



FIRST AID HELPER

Adventurer Award



Who is Joy?

Tell us about you!



Insert requirements



What is FIRST AID?



- Emergency or immediate care given to an injured person.
- First or immediate assistance given to a person with either minor or serious injury – this is done with care to help prevent the condition from worsening.
- An action carried out before the professional medical team is available.

Who can give First Aid?

- Some people will have special training in order to provide first aid at public or private events or at places where people gather
- Anyone at home with an understanding of how to do basic or simple first aid.
Today, we will learn how to be a FIRST AID HELPER

Physical conditions where FIRST AID is applied

Fracture (broken bones)

Cramps

Choking

Wounds, cuts and
bleeding

and many more



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Why is it important to know about FIRST AID?

- Young children as always are active and always excited to explore

by Running



Jumping



Climbing



Hopping or Skipping



It is very important for children to know simple first aid to help them understand what Mummy or Daddy or an adult (maybe a teacher) would do if a child or someone else sustains a small wound or scratch.

It will help you not to be scared at all when accidents happen, but remember your training, so you can think clearly and be of help.



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Requirement # 1

Demonstrate how to treat an abrasion or cut and describe the dangers of a dirty dressing.



Step # 1

Clean the cut or wound
with running water.



Step # 2

Apply antiseptic



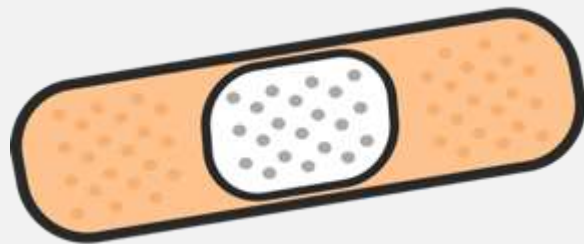
What is an antiseptic? What it is for?

Antiseptic is used to clean a wound or cut. This is usually alcohol-based, e.g. hand sanitiser

This is used to prevent the growth of bacteria or germs which make the wound heal slowly or even become infected

Step # 3

Apply a Bandage



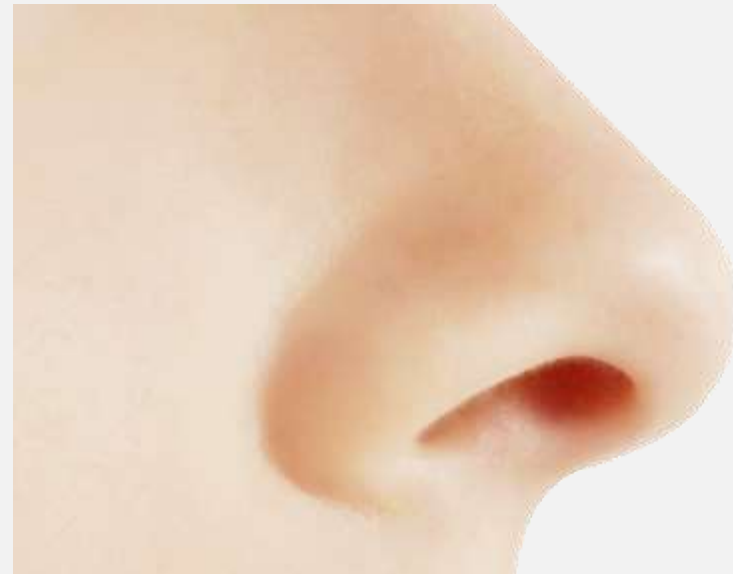
Requirement # 2

Describe how to care
for a nosebleed



What are the causes of nosebleed?

- ❖ Dry air – from indoor heating or rapid changes in temperature
- ❖ Scratching or picking your nose
- ❖ Trauma or physical injury
- ❖ Colds or sinus infection.
- ❖ Blowing your nose too hard



Nosebleeds happen to most children

Who has had a nosebleed in the past?

What did you do?



How to care for a nosebleed?

Treating Nosebleeds

British Red Cross video for reference (please watch later after e-Club is finished)

<https://youtu.be/K4KWO0FnwGc>

STEPS to follow to care for a nosebleed.

- Sit down
- Lean forward (don't lie down)
- Pinch your nose just above your nostrils or for children apply pressure on the side that is bleeding (for about 10-15 mins)
- Breathe through your mouth
- Apply an ice pack (or a bag of frozen peas wrapped in a towel) to the top of the nose



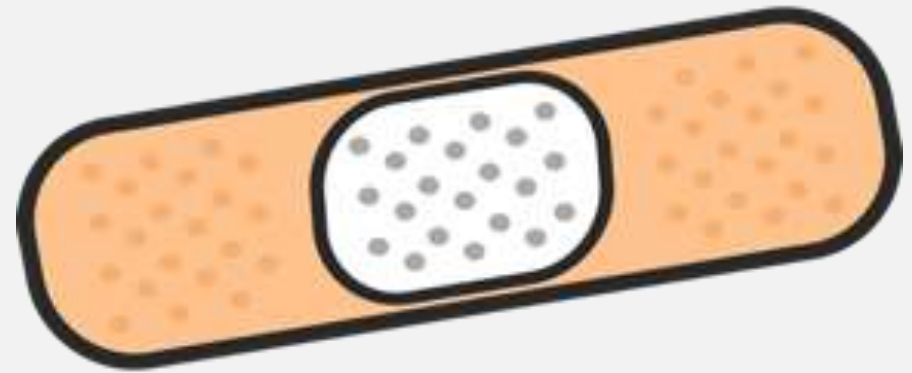
Requirement # 3

*Identify and make a display
of different types of
bandages*



What is a bandage?

A bandage is a strip of woven material use to bind up a wound or to protect an injured part of the body.



What are bandages for?

To hold a dressing in place

To apply pressure to a part of the body – especially when there is active bleeding or bleeding that doesn't stop straight away

