



Pakistan School
Kingdom of Bahrain

**PAKISTAN SCHOOL
KINGDOM OF BAHRAIN**

ENGLISH GRADE 10

VIRTUAL CLASSROOM RULES

- 1- Select a comfortable learning station .
- 2- Be on Time.
- 3- Keep your Textbook, Notebook, Pencil/Pen with you.
- 4- Be attentive.
- 5- Respect each others comments.

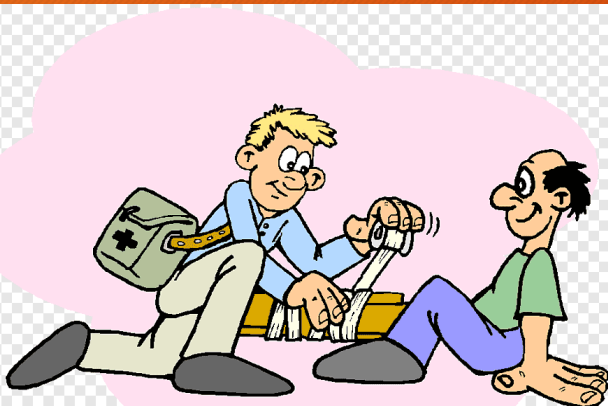


UNIT 4

FIRST AID



ENGAGING STARTER:



Learning Objectives:

At the end of the lesson, students will be able to:

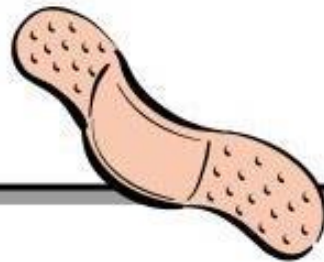
- Define first aid
- Identify specialized vocabulary used in a particular field
- Illustrate the First Aid Process of cuts and scrapes

What is First Aid?



What is First Aid?

First Aid is quick help to ease an injured person before they can get to medical assistance.



We all need help at times in our lives. Sometimes we may have accidents and we may get hurt. When we are injured or suddenly become unwell, we need someone to help us – someone who knows what to do. It is the temporary and immediate help. This timely assistance, comprising of simple medical techniques, is most critical to the victims and is, often, life saving. Any lay person can be trained to administer first aid. This First Aid can be carried out using minimal equipments. First aid knowledge ranges from taking care of cuts to dealing with an unconscious victim.

What is the importance of knowledge of 'First Aid' in crisis management?

- lay - not having a lot of knowledge about a certain thing.
- administer - give
- minimal - small

