

# Health and Physical Education

(for Class VIII)

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## Lesson 1

### FIRST AID

First aid is the assistance given to an ill or injured person at the spot, according to the rules before the arrival of a doctor.

Now a days, life is full of hustle and bustle and accidents can happen at home, school, play grounds, roads, factories and at any place at any time. The victim of an accident may die if he is not given first aid on time. Many times when an organ gets cut it bleeds continuously. Bleeding can cause death if not stopped immediately.

Only a first aid trained person can give first aid to a victim. But many times an untrained person can also help the victim in an emergency. In these circumstances the first aider should call the doctor or a near by hospital or dial at 108 for the ambulance by giving the complete information about the place of the accident so that the victim can be given the treatment, immediately.



Fig. 1.1 Ambulance No. 108

### Objectives of First Aid

1. To save the life of a victim.
2. To prevent any further injury
3. To promote recovery
4. To carry the victim to a nearby hospital or a doctor at the earliest .

### First Aid Kit

A First Aid Box must contain these following things.

1. Antiseptics, Germicides, Spirit, Betadine, Boric acid, Soap, Burnol, Tincher Iodine and dettol.
2. Splints of different sizes
3. A Cotton packet
4. A measuring beaker or glass
5. An Inhaler
6. Iecopor or adhesive tape
7. ORS Sachets
8. Bandages: Triangular, round & warm.
9. Sterilized cotton balls
10. Thermometer, Forceps, Scissors, Torch and Safety pins.



Fig. 1.2 First Aid Kit

It is advised that such First aid boxes should be kept in homes, Educational institutions Factories, Public places and play grounds.

### **Rules of First Aid**

Today, everyone should have the skill to do first aid so that he/she can help a victim whenever needed. Following rules should be kept in mind while giving first Aid:

1. If the victim is choked, he should be given artificial respiration.
2. Try to control the bleeding from the deep wounds.
3. While giving first aid, the first aider should not have any kind of fear or hesitation.
4. If there is bleeding from the nose or mouth or ear do not try to stop it because it may enter into the brain causing paralysis or disability. It may chock the victim by entering into the respiratory tract and victim may die
5. Do not allow the people gather around the causality. The victim may feel uneasiness as he does not get fresh air. Remove his shoes and socks.
6. Only do that what is necessary to prevent further injury.
7. Never take off victim's clothes unnecessarily.

8. Assure immobilization in case of injury.
9. Assure the injured for getting well soon
10. Do not waste time in selecting the doctor. Make the arrangements for quick transportation of the victim to the doctor.
11. Carry on giving first Aid till the arrival of a doctor even if the victim is very serious.

### **First Aider**

The word first aider had no existence before 1894 but after that it has been used very often. A person who has got a certified course of first aid training from an authentic organization is called a first aider

### **Role of a First Aider**

It is appreciable to give first aid to a victim. If a victim is not given an appropriate first aid on time he may die. Therefore a first aider should have the following qualities:

1. First aider should be an experienced, first aid trained person.
2. A first aider should start first aid immediately and with full confidence.
3. First aider needs to take quick decisions and act wisely.

4. A first aider should be calm and a tolerant person. He should not become impatient while giving first aid.
5. A first aider has to face different situations. He should be able to face them with courage. If he himself loses heart, the victim's condition might worsen. Therefore he should never be perplexed.
6. While giving first aid, the first aider should act politely and sympathetically. This has a positive psychological impact on the victim.
7. First aider should be sweet tempered and friendly. He should try to divert the victim's attention by engaging him in gossiping.
8. First aider should keep it in his mind that he is not a doctor. He should only provide the necessary assistance needed before the arrival of a doctor

First aid is not only important for an injured or an ill person but it is also important in some other incidents. i.e. snake bite, drowning, electric shock, burns, dog bite. The victim of such accidents needs immediate first aid and this aid can save life as well.

Methods of artificial respiration

## C.P.R

- C-Cardio
- P-Pulmonary
- R-Resuscitation

If the pulse and the breathing of the victim is not felt, the patient's eyes are still and the victim is unconscious, C P R method should be used to restart his heart and lungs. Place the palms of your hands on the patient's heart and press hard for about thirteen times. Then give mouth to mouth respiration twice. Repeat the procedure till the pulse of the victim is felt. If C P R is performed properly on time life of the victims can be saved.

