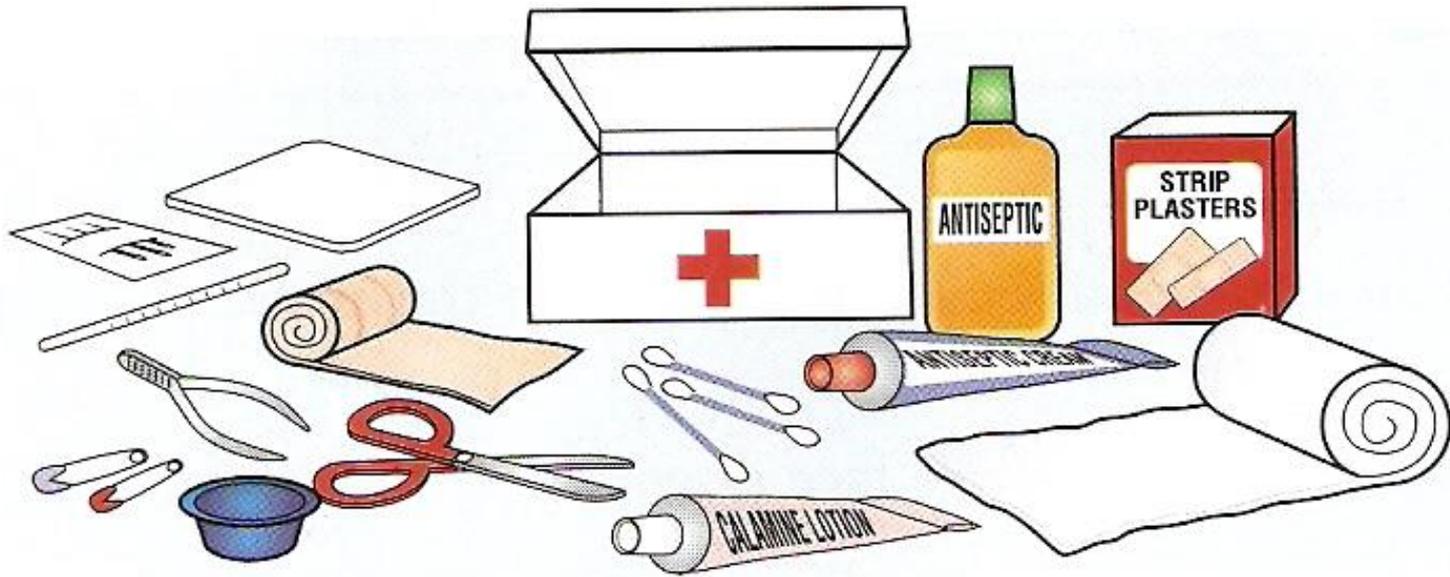
Serious Accidents

- Stay calm, act quickly
- Check to see if the patient is conscience (awake)
- If not, check for a pulse and for breathing
- Artificial breathing (CPR) may be necessary
- Check for any bleeding and stop if possible by applying pressure on the cut
- Do not move the patient unless he/she is in danger

Serious Accidents

- Do not put yourself in danger
- Make the patient comfortable by talking to him/her and cover to keep warm
- Do not give him/her food or drink as they may need an anaesthetic in hospital
- Phone 999 for an ambulance

First Aid Box



Burns / Scalds

A burn is caused by dry heat
Eg cooker or fire

A scald is caused by moist heat
Eg steam or boiling liquid



Minor Burns / Scalds

- Place under cold water until the pain eases
- Spray the area with a burn spray, do not put any ointment or lotion on the burn
- Burns may be covered with a sterile dressing

Major Burns / Scalds

- If clothing is on fire, pour water on the victim or wrap in a blanket to extinguish the fire
- Do not attempt to remove any clothing that is stuck to the wound
- Cover any exposed burnt areas with a clean, dry cloth to stop infection
- Treat for shock by raising the victims legs and loosen any tight clothing
- Cover him/her to prevent heat loss
- Get medical help

Minor Cuts & Scratches

- Wash the wound with a little water and antiseptic
- Make sure there is nothing in the wound
- Dry carefully and cover with a clean dressing
- If the wound is deep it may need stitches by the doctor

Major Cuts & Bleeding

- If the wound is deep and blood is spurting from it, apply pressure to the cut with a clean pad
- Get medical help

Choking

- Choking is caused by an obstruction (something blocking) the airways. This stops the victim from breathing.
- First aid must be given quickly.
- It is different for adults and babies.

Choking - Babies

- Place the child facing downwards over your knees
- Support their head with one hand
- Slap the child four times between the shoulder blades



Choking - Adults

Use the Heimlich manoeuvre as follows:

- Stand behind the victim, clasp your hands together below his/her ribcage
- Pull your hands towards yourself in a sharp inward and upward movements
- Repeat up to four times if necessary



Falls

- If the victim is unable to move then he/she may have a broken limb or dislocated joint
- In such cases do not move the victim
- Cover him/her, and get medical health
- A strain/sprain can be treated by applying a cold compress to the area for 30 mins
- This will reduce swelling
- Dry and wrap the area in a bandage
- If pain persists, an x-ray may be needed

Fainting

- If someone feels faint, sit the patient down, leaning forwards with his/her head between his/her knees
- If the person has already fainted, they should remain lying down for 10-15 minutes after waking up
- If the patient does not wake up after one or two minutes, get medical help

Poisoning

- If a poisonous substance is swallowed, bring to the hospital immediately. Bring the container of the substance also.
- If the victim is unconscious, place him/her in the recovery position and call an ambulance

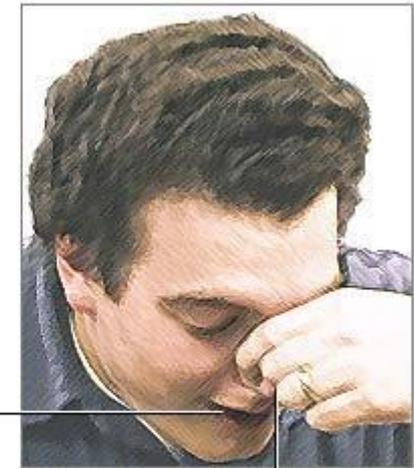
Poisoning

- If you are sure that the substance is not corrosive, make the patient vomit and save samples of the vomit for hospital examination
- If the poison is corrosive, do not induce vomiting. Give milk to neutralise the poison.

* A corrosive poison eats into and damages body tissue

Nose Bleed

- Squeeze the nostrils
- Lean slightly forward
- Do not blow nose



Breath through
mouth

Pinch nostrils

Stings

- Treat bee stings with bread soda
- Treat wasp stings with vinegar