

First-Aid Station

NHES Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Teaching Objectives

- Develop injury-management strategies for personal, family, and community health
- Describe how to respond to an imaginary emergency situation

Teaching Strategies

- Divide class into four groups. Assign one of the following to each group: muscle; joint; bone injuries; unconsciousness; animal bites.
- Have students brainstorm creative ways to present their demonstration.
- Review with students how to respond to the medical emergencies listed above.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Identifies first-aid steps for common emergencies.
- ✓ Lists first-aid steps in correct sequence.
- ✓ Explains what action to take after first aid has been provided.

Hands-On **HEALTH**

Activity **First-Aid Station**

In this activity you will set up a first-aid learning station. You will develop a creative presentation demonstrating how to respond to a common emergency.

What You'll Need

- pen or pencil
- notebook paper
- poster board and markers
- props (optional)

What You'll Do

Step 1

Working in small groups, select a common emergency discussed in this chapter. Identify how to recognize the emergency, appropriate steps to take, and what to do after first aid has been provided.

Step 2

Decide on a creative way to present your material at a learning station. Ideas might include a poster, a board game, a quiz show, a puzzle, a news story, or demonstrations with props such as bandages.

Step 3

Set up your learning station and give your presentation to the class.

Apply and Conclude

Write a brief essay discussing the importance of learning first-aid procedures for common emergencies.

Checklist: Practicing Healthful Behaviors

- ✓ Identify how to recognize a common emergency.
- ✓ List appropriate first-aid steps for responding to this emergency.
- ✓ Explain what action to take after first aid has been provided.



Home and Community

Bringing First-Aid Education to the Community Invite a representative from the Red Cross to review each group's first-aid station and demonstration. After groups have made any recommended changes, arrange for groups to present their demonstrations to a

community group identified by the class. The community group might be a senior center, a Boys and Girls Club, or a Boy Scout or Girl Scout troop. Alternatively, have students provide Red Cross certified first-aid information at a community event.