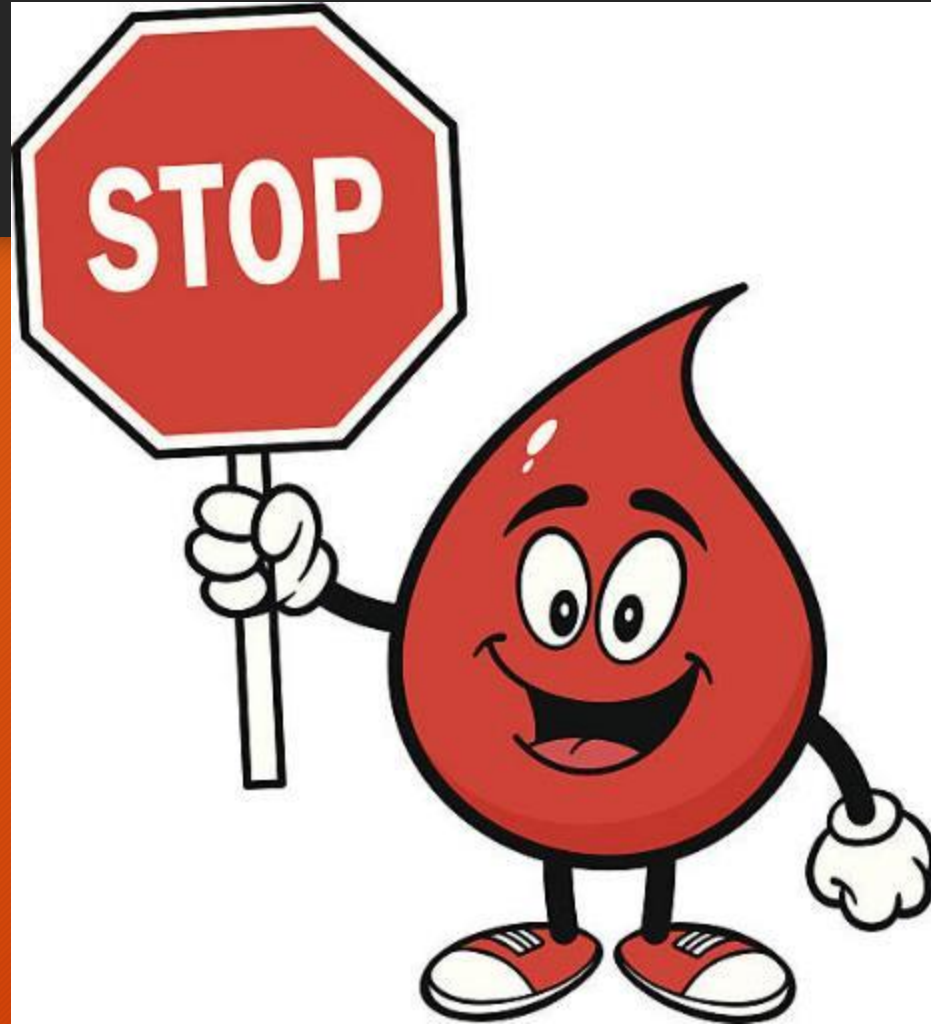
Pg 38 - First Aid Step 1

CUTS AND SCRAPES

(2) Handling minor accidents at home or on the road develops a sense of crisis management. This may prepare people to tackle with unexpected emergencies with great confidence. Minor cuts and scrapes usually do not need to go to the emergency room. Yet proper care is essential to avoid infection or other complications. Following guidelines can help you to handle crisis and take care of all.

- **Stop the bleeding:** Minor cuts and scrapes usually stop bleeding on their own. If they don't, apply gentle pressure with a clean cloth or bandage. Hold the pressure continuously for 20 to 30 seconds and if possible elevate the wound. Don't keep checking to see if the bleeding has stopped because this may damage or dislodge the clot that is forming and cause bleeding to resume. If blood spurts or continues flowing after continuous pressure, seek medical assistance.

- scrapes - injury caused by rubbing with a rough surface.
- elevate - to lift up
- dislodge - discontinue
- spurts - to gush out



Pg 38 - Step 2

- **Clean the wound:** Rinse out the wound with clean water. To clean the area around the wound, use soap and a washcloth. But soap can irritate the wound, so try to keep it out of the actual wound. If dirt or debris remains in the wound after washing, use tweezers cleaned with alcohol to remove the particles. If debris still remains, see your doctor. Thorough cleaning reduces the risk of infection and tetanus.

- debris - remains of something broken
- tetanus - dangerous disease caused by bacteria that usually enter the body through a cut or wound



Pg 39 - Step 3

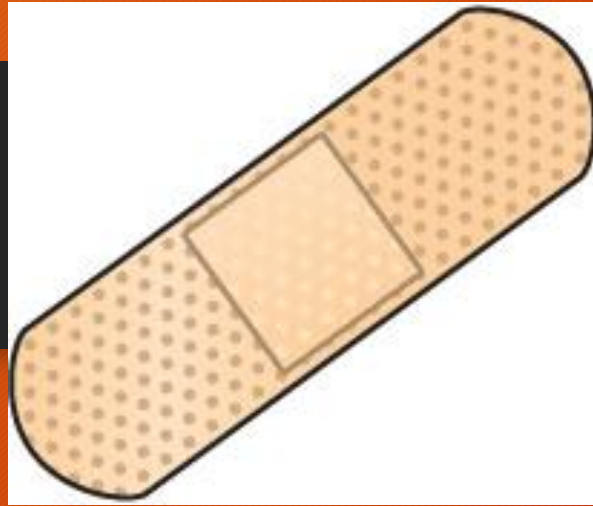
- **Apply an antibiotic:** After you clean the wound, apply a thin layer of an antibiotic cream or ointment to help keep the surface moist. The products don't make the wound heal faster, but they can help your body's natural healing process work fast. Certain ingredients in some ointments can cause a mild rash in some people. If a rash appears, stop using the ointment.



