

First Aid

On the back of your flip chart: Checking a victim: Include the following: (pgs. 723-727)

- A. List and briefly describe the 7 steps in checking a victim.
- B. What is the universal distress signal?

First Aid Flip Chart

(pgs. 709-720)

Cover: Title your flip chart "First Aid Procedures" and draw a picture showing something about first aid.

Page 1: (Backside of cover): List 15 items that should be in a first aid kit.

Page 2: Explain what should be done for fainting, vomiting, and seizures. At the bottom of page 2, write, "First Aid Kits/Illnesses".

Page 3: Define: *1st degree burn, 2nd degree burn, and 3rd degree burn*. Identify the steps to be taken in caring for 1st, 2nd, and 3rd degree burns.

Page 4: Identify the steps in caring for electrical burns and chemical burns. At the bottom of page 4 write, "Burns".

Page 5: Define: *Sprain, strain, dislocation, and fracture*. Identify the steps in caring for a fracture and dislocation.

Page 6: Identify the proper treatment and care for a sprain and strain. Include the "RICE treatment". At the bottom of page 6 write, "Muscle, Bone, and Joint Injuries".

Page 7: Define: *Frostbite and Hypothermia*. List the treatment for frostbite and hypothermia.

Page 8: Define: *Heat cramps, Heat exhaustion, and Heat stroke*. List the proper steps to take in treating heat cramps, heat exhaustion, and heat stroke. At the bottom of page 8 write, "Temperature Related Illness."

(pgs. 733-748)

Page 9: Define: *Rescue breathing*. List what to do if YOU are choking.

Page 10: Briefly identify the steps to help an adult, child, and infant if they are choking. At the bottom of page 10 write, "Choking".

Page 11: Define: *Shock*. List what to do if you need to treat someone for shock.

Page 12: Define: *Bruise, Incision, Laceration, Abrasion, Avulsion, and Puncture*. Identify how to care for a bruise and incision. At the bottom of page 12 write, "Shock/Wounds."

Page 13: Identify how to care for abrasion, avulsions, and punctures.

Page 14: List signs of infection and how to treat an infection. At the bottom of page 14 write, "Wounds, Continued".

Page 15: List warning signs of poisoning and first aid for poisoning. Write the "Poison Control Center" number on this page where it is easy to find. **1-800-764-7661**

Page 16: Identify what to do for insect stings, spider bites, and tick bites. At the bottom of page 16 write, "Poisoning".