

FIRST AID

Lesson

You never know what is going to happen even a minute from now. Someone may be in need of your help and knowing basic first aid skills can possibly save your life, the lives of your loved ones, or anyone for that matter. Basic first aid is taught at schools, fire departments, hospitals, and other community organizations. It is valuable to know infant CPR, adult CPR, and the Heimlich maneuver. It would be wise of you to take advantage of these classes so you can be prepared when a crisis does happen. Along with first aid classes, it is important to know the different ways of childproofing your home to prevent accidents. Such things may include using electrical outlet covers, installing cabinet locks, using stair gates, and keeping household cleaners, chemicals and medicines completely out of reach and always storing them in their original container. It is very important to be aware of the things that go along with first aid and safety. Along with learning different first aid procedures, from a trained professional, it is also worthwhile to have a high-quality first aid kit in your home and in your car. The Red Cross suggests that these things be in your first aid kit:



Lesson Continued

- Tongue blades
- Tweezers
- Thermometer
- Ace bandage
- Insect bite kit
- Adhesive tape
- Cotton balls
- Poison First Aid Kit with syrup of Ipecac and charcoal
- Sterile first aid dressings in sealed envelope
- Roller bandage 1" x 5 yds. (for finger)
- Roller bandage 2" x 5 yds. to hold dressings in place
- 70 percent isopropyl alcohol and tincture green soap in a covered container for cleaning
- Ice packs (chemical ice bags) to use to reduce swelling
- Bandage scissors
- Eye wash solution
- Safety pins
- "Band-aids"
- Waterless hand wash
- Several pairs of disposable gloves
- Triangular bandages for a sling

Snack Time

"Ants on a log": Spread any type of nut butter onto celery sticks, and dot with raisins or seeds.



Activity & Games

After you have taken a course in first aid, remember to practice the procedures you have been taught so you will be able to stay calm and feel prepared in an emergency. It will be educational and fun to practice on a doll with your child watching.

Reading Time

- Consumer Reports Guide to Childproofing & Safety: Tips to Protect your Baby and Child from Injury at Home and on the Go, by Jamie Schaefer-Wilson
- Safety, by Liz Gogerly
- American Red Cross First Aid and Safety Handbook, by American Red Cross