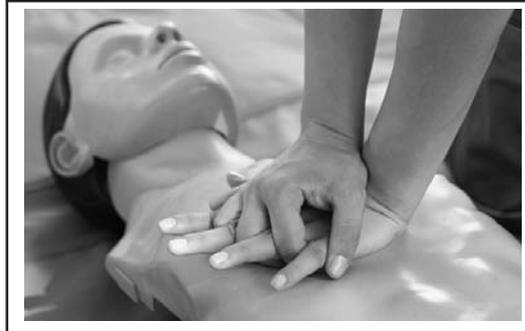


Fig. 1.3 Pressing patient's heart while giving C.P.R

## C.P.R when?

1. When there is no heart beat. (Cardiac arrest)
2. When you don't feel the pulse of the victim.
3. When victim's eyes are still.
4. When the victim is unconscious.

## When should C.P.R not to be performed?

1. If the victim is suffering a heart attack
2. If the victim is finding difficulty in breathing

### **Artificial Respiration**

An activity of restoration or initiation of breathing in a person who has stopped breathing is called artificial respiration.

### **Mouth to Mouth artificial respiration**

1. Firstly, remove any blockage from the victim's mouth. Secondly, hold his chin with one hand and with the other hand close his nose tightly. Thirdly, the first aider immediately blows in his breath force fully into the victim's mouth.



Fig. 1.4 mouth to mouth respiration

2. The breath of the first aider will go into the victim's mouth. The Victim's chest will then be filled up with air and it will swell up. This action should be repeated 12 to 16 times or until the victim starts breathing.

### **Schafer's Method**

This method of artificial respiration was discovered by Sir Edward A. Sharpey –Schafer. That is why it is called Schafer's Method.

Schafer's method is used if there is bleeding from the victim's nose, mouth or ear. Some times it is difficult to breathe because of broken jaws or if someone has swallowed poison and his mouth and nose smell of poison.

#### **Position of the victim**

1. Place the victim on his stomach with his face down.
2. Put victim's both hands one above the other under his forehead.
3. Turn his head to a side.
4. Victim's nose and mouth should be free of any blockage.



Fig. 1.5 Schafer's method

#### **First Aider's Position**

1. Kneel down near the victim's thigh, facing towards the victim's head.
2. Place your hands on the victim's loin keeping one hand towards one side of the spine and the other hand on the other side of the spine and your thumbs touching each other and fingers towards the ground.
3. Keep your arms straight.

### Initiating Breathing

Lean forward slowly; put your weight on the loin region of the patient. Victim's belly is touching the ground and with the pressure on the diaphragm, the air is pushed out of the lungs, with this the exhaling starts. It takes two seconds. Now come back to the previous position and release the pressure. As a result of it the organs of the belly will come back and the air will move into the lungs. It means the act of inhaling has begun. It takes three seconds. The complete process will take five seconds. It means this process can be repeated 12 times in a minute.

This process should be repeated till the respiration gets normal.

### Exercise

#### Answer the following

1. What is first aid?
2. What are the objectives of first aid?
3. Which things can be included in a first aid box?
4. Write the rules of first aid.
5. Who is a first aider?
6. Write the qualities of a first aider.
7. What do you know about CPR?
8. What do you know about mouth to mouth respiration?
9. How artificial respiration can be given by using Schafer's method? Explain.

## Lesson 8

# AWARENESS ABOUT NARCOTICS

Narcotics are the drugs which make a person lose his/her mental and physical balance. Very strange kind of changes can be seen in his behaviour, gestures and personality. He loses his senses.

These intoxicants not only affect a person's body and conscience (psyche) but also, adversely affect the social and economic status of the family. He ruins his family-life by losing trust of his family members. Shunned by his friends and relatives, he is left alone completely taken over by these drugs. Therefore every one should avoid taking narcotics.

