

APPLYING FIRST AID SKILLS

Model

Many injuries are minor and can be treated in the home. Others are major, requiring the attention of a medical professional. Knowing the difference between problems you can treat and problems that need professional help is an important health skill. Read about how Martin responds to an unintentional injury.

While riding his bike, Martin falls and hurts his knee. The first thing he does is to examine the wound. He sees that his knee is skinned but not bleeding much. Martin decides that this is a minor injury. He goes into the house and washes his knee with soap and water. Then he applies antibiotic ointment and covers the wound with a bandage. In ten minutes, he is feeling fine and ready to get back on his bike.





Practice

Read the following scenario about a teen dealing with an injury. Determine whether the injury is a major injury or a minor injury. Then decide what actions Jen should take.

Jen is babysitting her little sister Kayla. Kayla accidentally touches the stove burner while Jen is preparing their lunch. Kayla starts crying, but Jen can see that the burn is just slightly pink. There are no blisters or discolored skin.

Practicing Healthful Behaviors

Basic first aid skills include:

- Caring for major and minor wounds.
- Caring for major and minor burns.

Apply/Assess

Choose one of the scenarios below. Tell whether the injury is a major or minor injury and explain why. Then write a description of how you would care for the injury. Assume that basic first aid materials, such as soap and water, bandages, and antibiotic ointment, are available.

Michael is mowing the lawn. The mower hits a sharp stone and sends it flying back into his leg. Michael's leg hurts a lot and there is blood flowing from the wound.

Lisa is playing ball with her friends. As she runs to make a catch, she trips and falls. When she gets up, she finds that her nose is bleeding.

Mario is helping his parents cook dinner. He accidentally spills a bowl of hot soup on himself. Mario's hand is red and blistered.

Self-Check

- Did I recognize the differences between major and minor injuries?
- Did I describe the correct first aid procedures?