

## FIRST AID Box

### Objectives

Students will learn the following:

- > What is a first aid kit
  - > Importance of being prepared
  - > How to do the DRAB assessment
  - > Why and how to call 911
  - > Common ailments and treatments
  - > RICE rule for sprains or strains
  - > Hands-on activities (emergency role play, bandaging hand and head, arm sling, etc.)
  - > Global Feature & National Park Spotlight
  - > Empathy around disabilities
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### Materials

The materials included in the box are:

- > First Aid resource cards
  - > First aid kit
  - > Thermometer
  - > Elastic bandage
  - > Activity supplies (tongue depressors)
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### Discussion

You may want to use the following as a discussion guide with your child:

- > Why is it important to be prepared for an emergency?
  - > Why is it important to know your limitations and plan ahead?
  - > Why should your safety come first?
  - > What are some of the most important emergency number and contacts you should know?
  - > Why is trying to remain calm one of the most important things to do in an emergency?
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### Evaluation

Test your child's newfound knowledge with the following questions:

- > What is your local emergency number?
- > What are the four (4) parts of the DRAB assessment?
- > What is the normal body temperature for most people?
- > Think R.I.C.E. after sprains or strains. What does RICE stand for?
- > What is the difference between a burn and a skald?
- > It is important to practice your first aid skills, because practice makes \_\_\_\_\_ !

## Vocabulary\*

\*provided by the Merriam-Webster Dictionary

**Ailment** – A bodily disorder or chronic disease. CONTEXT: Knowing the signs of common ailments can help you properly treat them.

**Bandage** – A strip of fabric used especially to cover, dress, and bind up wounds. CONTEXT: A sling bandage is used to support an injured arm.

**Concussion** – A stunning, damaging, or shattering effect from a hard blow. CONTEXT: Falling and hitting your head may cause a concussion.

**Emergency** – An unforeseen combination of circumstances or the resulting state that calls for immediate action. CONTEXT: Different emergencies may call for different actions.

**Fever** – A rise of body temperature above the normal. CONTEXT: Fevers can be very dangerous if your temperature rises too high.

**Fracture** – The act or process of breaking or the state of being broken. CONTEXT: Fractures often need to be immobilized.

**Immobilize** – To prevent freedom of movement or effective use of. CONTEXT: Some injuries require that you immobilize the affected area so no further damage happens.

**Injury** – Hurt, damage, or loss sustained. CONTEXT: Most injuries are minor and are not an emergency.

**Treat** – To care for or deal with medically or surgically. CONTEXT: Your first aid kit will provide you a way to treat minor injuries.

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