### Reasons of increasing trend of narcotics addiction:

Reasons of increasing trend of drug abuse in our society are as follows:

#### 1. Social reasons:

Children are attracted towards drugs due to their surroundings, movies and picturisation of songs. The Scenes shown in the movies regarding drugs, present the character played by the actors in a glorified manner. Today, the scenes of drugs in picturisation of songs are also presented as a symbol of



Fig. 8.1 Avoid Narcotic drug

glory. In this manner, the children feel proud in imitating them and get motivated.

**2. Breaking of family Relations:** Sometimes, broken family relations push the children towards use of drugs. The child may get addicted to drugs due to parental dispute or divorce. It spoils the family atmosphere and pushes the child towards drugs. Usually, the parents spoil a child with their love and pampering as the reality of a child doesn't come to the lime light due to blinded with the love and affection. In such situations too, children tend to take drugs stealthily.

**3. Show-off in the peer group:**

Often children start comparing their economic status with that of their friends and sometimes they try to boast by using costly drugs.

**4. Impact of the company of friends:**

A child spends most of his time with his friends away from his family atmosphere. Therefore the influence of his friends on the child is very natural. If a few of them are addictive of drugs it will affect the others badly.

**5. Effect of Technology:** Although technology has made human life very comfortable, but social networking sites on the internet have affected the children a lot. Now a day, the child gets attracted towards new way of using drugs available on the internet. In this way, he gets trapped in the web of drugs due to the modern technology.

### **Harmful Effects of Narcotics**

Now a day, harm full effects of narcotic drugs have become a major problem in the society. The drugs affect the user's body, family and society. They the human body very badly.

### 1. **Effects on the Body**

Narcotic drugs weaken the human body. Use of narcotics causes digestion related diseases. There is a risk of cancer. Blood Pressure increases and the blood vessels become weak. The risk of heart attack increases. It weakens the memory and thinking skills, limbs start shaking and The uses may lose his senses gradually.

### 2. **Adverse Effect on Behaviour**

Use of narcotics affects one's behaviour very badly. A drug addicted person loses control on him and often quarrel with the people without any reason. He remains irritated all the time therefore his family members and his friends start avoiding him.

### 3. **Effects on the Social Life:**

As the narcotics affect the body and mind, they affect the user's social life too. A drug addict loses his respect in the society. No one likes to be near him. He loses his character and hence loses his relation to the society ultimately.

## **Drug-addiction**

It is not so difficult to make a person quit narcotics, However the addicted person should be made ready to give up the habit by transforming him physically and mentally.

The addicted person should be prepared mentally to give up the narcotic by using following methods:

#### 1. **Motivation:**

The parents and the teachers play an important role to motivate the children to avoid narcotics. They should create awareness about the harmful effects of narcotic drugs

so that he may get motivated to keep a distance from the narcotics.

**2. Psychological Methods:**

An addicted person never admits that he takes narcotic. Therefore only friendly and sympathetic behaviour can work well. It seems difficult then he should be prepared to give up drugs with the counseling of a psychologist.

**3. Yoga Asans :**

Yoga is a gift from the Indian culture and is now popular all over the world. Not only that it is highly useful relieving mental and physical stress but its asanas are equally good to get rid of mental diseases, physical diseases and drug addiction as well.

**4. Role of Family :**

The co-operation of the family plays an important role to make him de-addicted because if such a person is not treated with love and affection he will feel alone. Therefore such people need full cooperation from his family. He should not be criticized or cursed anywhere.

**5. Sports and Entertainments:**

Sports and entrainment help the children to strengthen them physically and make best use of their free time. In this way their attention gets diverted from the bad company and the children are saved from the bad habits like drug addiction.

**6. Organizing Seminars :**

Today, it is highly needed that schools and colleges should organize seminars to make them aware of the harmful

effects of narcotics. Experts should be invited in there Seminars to erected awareness. These seminars serve to sensitize the students about the drugs so that they stay away from narcotics.

**7. Friendly attitude:**

Parents and teachers should have friendly and sympathetic attitude towards the children so that they can share their problems and feelings with them. In this way the child remains away from the bad habits of drug addiction.

**EXERCISE**

**Answer the following questions**

1. What is the effect of the use of narcotics?
2. What are the reasons of the increasing trends of drug addiction?
3. What are the harmful effects of narcotics?
4. What are the measures to get rid of drug addiction?