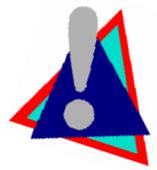


# *First Aid*



## Teacher's Notes

The following worksheet has been developed to complement the activities carried out at the Lifeskills Centre. However, it can easily be adapted to suit a wider range of abilities.

Below are some examples of other possible activities:-

- Ask the children to create their own quiz relating to the subject e.g. create crosswords, word-searches etc.
- Ask the children to write a short story or draw pictures/comic strips of each scenario.
- Encourage the children to think about their answers by getting them to act out the scenarios described in the activity.

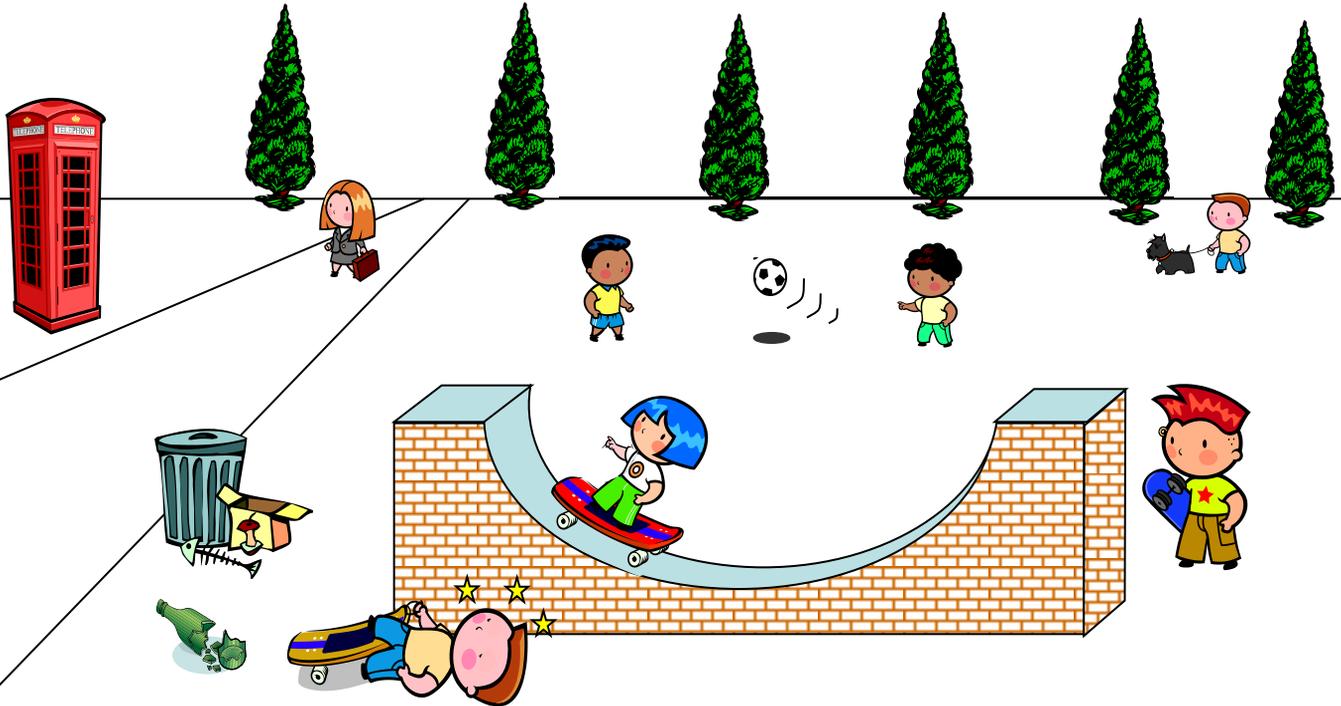


# First Aid



Would you know what to do if you came across a situation like this? Look at the picture closely and answer the questions below to find out how you could help.

## Danger Response Airway Breathing



1. Are there any dangers you need to be aware of before helping this person?

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2. You will need to check if the person can respond to you by talking to them and tapping them on the shoulder. This will tell you if they are un \_\_\_\_\_.

3. By tilting the persons head back and lifting their chin you can open up their \_\_\_\_\_. This will help them to breathe.

4. How could you check that they are breathing?

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5. Next, you will need to dial 999 from the nearest phone and ask for an \_\_\_\_\_.

6. If you don't have a mobile phone, how else could you call the Emergency Services?

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7. Who could you ask to help you if you were on your own?

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# *First Aid*



## Answers

1. People are still playing on the skateboard ramp. There is a broken glass bottle on the floor.
2. Conscious.
3. Airway.
4. Check that they are breathing by putting your cheek next to their mouth to feel their breath. You can also watch their chest and stomach for 10 seconds, to see if it is rising/falling.
5. Ambulance.
6. A phone box, ask a passer by if they can call on their mobile, knock on the door of a nearby house and ask them to make the phone call BUT don't go in.
7. A passer by or someone else in the park.