Pg 39 - Step 4 &5

- **Cover the wound:** Bandages can help keep the wound clean and keep harmful bacteria out. After the wound has healed enough to make infection unlikely, exposure to the air will speed wound healing.
- **Change the dressing:** Change the dressing at least daily or whenever it becomes wet or dirty. If you are allergic to the adhesive used in most bandages, switch to adhesive-free dressings or sterile gauze held in place with paper tape, gauze roll or a loosely applied elastic bandage. These supplies generally are available at pharmacies.

- adhesive - sticky
- sterile - germ free
- gauze - a loosely woven cotton surgical dressing



Pg 39 - Step 6

- **Watch for signs of infection:** See your doctor if the wound is not healing or you notice any redness, increasing pain, drainage, warmth or swelling.



Plenary

- First Aid Process of Cuts and Scrapes:

SN .	<u>Process</u>
1.	
2.	
3.	
4.	
5.	
6.	Watch for signs of infection

HOMEWORK

- Find First Aid Process of any one of the following situations:
 1. Burns
 2. Fractures
 3. Heat stroke
 4. Electric shock

ALLAH HAFIZ

THANK YOU



24th June , 2020
Wednesday

VIRTUAL CLASSROOM RULES

- 1- Select a comfortable learning station .
- 2- Be on Time.
- 3- Keep your Textbook, Notebook, Pencil/Pen with you.
- 4- Be attentive.
- 5- Respect each others comments.



UNIT 4

FIRST AID



Learning Objectives:

At the end of the lesson, students will be able to:

- Enlist the basic contents of a first aid box and their uses.
- Identify specialized vocabulary used in a particular field
- Use the knowledge of prefixes to determine the meaning of unfamiliar words.

Pre Reading Questions:

Define first aid.

What is the first aid process of dealing with cuts and scrapes?



