

Life Skills

First Aid

KS4

w.b. 1st June 2020

Adapted for



With thanks to



 **1**  (or  more)  with the  right  level of  challenge  about an  injury  you are  interested

 in  learning  more  about.

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Burns and scalds

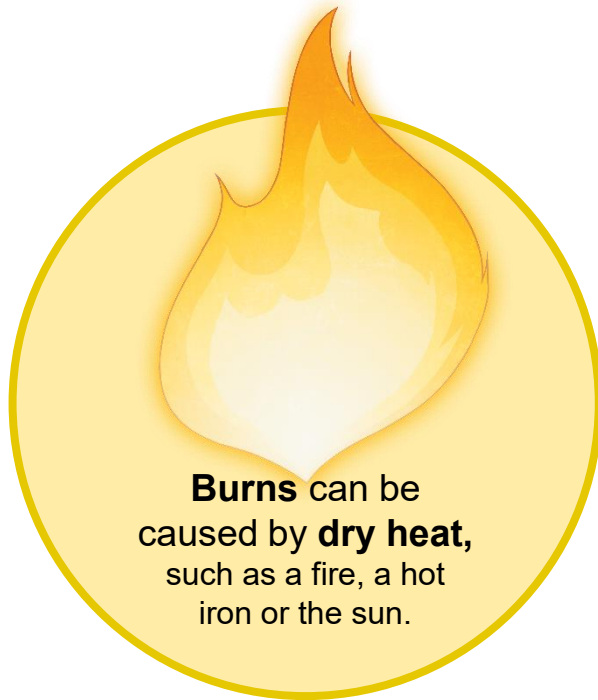
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Burns and scalds



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Burns and scalds

Discuss if these are burns or scalds. Answer page at the end of the presentation.

1. Michael was pouring himself a cup of coffee when his dog jumped up at him. Michael spilled water from the kettle down the front of his shirt.

2. It was a really hot day, the temperature reached 32°C but Cameron thought he'd be OK without sun cream. Cameron was in the sun for hours and his skin began to blister.

3. Esme was making dinner. As she drained the boiling water from the potatoes, she spilled it on her arm.

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Your turn: Treating burns and scalds

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HOW TO TREAT A BURN OR SCALD

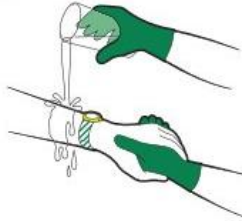
1. Move the person away from the heat.

2. Place the burn or scald under cold running water for a minimum of 10 minutes.

3. Remove jewellery and clothing around the area, unless stuck to the burn.

4. Cover the burn loosely, lengthways with kitchen film to prevent infection. Don't burst the blisters.

5. If it is serious call an ambulance.

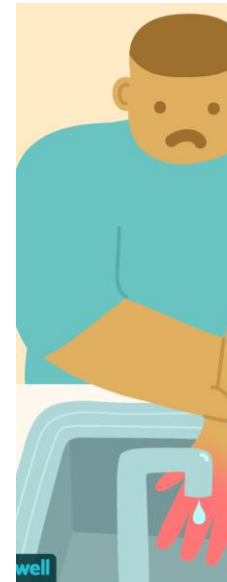


Burns and scalds

Design an eye-catching poster

There are lots of places in your home or school where people could be burnt or scalded if they are not careful enough.

Design an eye-catching poster to display in these areas which tells others what to do if they burn or scald themselves.

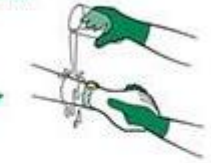


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Learn first aid.

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sja.org.uk

More life saving techniques and videos can be found on our website.

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Cuts and grazes

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Cuts and grazes



What is a cut?

A cut is when the skin is fully broken.



What is a graze?

A graze is when only the top layers of skin are scraped off.

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Cuts and grazes

What to do

1. Clean the wound by rinsing it under running water or using sterile wipes.



2. Pat the wound dry using a gauze swab and cover it with sterile gauze. If you don't have these, use a clean, non-fluffy cloth, like a tea towel.



3. For a cut, raise and support the injured part above the level of the heart. Avoid touching the wound.



4. Clean around the wound with soap and water. Make sure you are wiping away from the wound, using a clean swab for each stroke. Pat dry.



5. Remove the cloth or gauze covering the wound and apply a sterile dressing or a large plaster.



Cuts and grazes

1. Why do you think it is a good idea to avoid touching the wound?
2. Why should you raise the place that is cut above the heart?
3. Why do you think putting pressure on the wound with a sterile dressing helps?

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Stings







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
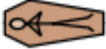






Stings

 +   have a  at  the end 

 of their  bodies. A  poison sac is at  the end  of

 the  sting  once  and  then

 they  die. A  wasp  can  sting  many times.

Bumblebee








Wasp













Honey bee



 Where is the  sting  on the  bee  and the

 wasp?

 How  can  you  tell  the  difference  between

 a bee  and  a wasp?

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Stings

Answer and discuss the following:

1. Name 5 things that could sting you
2. Describe what it might feel like to be stung
3. What might it look like when you have been stung?



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Your turn: Treating stings

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1. Reassure the casualty

- Help them to sit or lie down



2. Remove the sting

- If a sting is visible, brush or scrape it sideways with the edge of a card or your fingernail

3. Raise affected area

- Apply a cold compress to minimise swelling

4. Keep cold compress in place for at least 10 minutes.

- Monitor vital signs and watch for signs of an allergic reaction e.g. wheezing and/or itchy, swollen, red skin









5. Call 999 or 112









- If casualty shows signs of severe allergic reaction
- **Remember:** Your casualty could become unresponsive. Be prepared to perform CPR. We will be learning about this when we return to school.











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Explain to someone at home...

 What  would  you  do  if  you  were  stung?

 What  would  you  do  if  you  cut  yourself?

 What  would  you  do  if  you  burnt  yourself?

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Answer page

Burns and Scalds

- 1 and 3 are likely to be scalds
- 2 likely to be a burn

Cuts

1. If you touch the wound, your hands might be dirty and it could introduce infection
2. This helps slow the flow of blood
3. This will help stop the bleeding

Stings

1. Suggestions – Wasps, Mosquitos, Jellyfish, Scorpion, Bumblebee
2. Feel scared and upset, painful in the area
3. It may look red, swollen.