

Grade 5

Health Objective 2.07

Correctly apply basic first aid for common conditions.

Language Arts 4.07

Compose a variety of fiction, nonfiction, poetry, and drama using self-selected topic and format (e.g., poetry, research reports, news articles, letters to the editor, business letters).

Materials Needed:

Appendix 1 - Rules for and emergency cards

Red washable marker

First aid cream

Band aid

Washcloth

Ice pack

Telephone

First aid kit

- first-aid manual
- sterile gauze
- adhesive tape
- adhesive bandages in several sizes
- elastic bandage
- antiseptic wipes
- soap
- antibiotic cream (triple-antibiotic ointment)
- antiseptic solution (like hydrogen peroxide)
- hydrocortisone cream (1%)
- acetaminophen and ibuprofen
- extra prescription medications (if the family is going on vacation)
- tweezers
- sharp scissors
- safety pins
- disposable instant cold packs
- calamine lotion
- alcohol wipes or ethyl alcohol
- thermometer
- plastic gloves (at least 2 pairs)
- flashlight and extra batteries
- mouthpiece for administering CPR (can be obtained from your local Red Cross)
- your list of emergency phone numbers
- blanket (stored nearby)

Focus

Show students the first aid kit or have all first aid kit items in a grab bag. One at a time ask students to come to the front of the class and select an item from the bag. Brainstorm for what types of emergencies that item might be used. After discussing all items and their possible usages, explain the importance of a first aid kit at school and at home.

Teacher Input:

Home accidents cause approximately 21,000 deaths each year and result in injuries to millions of people. Nearly one-third of all fatal accidents in the nation occur in or around the home (National Safety Council).

While much emphasis has been placed on emergency preparedness for natural disasters and bioterrorism, accidents are the leading cause of death among children of school age and are one the leading causes of disability in children. It is important that we provide students with the skills necessary to handle common emergency conditions.

Practice & Assessment:

Cuts and scrapes:

Ask students

- *Have you ever had a cut or scrape that was bleeding?*
- *Do you know what to do to stop the bleeding, if it is a minor scrape?*

Explain that the goal of first aid for bleeding is to stop the bleeding as soon as possible. For small cuts and scrapes with little bleeding, wash the wound with soap and warm water, apply first-aid cream and cover with a Band-Aid.

- *If the bleeding will not stop or is gushing, what should you do?*

If bleeding is severe, children should call for help. A serious cut should not be washed or cream applied, but should be wrapped in a clean cloth and pressure applied to the wound. Do not remove the cloth to see if the bleeding has stopped; this could make the bleeding start again. Make sure you call an adult or call 9-1-1.

Divide the students into pairs. Using the red washable marker, draw a small cut on one child's arm. Draw a large cut on the other child's arm. Demonstrate the proper procedure of each type of cut (The small cut: wash the cut to remove germs. Apply first-aid cream and cover with a Band-Aid. The large cut: cover with a clean cloth; apply pressure, call for help) Give students time to practice by giving each child:

- A "Wet-One" wipe to wash the small cut
- A small tube of first-aid cream
- A Band-Aid
- A clean washcloth

Nosebleeds:

Ask the students

- *Have you ever had a nosebleed?*
- *How do you stop a nosebleed?*

If a child has a nosebleed, they should sit quietly and pinch their nose for ten minutes. They should not lie down and should not blow their nose.

- *If the nosebleed does not stop in ten minutes, what should you do?*

You should call for help if the nosebleed has not stopped in ten minutes.

Ask each child to practice pinching his/her nose for a few minutes.

Ask the children:

- *Have you ever had a burn?*
- *How did you get burnt?* (Have children give a couple of different stories on how they got burnt.)

Divide children into pairs. Using the red washable marker put a small (1”) circle on one child’s arm and a large (2”) circle on the other child’s arm. Demonstrate the proper first-aid procedure for both “burns”. Give students time to practice these procedures.

Caring for a small burn:

- Place under cold water for a few minutes.
- Put first-aid cream on the burn.
- Cover with a Band-Aid.
- Put ice pack on Band-Aid.

Caring for a large burn:

- Cover with a clean cloth
- Call for help.

After each student has practiced the previous skills ask the following questions for review.

Review questions:

1. What is the difference between an emergency and a non-emergency?
2. Who should you call in an emergency?
3. How do you handle a small cut?
4. If the cut does not stop bleeding, what should you do?
5. What should you do if you have a small burn?
6. If the burn is very large what should you do?
7. Have the children recite the three rules:
 1. REMAIN CALM
 2. EMERGENCY! CALL FOR HELP!
 3. GIVE FIRST-AID!

Finally, ask students to write a creative essay/poem/story that incorporates the skills and/or directions for basic first aid procedures. Their essay must include at least one skill and four items that could be found in a first aid kit.

Give

First-Aid

Emergency!

Call For Help!

**Remain
Calm**