

Essential Questions

- What are basic first aid techniques and how do you properly treat injuries?

What is first aid?

Essential Standard

- 7.PCH.4 Analyze necessary steps to prevent and respond to unintentional injury.

Clarifying Standard

- 7.PCH.4.2 Demonstrate techniques for basic first aid and procedures for treating injuries and emergencies.

Statement of Objectives:

- *Emergency situations requiring you to act quickly can occur in seconds, without warning. Being prepared in order to provide the best possible care until medical help arrives is of great importance, and may even make a difference in saving someone's life! By the end of today's lesson, you will be able to demonstrate techniques for basic first aid and procedures for treating injuries and other emergencies.*

Focus:

- Display YES and NO signs on opposing areas of room prior to class.

Is it an Emergency?

- A person unconscious for any reason, who doesn't wake when shoulder is squeezed and name is shouted.
- A person's tooth is knocked out during a basketball game.
- Possible heart attack, which can be characterized by crushing chest pain, possibly leading to pain into the arms and jaw, that lasts more than five minutes.
- Difficulty breathing, especially if the person is unable to speak more than a few words, or has blue lips or mouth.
- Bleeding that doesn't stop with direct pressure on the bleeding area.
- Choking, especially if the person is unable to talk, cry or breathe.
- Severe headache that isn't of usual type, either with or without loss of function of an arm or leg.
- Motor vehicle accidents where you believe someone could be injured.
- Any suicide attempt.
- Severe pain after a fall or injury where the person is unable to stand, sit up or walk.
- Any known or suspected drug overdose or poisoning.

- When questioning whether you should call 9-1-1, go ahead and call.
- If you're unsure whether the victim has a serious problem or if he or she is in severe pain, then there's enough doubt in your mind to call for emergency help.
- Until help arrives, stay calm and reassure the victim.
- If the victim has not had a neck or back injury or a broken bone, reposition him to keep an open airway for breathing and protect him from further harm.



Review:

- In groups identify appropriate items belonging in a first aid kit.
- In order to administer effective first aid, it is important to maintain adequate supplies in each first aid kit.
- First aid kits can be purchased commercially already stocked with the necessary supplies, or one can be made.



What should be in a First Aid Kit

- First aid manual
- Emergency telephone numbers
- List of allergies and medications for each family member
- Antibiotic ointment
- Acetaminophen, ibuprofen and aspirin
- Adhesive bandages: available in assorted sizes for minor cuts, abrasions and puncture wounds
- Rolled gauze: these allow freedom of movement and are recommended for securing the dressing and/or pads. These are especially good for hard to bandage wounds.
- Nonstick sterile pads: these are soft, super absorbent pads that provide a good environment for wound healing. These are recommended for bleeding and draining wounds, burns, and infections.
- First aid tapes: these include adhesive, which is waterproof and extra strong for times when rigid strapping is needed and clear, which stretches with the body's movement, good for visible wounds.
- CPR barrier devices
- Plastic gloves-2 pairs
- Elastic wraps
- Antiseptic wipes
- Cold packs for icing injuries
- Thermometer, tweezers, small scissors
- Safety pins
- Flashlight and extra batteries
- Blanket or towel (stored nearby)

- *A well-stocked first-aid kit, kept within easy reach, is a necessity in every home.*
- *Having supplies gathered ahead of time will help you handle an emergency at a moment's notice.*
- *You should keep one first-aid kit in your home and one in each car.*
- *Also be sure to bring a first-aid kit on family vacations.*
- [What is in a First Aid Kit](#)
- [First Response: How to Use a First Aid Kit](#)



Basic Precautions about Providing First Aid:

1. *Check the Scene*
 - a. *It's vital to check out the scene and make sure it's safe to provide first aid.*
 - b. *Otherwise, you may become another victim.*



2. Turn off any electrical power if someone has been electrically shocked, and look for other hazards, such as downed power lines, smoke, or dangerous swimming conditions in a near-drowning emergency.



3. *Coming into contact with another person's blood or other bodily fluid may increase your risk of infectious disease.*
4. *Research shows the actual risk of disease transmission from providing first aid is very small.*
5. *Wear disposable gloves if available. If gloves are not available, create a barrier with a plastic bag or clean cloth.*



6. *Wash your hands thoroughly after you provide first aid.*



7. *Never move a victim unless you have no other choice.*
8. *Be especially cautious if you suspect a head, neck, or back injury.*



United Streaming

- [American Red Cross Emergency Test](#)

