



Grade 6 Sample Lesson Plan: First Aid

SOLs

- Create strategies to prevent injuries, to include safety habits in vehicles, on the Internet, and in public areas, and using protective gear.
- Describe basic first aid and emergency procedures for treatment of sunburn and injuries to the head, teeth, and eyes.
- Use a decision-making process to determine when medical assistance is needed.
- Identify strategies to reduce illness and injury at home and at school.

Assessment Ideas

- Students reflect on a situation in their life when first aid skills were required.
- Students brainstorm risky activities that might lead to injury and discuss how to avoid them
- Students create first aid booklets with illustrated recommendations.
- Students write a persuasive essay about sunburn and sun protection.
- Students make a poster about how to treat sunburn.
- Students role-plays the decision-making and action steps they would take in emergency situations.
- Students identify emergency situations, state the appropriate response steps, and demonstrate how to perform.

First Aid: Eye Injuries

Most eye injuries are minor, like getting soap in the eye or a speck of dirt under the eyelid. Others, like those that happen during sports activities, can be serious and require medical attention.

Signs and Symptoms

- redness
- stinging or burning
- watering
- sensitivity to light
- blurred vision
- swelling of the eyelids
- discoloration around the eye

What to Do

If you think your child has a particle in the eye or a minor irritation, be sure to:

- Wash your hands before touching the eye area.
- Flush the eye with water as soon as possible:
 - Tilt the child's head over a basin or sink with the affected eye pointed down.
 - Gently pull down the lower lid.
 - Gently pour a steady stream of lukewarm water over the eye.
- Flush the eye for up to 15 minutes, checking every 5 minutes to see if the foreign body has been flushed out.

Seek Medical Care

If Your Child Has:

- been struck in the eye with a ball or other object
- a red or irritated eye
- eye discomfort
- a swollen, red, or painful area around the eye or eyelid
- an eye that's very sensitive to light

Seek Emergency Care Immediately

If Your Child Has:

- trouble seeing
- been exposed to chemicals
- something embedded in the eye
- severe eye pain
- blood in the eye
- nausea or vomiting after an eye injury

Think Prevention!

Kids who play sports should wear protective goggles or unbreakable glasses as needed. Keep chemicals and other potentially dangerous objects out of the reach of children.

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First Aid: Teeth Injuries

If your child prematurely loses a baby tooth, there's no need to try to replace it. But if a permanent tooth is dislodged, it's a dental emergency. Permanent teeth have the best chance of survival if replaced within 15 minutes. So it's important to act quickly and follow the guidelines below.

Many other dental injuries are less urgent, but may need to be looked at by a dentist. Most dental injuries in preschool and school-age kids occur from falls, while dental injuries in teens are often sports related.

What to Do

If a baby, toddler, or young child injures the gums or baby teeth:

1. Apply pressure to the area (if it's bleeding) with a piece of cold, wet gauze. If your child is old enough to follow directions, ask him or her to bite down on the gauze.
2. Offer an ice pop to suck on to reduce swelling, or hold an ice-pack wrapped in a washcloth to the cheek.
3. Give acetaminophen or ibuprofen as needed for pain.
4. Call a dentist.
5. Watch for swelling of the gums, pain, fever, or a change in the color of the tooth.

If a permanent tooth is chipped or broken:

1. Collect all pieces of the tooth.
2. Rinse the mouth with warm water.
3. Call a dentist right away to schedule a visit.

Seek Medical Care

If a Permanent Tooth Is Knocked Out:

Go to the dentist or emergency room **right away** after following these steps:

1. Find the tooth. Call a dentist or emergency room right away if you aren't sure if it's a permanent tooth (baby teeth have smooth edges).
2. Hold the tooth by the crown (the "chewing" end of the tooth) — **not** the root.
3. Place the tooth in a balanced salt solution (a commercially available sterile product), if you have it. If not, place the tooth in a container of milk or your child's saliva. You also can place the tooth between your lower lip and gum. **Do not store it in tap water.**
4. For older kids and teens, try placing the tooth back in the socket without touching the root. Have your child bite down on gauze to help keep it in place.
5. If the tooth is stored in a container (rather than back in the socket), have your child bite down on a gauze pad or handkerchief to relieve bleeding and pain.

Think Prevention!

Make sure kids wear mouthguards and protective gear for contact sports and helmets while biking, skateboarding, and inline skating. Childproof your house to prevent falls.

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First Aid: Sunburn

Sunburn can happen within 15 minutes of being in the sun, but the redness and discomfort may not be noticed for a few hours. Repeated sunburns can lead to skin cancer. Unprotected sun exposure is even more dangerous for kids who have many moles or freckles, very fair skin and hair, or a family history of skin cancer.

Signs and Symptoms

Mild:

- skin redness and warmth
- pain
- itchiness

Severe:

- skin redness and blistering
- pain and tingling
- swelling
- headache
- nausea
- fever and chills
- dizziness

What to Do

- Remove your child from the sun right away.
- Place your child in a cool (not cold) shower or bath — or apply cool compresses as often as needed.
- Give extra fluids for the next 2 to 3 days.
- Give your child ibuprofen or acetaminophen as directed, if needed, to relieve pain.
- Use moisturizing creams or aloe gel to provide comfort.
- When going outside, all sunburned areas should be fully covered to protect the skin from the sun until healed.

Seek Emergency Medical Care

If:

- a sunburn forms blisters or is extremely painful
- your child has facial swelling from a sunburn
- a sunburn covers a large area
- your child has fever or chills after getting sunburned
- your child has a headache, confusion, or a feeling of faintness
- you see signs of dehydration (increased thirst or dry eyes and mouth)

Think Prevention!

