



# Junior First Aid





# Instructions

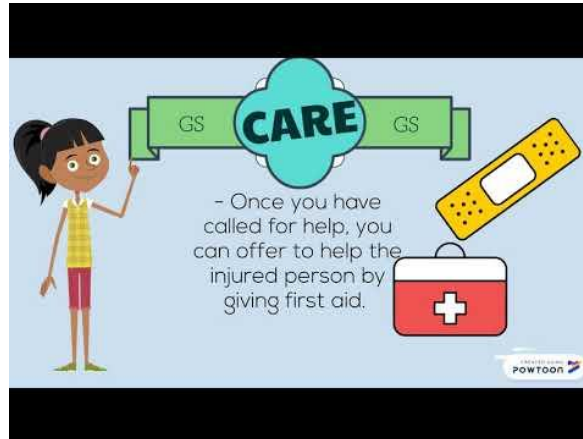
Go through each step, completing the activity or activities for each. The activities can be adapted or changed based on what you have available at your house.

# Step 1- Learn the first steps to take in an emergency

If you're near the scene of an accident or a natural disaster, there are certain steps to follow.

**These steps are check, call, and care.**

Watching the video below and discuss with a parent how to best follow these steps and what that that may look like.



# Step 2- Talk to first responders

Injured people often get help from a chain of people. First, someone might provide first aid at the scene. The first responders show up. After that, the injured are often taken to emergency hospital rooms where doctors and nurses take over.

Those who respond to an individual's crisis are crucial to everyone's safety and well being. Below is a video interviewing paramedics. After watching discuss what you learned with a parent.



# Step 3- Make a portable first aid kit!

Portable first aid kits help you be prepared for an emergency at anytime and anywhere. Make a small kit that would be useful away from home.

Make a first aid kits that would fit in the glove box of a car. Then, give it to a family member that drives a car or another adult that would benefit from it!

Below is a video with some good ideas for what to include.

## Some things to include:

- Band-aids/bandages
- Gloves
- Gauze
- Tweezers
- Thermometer
- Hand sanitizer
- Sunscreen
- Cotton balls
- Cotton swabs
- Adhesive tape



<https://youtu.be/PdfUCCn9Bys>