

FIRST AID

Knowledge Attitude Practice After working through this lesson, participants will be able to

1. Give first aid for scrapes, cuts, and burns.
2. Give first aid for sprains and fractures.
3. Give first aid for nosebleeds and eye injuries.
4. Teach others about first aid.

Overview This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health teaching booklets on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.

More detailed information on first aid can be found in the first aid lessons for adults and children.

Materials *Collect these items before beginning the lesson:*

- Poster-size paper, markers, and masking tape
- Role Play
- Handouts:
 - *First aid for Chemicals in the Eye*
 - *First aid For Nosebleeds*
- *First Aid Picture Book*

LESSON

90 minutes

ROLE PLAY: (5 minutes)

1st: Mom! My nose is bleeding!

Mom: Here, put your head back.

1st: Okay. But it is still bleeding.

Mom: Put this nickel on your forehead.

1st: It still is bleeding!

Mom: I don't know what to do. What should I do?

Ask SHO Questions:

What did you See?

What was Happening?

Does this happen in Our place?

Basics of First Aid (60 minutes)

Instructions: Divide into five groups, and set up five stations around the room. In each station, one questions about how to do it, they can consult with a trainer, or refer to the Basics of First Aid sheet. After about ten minutes, the groups will rotate to a new station.

FIRST AID

A. Cuts and scrapes

1. Apply firm pressure to stop the bleeding.
2. You can press down with a bandage, or with a clean cloth, or even with your hand.
3. Keep pressing down until the bleeding stops.
4. Wash with clean water and soap.
5. Put on a clean bandage.
6. Check to see if they have had a tetanus vaccine.
7. Go to a health care provider for:
 - A large or deep wound
 - A wound that looks dirty or ragged
 - A puncture wound
 - If they need a tetanus booster.

B. Burns

1. Put the arm or leg in cold water until the pain is better.
2. Or run cold water over the burn
3. Do not break any blisters
4. Do not use any ointment, grease, butter, or powder.
5. You can use a plastic film like Saran wrap to cover the burn.
6. Seek medical care for a large or deep burn.

C. Sprains and fractures

1. Do not move anyone with a neck or back injury.
2. For a neck or back injury, keep the person in place, without moving, and call for medical help.
3. For other injuries, apply a splint so the area cannot move.
4. If the area is deformed (out of place), there is probably a fracture.
5. If you suspect a fracture or a bad sprain, get medical help.
6. Get medical help if there is much pain or swelling.
7. For a minor sprain or strain, raise the injured part
8. Cold (ice) compresses may be helpful.
9. Rest.
10. Use compression elastic (Ace) bandages for a few days.
11. Gradually increase your activity.

D. Eye injuries

1. For a foreign body in the eye, pull down the lid and try to remove the foreign body with a clean moist cotton swab.
2. For a painful eye due to a foreign body, scrape, or scratch, bandage the eye shut.
3. Then seek medical care.
4. For chemicals in the eye, flush the eye immediately with clean water.
5. Keep flushing the eye for 5-10 minutes without stopping.
6. Do not use drops or ointments.
7. Then seek medical care.

E. Nosebleeds

1. Squeeze the nose for 5-10 minutes.
2. Squeeze the soft part of the nose, outside of the nostrils.
3. Hold the pressure continuously for 5-10 minutes.
4. If you stop too soon, you may pull off the clot and the bleeding will start again.
5. You can sometimes prevent nosebleeds by applying an ointment such as Vaseline inside the nose and by keeping fingernails short

FIRST AID

Teaching Booklets (20 minutes)

- A. Divide into pairs. Practice teaching each other the *First Aid* teaching booklet.
 - 1. Practice teaching
- B. During the week, visit your friends and neighbors to teach about First Aid using the teaching booklet.
 - 1. Home visiting

References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

FIRST AID STARTER

Role play:

1st: Mom! My nose is bleeding!

Mom: Here, put your head back.

1st: Okay. But it is still bleeding.

Mom: Put this nickel on your forehead.

1st: It still is bleeding!

Mom: I don't know what to do. What should I do?

Role play:

1st: Mom! My nose is bleeding!

Mom: Here, put your head back.

1st: Okay. But it is still bleeding.

Mom: Put this nickel on your forehead.

1st: It still is bleeding!

Mom: I don't know what to do. What should I do?

FIRST AID

BASICS OF FIRST AID

Cuts and scrapes:

1. Apply firm pressure to stop the bleeding.
2. You can press down with a bandage, or with a clean cloth, or even with your hand.
3. Keep pressing down until the bleeding stops.
4. Wash with clean water and soap.
5. Put on a clean bandage.
6. Check to see if they have had a tetanus vaccine.
7. Go to a health care provider for:
 - o A large or deep wound
 - o A wound that looks dirty or ragged
 - o A puncture wound
 - o If they need a tetanus booster

Burns:

1. Put the arm or leg in cold water until the pain is better.
2. Or run cold water over the burn.
3. Do not break any blisters.
4. Do not use any ointment, grease, butter, or powder.
5. You can use a plastic film like Saran wrap to cover the burn.
6. Seek medical care for a large or deep burn.