To cover or bind up a wound



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Types of bandages



Roller bandage



Tubular bandage



Adhesive bandage



Triangular bandage

How to apply different bandages



How to apply different bandages – Adhesive



How to apply different bandage – Roller Bandage



How to apply different bandage – Roller Bandage



How to apply different bandage – tubular bandage



Requirement # 4

Make a simple first-aid kit and learn the uses of each item

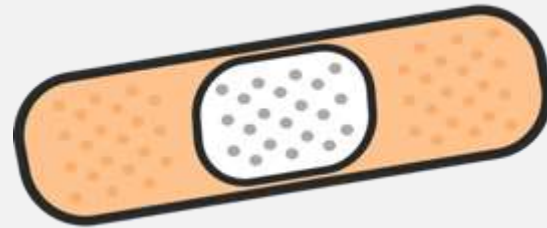


FIRST AID KIT



What's inside my FIRST AID KIT

- Adhesive bandages



- Roller bandages



- Gauze pads



disinfectant



- Needle

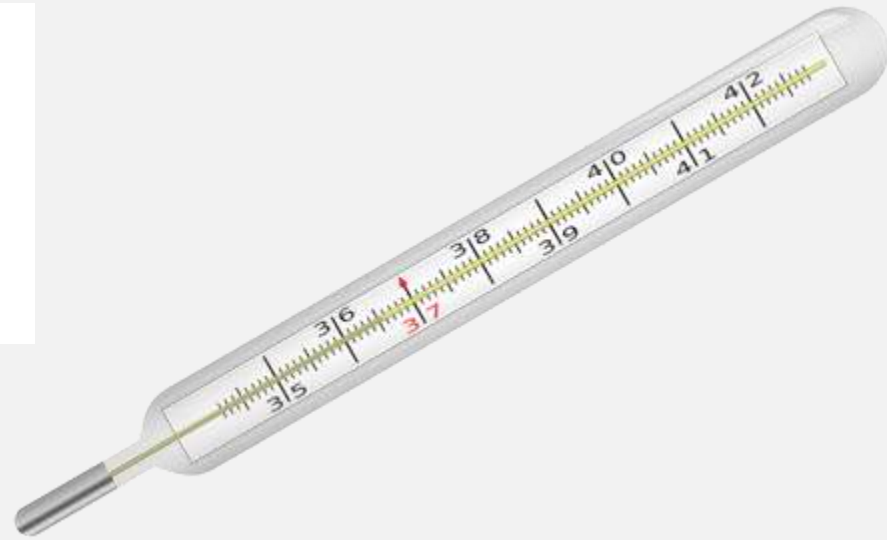


Scissors



tweezers

thermometer



Requirement # 5

Sterilize one of the following:
thermometer, tweezers, needle

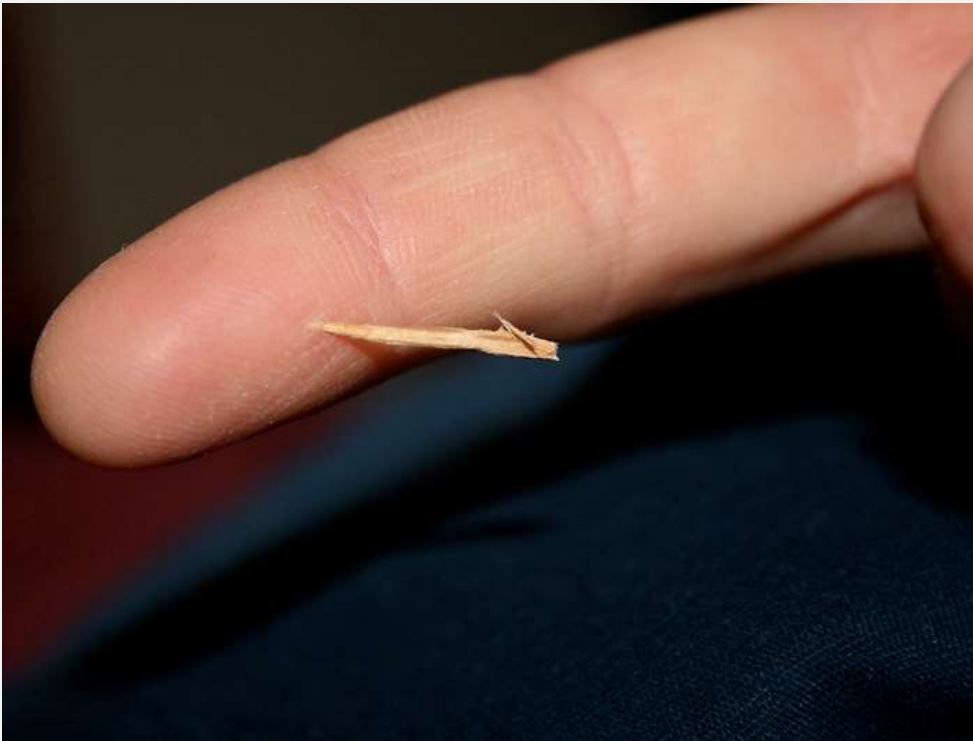
How to sterilize and tell why this is
an important item to have in your
first-aid kit.



- How to sterilize TWEEZERS and tell why this is an important item to have in your first-aid kit.



What are tweezers? - a small tool used for picking up objects too small to be easily handled with human hands



- Tweezers are used to pick out:
- splinters
- slivers of glass
- tiny objects that gets under your skin

What is sterilising?

- It is a way of making something or an instrument clean; making it free from bacteria or germs.

How do you sterilize something?

- Wash with soap and water, then sterilize with alcohol/alcohol wipe. Let it air dry.

Requirement # 6

Visit an emergency-care facility to learn about some of the emergencies they can care for.



What to expect in an emergency room

[What To Expect in the Emergency Department | Cincinnati Children's](#)

What does an emergency room look like?

(A&E) Accident and
Emergency Room tour

Requirement # 7

Play “hospital” and practise your skills on the above.



-
- Can you give some ideas & pictures

Requirement # 8

Describe and draw the first aid symbol





What is the purpose of a first aid sign?

These **signs** provide important information to people responding to an emergency:

- it can show where the first aid kit is
- help you understand where you can get supplies to use in an emergency
- the sign can also show where a First Aider is located

Requirement # 9

Name a time when Jesus gave first aid to someone what was bleeding badly



Matthew 26:51

- And suddenly, one of those who were with Jesus stretched out his hand and drew his sword, struck the servant of the high priest, and cut off his ear.

Jesus touched the ear of the man and healed him.



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Thank you and stay safe!

Thank you from you - add in your own words...