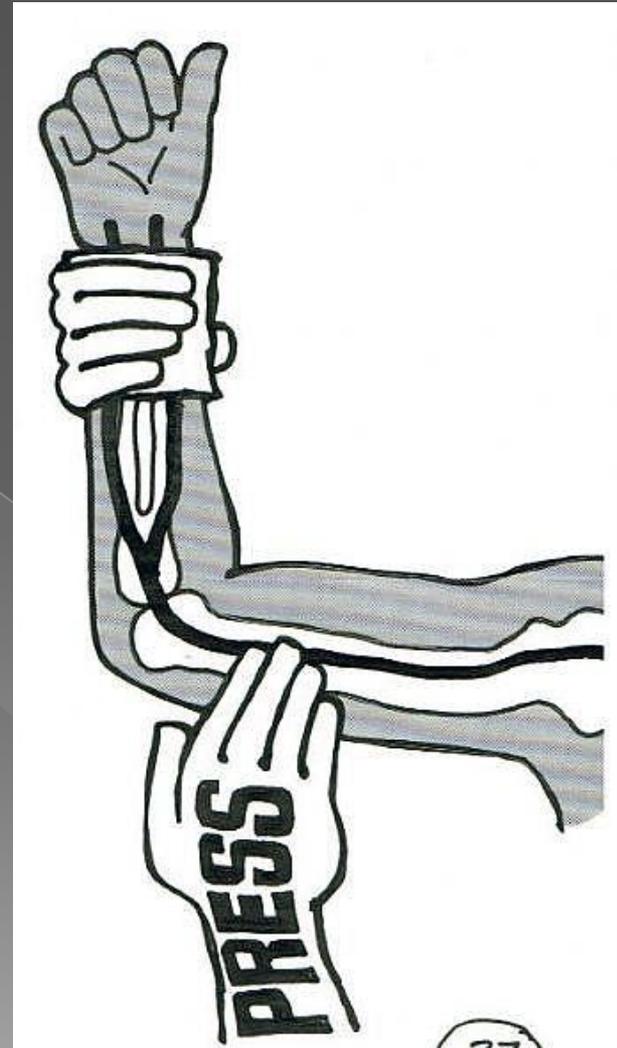
**In Times of Emergency, How
Effective Are You?**



1. What should you do to control bleeding from a wound?

- A. Apply pressure directly over the wound
- B. Run cold water over the wound
- C. Apply a tourniquet

● [First Response: Bleeding and Soft Tissue Injuries](#)



2. The best place to check a child or adult's pulse in an emergency is at the:

- A. Upper arm
- B. Neck
- C. Wrist
- D. Thigh



3. What is a sign that a person has experienced a stroke?

- A. Slurred speech or trouble speaking
- B. Weakness or numbness in one arm
- C. Weakness on one side of the face
- D. All these are signs a stroke has occurred.

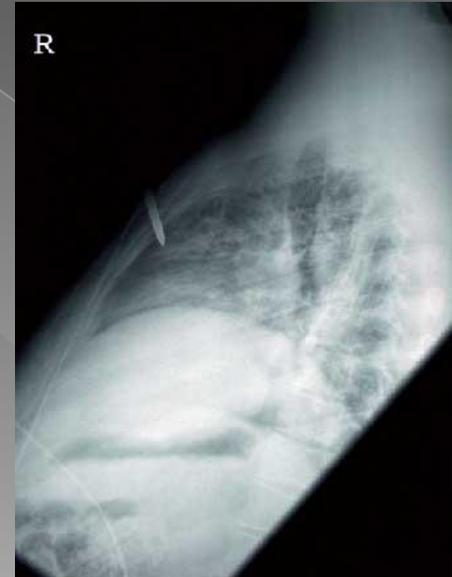
● Answer: D

● [Warning Signals & Treatment of a Stroke](#)

4. After an accident, there is no sign of blood. The victim has cold, moist skin and feels pain and tenderness in the abdomen. The victim probably is experiencing:

- A. A stroke
- B. An infection
- C. An internal injury
- D. Cardiac arrest

Answer: Internal injury



If you find a tick on your body:

- A. Remove with tweezers as close to skin as possible
- B. Burn tick off with a match or lit cigarette
- C. Coat tick with petroleum jelly or nail polish



Proper first aid for a first degree burn is:

- A. Cold water
- B. Butter or margarine
- C. Application of ice directly on the burn

> [First Aid for Burns](#)



What kinds of wounds should be washed?

- A. All wounds
- B. No wounds
- C. Only small wounds
- D. Only large, dirty wounds

- Answer:
 - > C. Only small wounds

If a compress becomes soaked with blood:

- A. Replace the first compress with a new one
- B. Use your bare hand instead of a compress
- C. Remove the compress and squeeze a pressure point
- D. Add a new compress on top of the first one

● Answer:

- > D. Add a new compress on top of the first one

In preventing shock, which is correct?

- A. Keep the victim as warm as possible
- B. Keep the victim as cool as possible
- C. Maintain a normal body temperature

● Answer:

- > C. Maintain a normal body temperature

● [First Aid for Shock](#)

After you have checked the scene and determined that there has been a poisoning, what is the next step for a conscious victim?

- A. Call the National Poison Control Center (800-222-1222) or 911. **
- B. Give water to drink
- C. Give milk to drink
- D. Cause victim to vomit



Score 10 points for each correct answer.

90 - 100: Excellent! Your answers show you're prepared to handle most common home emergencies.

70-80: Good! But, there's room for improvement. Glad you are in class!

60 or below: Today is a great day for you to learn valuable skills for handling emergencies and injuries!

Closure:

- Today we learned the beginning steps to understanding first aid. We will continue to learn the steps and processes.