- Minimize kids' summer sun exposure between 10 a.m. and 4 p.m.
- Have kids wear protective clothing, sunglasses, and a hat.
- Apply sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 15.
- Apply sunscreen 15 to 30 minutes **before sun exposure** and 30 minutes after exposure begins, then reapply after kids have been swimming or sweating.

- Although the best way to protect babies 6 months of age or younger is to keep them shaded, you can use minimal amounts of sunscreen (with an SPF of at least 15) on small exposed areas, like the face.

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Head Injuries

Head injuries fall into two categories:

1. **external** (usually scalp) injuries
2. **internal** head injuries, which may involve the skull, the blood vessels within the skull, or the brain

Fortunately, most childhood falls or blows to the head cause injury to the scalp only, which is usually more frightening than threatening. An internal head injury could be more serious because it may cause bleeding or bruising of the brain.

External (Scalp) Injuries

The scalp is rich with blood vessels, so even a minor cut there can bleed a lot. Sometimes the scalp's veins leak fluid or blood into (and under) the scalp. This appears as a "goose egg" or swelling on the head. It may take days or even a week to disappear.

What to look for and what to do:

- Call the doctor if your child is an infant; has lost consciousness, even briefly; or if a child of any age has any of these symptoms:
 - won't stop crying
 - complains of head and neck pain (younger or nonverbal children may be more fussy)
 - vomits several times
 - won't awaken easily
 - becomes hard to console
 - isn't walking or talking normally
- If your child is **not** an infant, has **not** lost consciousness, and is alert and behaving normally after the fall or blow:
 - Apply an ice pack or instant cold pack to the injured area for 20 minutes every 3 to 4 hours. If you use ice, always wrap it in a washcloth or sock; ice applied directly to bare skin can injure it.
 - Watch your child carefully for the next 24 hours. If you notice any of the signs of internal injury, call your doctor right away.
 - If the incident happens close to bedtime or naptime and your child falls asleep soon afterward, check in a few times while he or she sleeps.
- If color and breathing are **normal**, and you don't sense a problem, let your child sleep (unless the doctor has advised otherwise). There's **no need** to keep a child awake after a head injury.
- Trust your instincts. If you aren't comfortable with your child's appearance, partly awaken your child by sitting him or her up. Your child should fuss a bit and attempt to resettle. If he or she still seems very drowsy, try to awaken your child fully. If your child can't be awakened or shows any signs of internal injury, call the doctor or 911 for an ambulance.

Internal Injuries

Cerebrospinal fluid (CSF) is a clear fluid that cushions the brain from damage. But a severe blow to the head can still knock the brain into the side of the skull or tear blood vessels.

Some internal head injuries can be serious and possibly life-threatening. These include a broken skull bone, torn blood vessels, or damage to the brain itself.

It can be hard to know how serious a head injury is, so it's always wise to call your doctor.

Symptoms and What to Do

Call 911 if your child shows any of these symptoms after a head injury:

- unconsciousness for more than a few seconds
- abnormal breathing
- obvious serious wound
- bleeding or clear fluid from the nose, ear, or mouth
- disturbance of speech or vision
- pupils of unequal size
- weakness or paralysis
- neck pain or stiffness
- seizure

If your child is unconscious:

- Do **not** try to move your child in case there is a neck or spine injury.
- Call for help.
- Turn a child who is vomiting or having a seizure onto his or her side while trying to keep the head and neck straight. This will help prevent choking and provide protection in case of neck and spine injury.

If your child is conscious:

- Do your best to keep your child calm and still.
- If there's bleeding, apply a clean or sterile bandage.
- Do **not** attempt to cleanse the wound, which can make bleeding worse and/or cause serious complications if the skull is fractured.
- Do **not** apply direct pressure to the wound if you suspect the skull is fractured.
- Do **not** remove any object that's stuck in the wound.

Concussions

Concussions — the temporary loss of normal brain function due to an injury — are also a type of internal head injury. Repeated concussions can permanently damage the brain.

In many cases, a concussion is mild and won't cause long-term damage. Kids who get a concussion usually recover within a week or two without lasting health problems by following certain precautions and taking a break from sports and other activities that make symptoms worse.

Playing sports is one of the most common causes of concussions. To help protect your kids, make sure that they wear the proper protective gear, and don't let them continue to play if they've had a head injury.

If your child sustains an injury to the head, watch for these signs of a possible concussion:

- "seeing stars" and feeling dazed, dizzy, or lightheaded
- memory loss, such as trouble remembering what happened right before and after the injury
- vomiting
- headaches
- blurred vision and sensitivity to light
- slurred speech or saying things that don't make sense
- problems concentrating, thinking, or making decisions
- difficulty with coordination or balance (such as being unable to catch a ball or other easy tasks)
- feeling anxious or irritable for no apparent reason

If you suspect a concussion, call your doctor right away.

Preventing Head Injuries

It's impossible to prevent kids from ever being injured, but there are ways to help prevent head blows.

Make sure that:

- your home is childproofed to prevent household accidents
- your kids always wear the proper headgear and safety equipment when biking, in-line skating, skateboarding, snowboarding or skiing, and playing contact sports
- kids always use a seatbelt or child safety seat
- your child takes it easy after a head injury, especially if there is a concussion
- your child doesn't go back to rough play or sports until the doctor says it's OK. If your child reinjures the brain while it's still healing, it will take even longer to completely heal.

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