

### Burns Page 11

#### Focus:

- Preventing and treating burns.

#### Worksheet information:

- Ask the students to recall the information about burns given by the St John trainer. Briefly discuss the different causes and preventions of these burns, and the way to treat all burns. Remind students that for casualties with sunburn, it's also important to get them out of the sun and give them cool water.
- Students read the table and complete it using the words inside.

#### Answers:

Teacher check

#### Additional activities:

- Decide what kind of burns are most likely to happen at school. Make a poster to put up around the school to promote knowledge of burn prevention in the school.
- Link this activity to an art lesson on cool and hot colours, or a technology lesson designing a device or idea to help prevent a certain kind of burn.

### External Bleeding Page 12

#### Focus:

- Treating external bleeds and nose bleeds.

#### Worksheet information:

- Review the ways to treat external bleeds and the reasons why.
- Discuss the way blood travels around the body and why it is important for blood to stay inside the body.

#### Answers:

1. gloves, bandage, dressing
- 2-3. Teacher check. Answers should include elevating the injury.
4. Corrections are that a casualty with a blood nose should not blow his or her nose, but

breathe through the mouth, sit up, squeeze below the hard part of the nose like a peg, and spit any blood out.

#### Additional activity:

- Play hospital tag: one person is 'it', the people they tag have to hold the part of their body that was tagged with their hand. For example, if they are tagged on their left shoulder, they need to hold that shoulder with their hand. If they are then tagged on the leg, they have to move around holding their leg as well. Once they have more than two injuries, they have to go to hospital (sit out).

### Using Your First Aid Skills Page 13

#### Focus:

- Reviewing and utilising general first aid information.

#### Worksheet information:

- Students need to reflect on the first aid training they have received to respond to the situation. Answers will vary but should contain the following information: After checking for any dangers and responding to them (e.g. turning off the burner), they should check for a response from the casualty lying down and then get another student to call 000 for an ambulance. If unconscious, he or she needs to have both airway and breathing checked and be put into the recovery position. The person with the cut should then have pressure applied and a bandage on the cut, and then the injury elevated.

The nosebleed casualty should sit up with pressure on the soft part of the nose. The casualty with the burn should have the burn cooled and covered.

#### Additional activity:

- Students could write questions of their own and hold a class quiz on the first aid they have learned.