

PERFORMING

SAFE FIRST AID

Model

One of the most important ways to keep yourself safe is to know how to recognize and respond to common health emergencies. Read about Leslie, who encountered an emergency while baby-sitting her little sister Julia.

Julia was playing outside when she suddenly put her hand to her eye and started to cry. Leslie ran over and saw that there was a small piece of tree bark in Julia's eye. She remembered from her health class what she should do to remove the object.

"It's okay, Julia," Leslie reassured her sister. "Come inside and I'll get the bark out of your eye." Leslie washed her hands before moistening a cotton swab with water. "Okay, Julia," Leslie said. "I'm

going to hold your eye open, and I want you to look down." Leslie could see the piece of bark floating in Julia's eye. Carefully, she touched it with the cotton swab and lifted it out. "It's all gone, Julia," Leslie told her sister. Julia blinked a few times, then smiled. She gave Leslie a big hug and said, "Thank you!"



Practice

Read the following scenario about a teen facing an emergency situation.

Estevan and Seth are out riding their skateboards. As they approach Estevan's house, Seth's skateboard hits a rock. Seth loses control of the skateboard and falls. Estevan hurries over to his friend and sees that Seth's wrist is beginning to swell up. Seth is in pain and cannot move his wrist.

1. What kind of injury could this be?
2. What should Estevan do?

Apply/Assess

Form small groups. With your group, write a script for a skit about a teen or a group of teens who encounter(s) a medical emergency. Your script should show one teen experiencing one of the common emergencies you have learned about in this chapter:

- Broken bones
- Insect bites and stings
- Poisoning
- Burns
- Nosebleeds
- Fainting
- Heat-related illnesses

The other teen or teens in your skit should recognize the signs of this emergency and respond properly. Be prepared to share your script with the class.



Practicing Healthful Behaviors

First aid skills include:

- recognizing common health emergencies.
- knowing how to respond to health emergencies.
- performing first aid procedures correctly.

Self-Check

- Did our skit show a common medical emergency?
- Did the characters respond appropriately?

