

## First Aid

### Learning Objectives

- I can analyze why people choose to follow or not follow safety rules at school. (5.1k)
- I can examine one's role and the role of others in causing or preventing injuries at school. (5.2 k)
- I can promote safety procedures school wide. (5.3k)

### Teacher Notes

- Vocabulary
  - First Aid - Help given to a sick or injured person until full medical treatment is available.
  - Injury - Damage to a person's physical appearance or feelings
  - Procedure - A way of doing something
  - Antiseptic Ointment - A substance applied to the body to reduce possibility of infection or swelling
  - CPR (Cardiopulmonary Resuscitation) - Mouth to mouth resuscitation and chest compressions
- Students need to be able to know what to do in case of an emergency
- Find out what students know about first aid.

### Lesson Steps: Video Outline

#### [First Aid Video](#)

#### *Step 1 Introduction*

- What is in a first aid kit? (Bandages, gauze, cold pack, scissors, rubber gloves, burn cream, and more.)
- What is the procedure of a minor cut? (Put on gloves, clean the injury with water, put antiseptic ointment on the cut, bandage the cut.)
- If the injury is major, what should you do? (Remain calm and call 911. Don't leave them unattended.)

#### *Step 2 Activity*

- It is important to stay calm and remaining aware of the situation
- In this activity, what we are going to do is focus on some breathing exercises to focus on remaining calm in stressful situations



- Next we are going to jump forward if you think the item should belong in a first aid kit and jump backwards if the item doesn't belong in a first aid kit.

### *Step 3 Closure*

- Why is it important to apply antiseptic ointment to a cut?
- What items should be found in every first aid kit?

### **Assessments**

- Pre-Assessment should be an informal chat on what students already know about first aid.
- Post-Assessment can be a checklist of what should belong in a first aid kit.

### **Extensions/Connections/Applications**

- Modify the lesson by focusing on just what is in a first aid kit and what to do in situations with minor injuries.
- Extend the lesson by adding a CPR component and how to deal with situations with major injuries.