Sprains and fractures:

1. Do not move anyone with a neck or back injury.
2. For a neck or back injury, keep the person in place, without moving, and call for medical help.
3. For other injuries, apply a splint so the area can not move.
4. If the area is deformed (out of place), there is probably a fracture (broken bone).
5. If you suspect a fracture or a bad sprain, get medical help.
6. Get medical help if there is much pain or swelling.
7. For a minor sprain or strain, raise the injured part.
8. Cold (ice) compresses may be helpful.
9. Rest
10. Use compression elastic (Ace) bandages for a few days.
11. Gradually increase your activity.

Eyes:

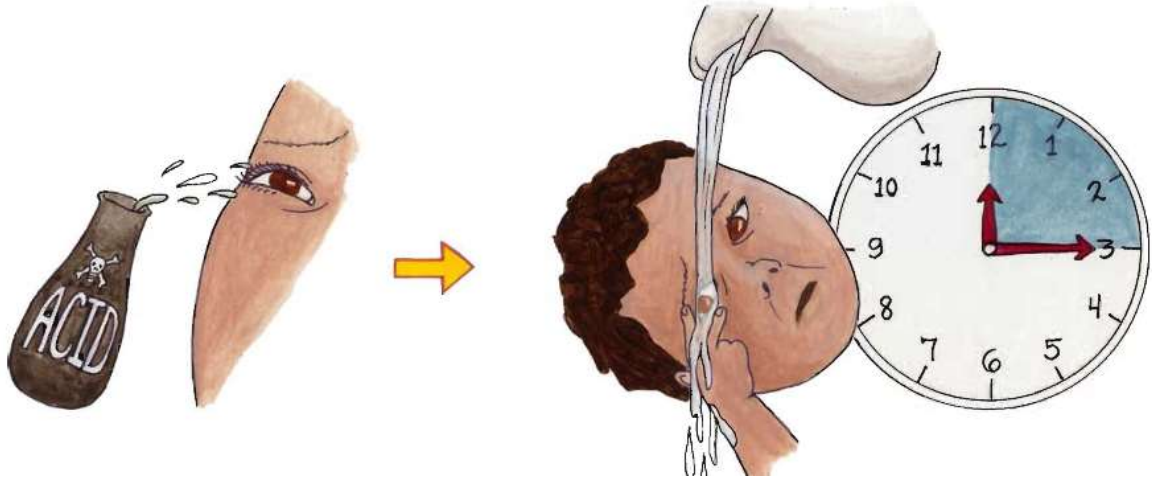
1. For a foreign body in the eye, pull down the lid and try to remove the foreign body with a clean moist cotton swab.
2. For a painful eye due to a foreign body, scrape, or scratch, bandage the eye shut.
3. Then seek medical care.
4. For chemicals in the eye, flush the eye immediately with clean water.
5. Keep flushing the eye for 5-10 minutes without stopping.
6. Do not use drops or ointments.
7. Then seek medical care.

Nosebleeds:

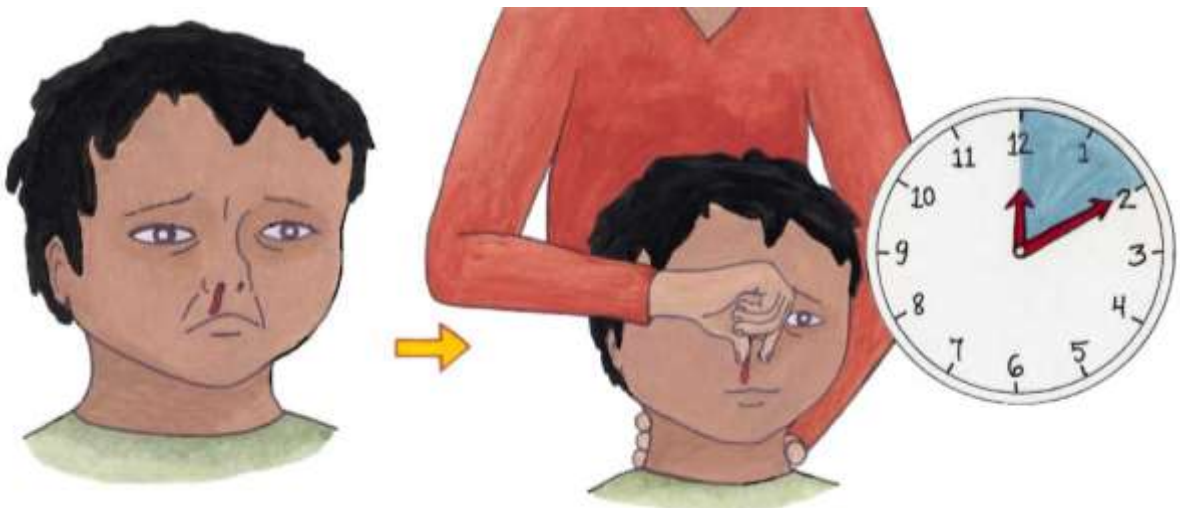
1. Squeeze the nose for 5-10 minutes.
2. Squeeze the soft part of the nose, outside of the nostrils.
3. Hold the pressure continuously for 5-10 minutes.
4. If you stop too soon, you may pull off the clot and the bleeding will start again.
5. You can sometimes prevent nosebleeds by applying an ointment such as Vaseline inside the nose to the front middle divider, and by keeping fingernails short.

FIRST AID

FIRST AID FOR CHEMICALS IN THE EYE



FIRST AID FOR NOSEBLEEDS



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>