



FIRST AID HELPER WORKSHEET

What is FIRST AID?

In what circumstances (mentioned during the presentation) can we help by doing first aid?

Requirement # 1

Demonstrate how to treat an abrasion or cut
Add photo(s) below:



What are the dangers of a dirty dressing on wounds? _____

Requirement # 2

Describe how to care for a nosebleed?

Requirement # 3

Identify and make a display of different types of bandages. Add photos below:

Requirement # 4

Make a simple first-aid kit and learn the uses of the items.

_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____

Requirement # 5

Sterilize one of the following:

tweezers

needle

scissors

Why is the importance of each one in your first aid kit?

Tweezers _____

Scissors _____

Needle _____

Requirement # 6

Watch a virtual tour of an Emergency room and learn about what some of the emergencies they care for. Write notes below:

Requirement # 7

Play hospital and practise your skills on the above emergencies. Add photos.

Requirement # 8

Describe and draw the FIRST AID symbol

Requirement # 9

Name a time when Jesus gave first aid to someone who was bleeding.

Name:-

Club:-

Date completed:-

Signed (staff)