

Activity 36

First Aid for Burns

Burns most often result from exposure to flames, hot surfaces, and hot liquids. Knowing how to treat burns is a necessary skill for caregivers and adults. First-aid procedures vary, depending on the severity of the burn.

Directions: Read the information about burns and then respond to the questions or statements that follow.

Type of Burn	Description	Treatment
First Degree	Affects first layer of skin only. Skin is red, hot, and painful.	Apply a cool compress, or hold the burn under cool water. Cover the burn loosely with a sterile bandage.
Second Degree	Affects first and second layers of skin. Skin is red, hot, blistered, and painful.	If the burn is no larger than 2-3 in. (5-7.5 cm), treat it as a first-degree burn. For larger burns, or for burns involving hands, feet, face, or any other sensitive area, cover the area with a cool, moist, sterile bandage or clean cloth and get medical help immediately.
Third Degree	Affects all layers of skin and possibly fat, muscle, and bone. Burned area is black or white. Person may feel little pain.	Call for medical help. Do not remove burned clothing. Cover the area of the burn with a cool, moist, sterile bandage or clean cloth. Keep the victim still. Treat the victim for shock if necessary.

1. What clues will help you know immediately whether a burn is minor or extremely serious?

2. What situations call for immediate medical attention? _____

3. First aid for a severe burn may require treatment for shock. Use print and online resources to research the warning signals of shock and how to help shock victims. Write a summary of your findings on a separate sheet of paper.

Activity 37

Kitchen Safety Practices

The five most common types of kitchen accidents are falls, burns, fires, cuts, and electric shocks. Encouraging family members to follow kitchen safety guidelines will help prevent such accidents.

Directions:

1. With your teacher's permission, work in groups of five and assign one of the five types of kitchen accidents to each member of the group.
2. Meet as a group and discuss the safety precautions related to each kind of accident. Each person should make notes related to his or her category.
3. Each person should then write a list of do's and don'ts for his or her assigned accident type.
4. When the lists are finished, work together to create a master list, covering all five categories. Decide on a format for your list. You might use the format shown below, or design one that the group prefers. Assign one person to create and print out the final list.

Accident Type	Do	Don't
To prevent falls	clean up spills immediately	stand on a chair to reach items on high shelves
To prevent burns		
To prevent fires		
To prevent cuts		
To prevent electric shock		

5. Make five copies of the final list. Distribute one copy to each group member. Take your copy home and hang it in the kitchen. Encourage other family members to follow the guidelines to prevent kitchen accidents and injuries.

Activity 38

Foodborne Illness

Foodborne illness, or food poisoning, is caused by eating food that has spoiled or that contains harmful bacteria. A few simple precautions can prevent foodborne illness. Use print or online sources to research foodborne illness. List two safety tips for each category below.

When Shopping for Food

1. _____
2. _____

When Storing Food at Home

3. _____
4. _____

When Preparing Food

5. _____
6. _____

When Cooking Food

7. _____
8. _____

When Serving Food

9. _____
10. _____