

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

Sponsored by



LESSON 3.36

First Aid and Survival Kits

Unit:
MISCELLANEOUS

PRECEPTS

- A. Action
 - A2. Focus on results
- E. Awareness
 - E1. Address issues important to the community



Lesson Type:
One-on-One

NATIONAL STANDARDS

NL-ENG.K-12.12 – Applying Language Skills
NSS-C.K-4.5 – Roles of the Citizen

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Identify common contents within first-aid kits.
- Identify basic contents of a winter survival kit.





TIME

Instruction time for this lesson: **20 minutes.**



RESOURCES

Anatomy of a First Aid Kit. (n.d.). American Red Cross. Retrieved April 11, 2010, from <http://www.redcross.org/portal/site/en/menuitem.d229a5f06620c6052b1ecfbf43181aa0/?vgnextoid=f247e8afd40ee110VgnVCM10000089f0870aRCRD>

Hypothermia | Define Hypothermia at Dictionary.com. (n.d.). Dictionary.com | Find the Meanings and Definitions of Words at Dictionary.com. Retrieved April 11, 2010, from <http://dictionary.reference.com/browse/hypothermia>

National FFA Organization. (2003). LifeKnowledge Precepts and Signs of Success.



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ A bed sheet/cloth or large butcher paper
- ✓ PALS3.36.ONE.ASSESS.A- one per student
- ✓ As many items from the lists below that can be obtained:

First aid kit

- ✓ Adhesive bandages
- ✓ Antiseptic wipes
- ✓ Blanket
- ✓ Non-latex gloves
- ✓ Gauze pads
- ✓ First aid scissors

Survival kit

- ✓ Backpack
- ✓ Large candle
- ✓ Waterproof matches
- ✓ Dried soup, nutrition bars and nonperishable food
- ✓ Metal eating utensil and cup
- ✓ Compass
- ✓ Signal mirror
- ✓ Small rope or cord
- ✓ Emergency blanket

KEY TERMS



The following term is presented in this lesson and appears in ***bold italics***:

Hypothermia



CONTENT OUTLINE

A. Common contents within first-aid kits

1. adhesive bandages
2. antiseptic wipes
3. blanket
4. non-latex gloves
5. gauze pads
6. first aid scissors

B. Basic contents of a winter survival kit.

1. backpack
2. large candle
3. waterproof matches
4. dried soup, nutrition bars and nonperishable food
5. metal eating utensil and cup
6. compass
7. signal mirror
8. small rope or cord
9. emergency blanket

C. **Hypothermia**- the artificial reduction of body temperature to slow metabolic processes, as for facilitating heart surgery

INTEREST APPROACH

Choose five or more items from the first aid and survival kit lists. Lay them out on a table with a sheet or something over them to keep students from seeing them. Students will be allowed to see the items briefly and then challenged with a categorizing them.



Please look at the table. I bet you are curious as to what is hiding under here? In a second I will lift the sheet up you will have approximately 15 seconds to view what is under the sheet. Do your best to remember what you see! Ready go.

After 15 seconds cover the items back-up.



Now, what are the items you saw?



It was difficult to remember what you saw under the sheet because you only saw it for a short time. There are always certain things that are important to remember in our life just as there are certain things we should never forget when we venture away from home. Today we will look at certain items that make up a winter survival kit and a first aid kit. It is important to remember these items because they will help if you or someone you know is harmed or stranded.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Identify common contents within first-aid kits.



A. Common content within first-aid kits

1. adhesive bandages
2. antiseptic wipes
3. blanket
4. non-latex gloves
5. gauze pads
6. first aid scissors

Have first aid kit items laid out on another table or lay them out now.



These are items that can be included in a first aid kit. More items can be included but these are some basic items. Just like we remembered five items earlier, we should remember to keep certain items in a first aid kit.

Hold up each item as you are describing it.



First we have bandages. Everyone knows that a first aid kit must consist of band-aids. Next is antiseptic wipes. These can help clean an injury. Third is a blanket. Fourth we have gloves, and our last item for our first aid kit is gauze. I am sure you have all seen gauze before. Finally, scissors are always handy to have in a first aid situation.

More important than anything you can put in your first aid kit is training. Educating yourself about how to properly administer first aid in varying situations can be vital, even to the point of survival. Taking an American Red Cross First Aid course to become certified is an excellent idea regardless of who you are or what you do.



Now that we have learned about first aid kits, let's have a look at what type of materials comprise a survival kit.

OBJECTIVE 2. | Identify basic contents of a winter survival kit.



B. Basic contents of a winter survival kit

1. backpack
2. large candle
3. waterproof matches
4. dried soup, nutrition bars and nonperishable food
5. metal eating utensil and cup
6. compass
7. signal mirror
8. small rope or cord
9. emergency blanket

Have survival kit items laid out on another table or lay them out now.



Survival kits can be more diverse than a first aid kit and should be, depending upon where they will be used. However, they also have certain supplies and materials that are common. Today we will have a look at a cold weather survival kit. In cold weather a major concern is ***hypothermia***. ***Hypothermia*** is when the temperature of your body drops below normal levels. If you ever get in a situation where you are at risk of getting ***hypothermia***, it is important to have a winter survival kit. To make sure you know what is in a winter survival kit, we will learn about certain items in one. These are items that can be included in a winter survival kit. More items, such as a dry change of clothes, can be included; however, today's items are the basics. Just like we remembered items from our first aid kit, we will remember selected items of our winter survival kit.

Hold up each item as you are describing it.



The first item is a backpack for storage of items. The next item is a large candle to use for starting and maintaining a fire. Next are waterproof matches for starting a fire for warmth. You will also include some kind of nonperishable food and some form of metal eating utensil, either a knife, spoon, or fork and metal cup for melting snow for drinking water. The compass and signal mirror can be used for signaling and navigation. The cord can be used to help construct shelter. Finally, the emergency blanket is always a good item to have to conserve body heat and to warm you if your clothes are drying near a fire.



As with first aid kits, the items in a survival kit are useless if individuals do not have the training required to use them. If you plan to hike, camp or travel in areas off the beaten path, it is wise to carry a survival pack and to “pack” the know-how that might save you in an emergency situation.



REVIEW / SUMMARY



Let's review. I will hold up each item. As I do please tell me what that item is.

Go through each item, holding them up, and allow student to identify.

APPLICATION



Large Group Idea

Students can draw a first aid kit and winter survival kit with items inside; as well as an environment they may need to take such a kit.

Continued Discussion

Discuss with students others ways to be safe outdoors.



PALS3.36.ONE.ASSESS.A | EVALUATION ANSWER KEY

1. True
2. True
3. True
4. False
5. True

PALS3.36.ONE.ASSESS.A

Name: _____

Directions: Please circle “A” for True or “B” for False

- A - B 1. First aid kits can contain various supplies/materials based upon application.
- A - B 2. Survival kits can contain various supplies/materials based upon application.
- A - B 3. Training is just as important as what goes into a first aid or survival kit.
- A - B 4. Dehydration happens when the body’s core temperature drops.
- A - B 5. If you camp, hunt or fish, a survival kit should be a part of your gear.