

Class X - Health and Physical Education

Safety Measures for Healthy Living

CBSE NOTES

Safety Measures for Healthy Living - Quick Look Revision Guide

*Your 1-page summary of the most exam-relevant takeaways from Health and Physical
Education.*



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Key Points

1. Define First Aid.

First Aid is the immediate and temporary care given to an injured or sick person before professional medical help is available. It aims to reduce suffering, prevent further injury, and preserve life.

2. Priorities of First Aid: ABC.

ABC stands for Airway, Breathing, and Circulation. Ensure the airway is clear, check for breathing, and maintain circulation through chest compressions if necessary.

3. CPR: Cardio Pulmonary Resuscitation.

CPR is a life-saving technique used when someone's heart or breathing has stopped. It involves chest compressions and artificial breaths to maintain blood flow and oxygenation.

4. Safety measures while working with machines.

Avoid loose clothes, wash hands to remove grease, concentrate on work, switch off machines when not in use, and avoid touching moving parts to prevent accidents.

5. Handling insecticides safely.

Keep insecticides away from children, read instructions before use, avoid frequent sprays, and wash affected areas immediately if exposed.

6. Precautions with electricity.

Use MCBs, avoid touching switches with wet hands, wear rubber slippers, and service gadgets regularly to prevent electric shocks.

7. Types of pesticides.

Include insecticides, larvicides, herbicides, fungicides, bactericides, and rodenticides, each targeting specific pests.

8. Medicines and their effects.

Medicines can be analgesics, antibiotics, lotions, supplements, etc., each serving different purposes like pain relief, infection control, or nutrient supplementation.

9. Precautions while taking medicines.

Always follow doctor's prescriptions, check expiry dates, avoid self-medication, and store medicines properly to prevent adverse effects.

10. Define substance abuse.

Substance abuse is the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs, leading to addiction and health issues.

11. Commonly abused substances.

Include tobacco, alcohol, marijuana, opium, solvents, and anabolic steroids, each causing different levels of dependency and health risks.

12. Reasons for substance abuse in youth.

Peer pressure, curiosity, stress, family history, and lack of awareness are common reasons leading adolescents to substance abuse.

13. Short-term effects of substance abuse.

Include distorted senses, impaired judgment, and hangovers, affecting immediate physical and mental health.

14. Long-term effects of substance abuse.

Lead to chronic diseases, poor immunity, mental health issues, and can result in death due to overdose or organ damage.

15. Prevention of drug abuse.

Educate on risks, develop life skills, manage peer pressure, and engage in productive activities to avoid substance misuse.

16. Recovery position for unconscious person.

Place on side, extend one arm, bend the knee for stability, and ensure airway is open to prevent choking.

17. Importance of safety equipment.

Helmets, gloves, masks, etc., protect against injuries in workplaces and sports, minimizing accident risks.

18. Handling electric gadgets safely.

Use ISI-marked products, avoid overloading sockets, and keep gadgets away from water to prevent accidents.

19. Effects of substance abuse on society.

Leads to increased crime, family breakdowns, and economic burden, affecting community health and safety.

20. Role of family in preventing substance abuse.

Provide support, educate on risks, and monitor behavior to protect adolescents from substance misuse.

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