

Providing First Aid and Handling Emergencies

Dear Parent or Guardian,

Your teen's health class is learning how to provide first aid and how to handle common emergencies. In an emergency, the presence of a person knowledgeable about first-aid techniques can mean the difference between life and death. Students will learn the steps in offering preliminary care and will become familiar with rescue breathing procedures. They will also learn about cardiopulmonary resuscitation (CPR) and discuss the importance of receiving specialized CPR training before attempting to use this procedure.

Some questions your teen will explore as we study this chapter are: *What should I do if I come across an emergency situation in which someone needs first aid? What is the best way to stop bleeding? What first-aid techniques are used for poisonings? If I am with friends and someone gets a minor injury, how do I help the person? How can I help a person who is choking? Why is it important to be trained and certified before attempting to administer CPR?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain the six priorities that should be kept in mind in an emergency situation, especially during the first five minutes.
- Together, inventory and clearly mark any poisonous substances in your home. Place all hazardous substances in a safe, secure place, away from small children.
- Ask your teen to demonstrate how he or she would deal with a choking emergency.
- With your son or daughter, attend a class in CPR offered by a local chapter of the American Heart Association or the American Red Cross.

Please plan other activities you think will help prepare your son or daughter to act responsibly and effectively in an emergency situation. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher