

First Aid & Safety Basics

Name: _____ **Date:** _____

LEARNING OBJECTIVE

The student will build a basic first aid kit checklist and practice essential first aid response steps.

MATERIALS NEEDED

- paper
- pencil
- an existing first aid kit or household supplies to inspect (bandages, gauze, antiseptic, etc.)
- a small box or bag (optional, for organizing a kit)

HANDS-ON ACTIVITY

1. Research the essential items that should be in a basic home first aid kit (bandages, antiseptic wipes, gauze, tape, gloves, tweezers, thermometer).
2. Inspect your household's existing first aid supplies (or a first aid kit if you have one) and check off which essential items you already have.
3. Create a written checklist of any missing items your household should add to be fully prepared.
4. Practice (using a doll, stuffed animal, or willing family member as a 'patient') the correct steps for treating a minor cut/scrape: clean, apply antiseptic, cover with a bandage.
5. Write out the basic steps of what to do in a choking or severe bleeding emergency (from provided reference information), even though you won't practice these physically.

QUESTIONS

1. **List 4 essential items every home first aid kit should have.**

-
2. **What items were missing from your household's current first aid supplies?**

-
3. **List the correct steps for treating a minor cut or scrape in order.**
-

- 4. Why is it important for every household to know basic first aid rather than relying only on calling for emergency help?**
-