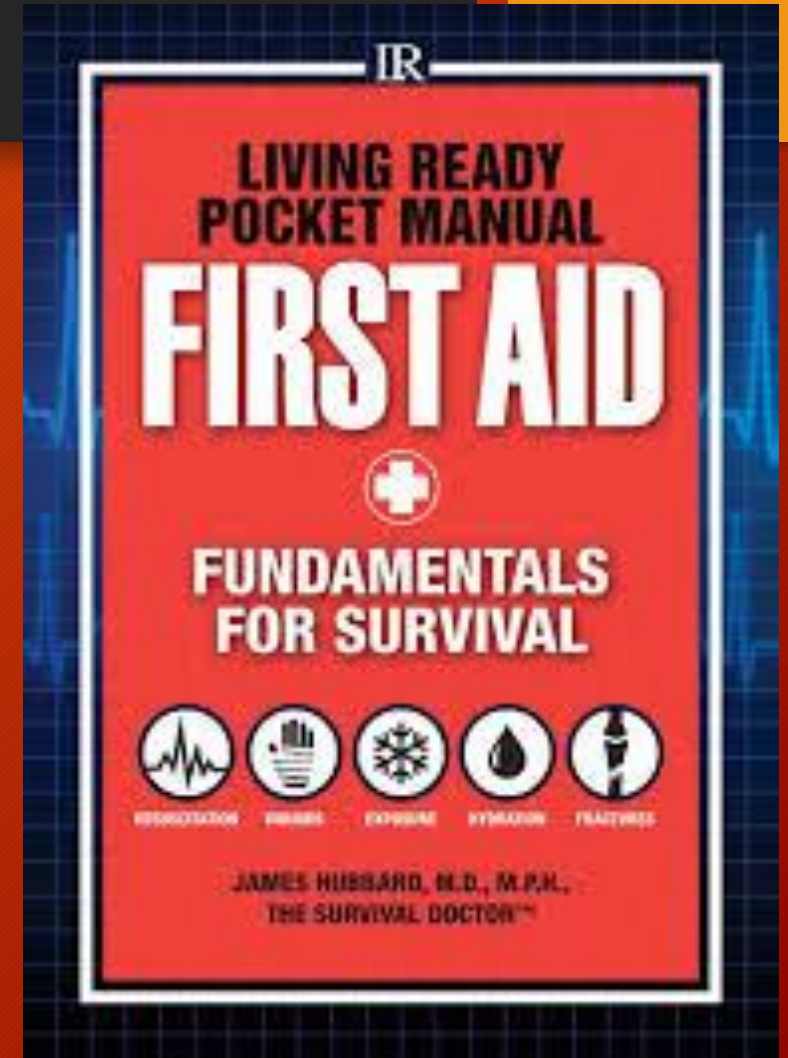
FIRST AID KIT - PG. 39 - 41

FIRST AID KIT

Every office, factory, home and school should have an accessible first-aid box with the following recommended basic contents:

1. First Aid Book

Clearly explains how to handle basic problems.



2. Band-aids (Plasters)

Band aids or sticky plasters are good for dressing small wounds. They come in all shapes and sizes for fingers, legs, and anywhere

else you might get little cuts. Make sure the Band aid is big enough to cover the wound, if not you should use a dressing instead.

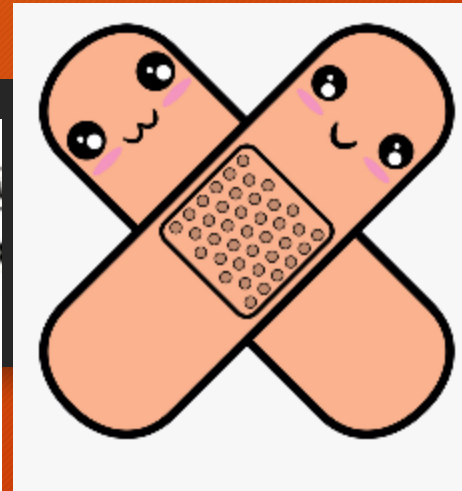
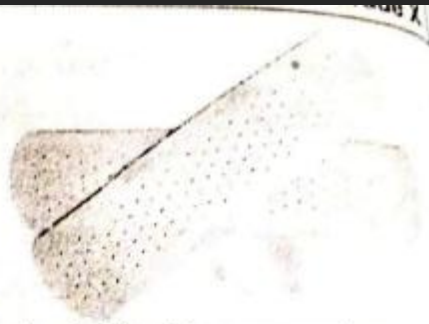
3. Elastic Bandages

The elastic bandages are good for wrapping sprained joints or making a sling in the case of a broken arm.

4. Gauze and Adhesive Tape

Gauze pads or rolls are cloth pads that are placed directly on a wound to protect and control bleeding (for larger cuts and scrapes). You will need adhesive tape to keep the gauze in place.

In an emergency, a clean cloth, hand towel, clean tee-shirt can be used to cover the wound.

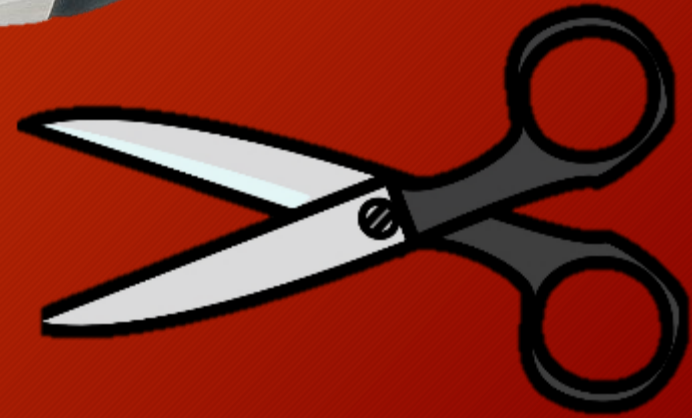
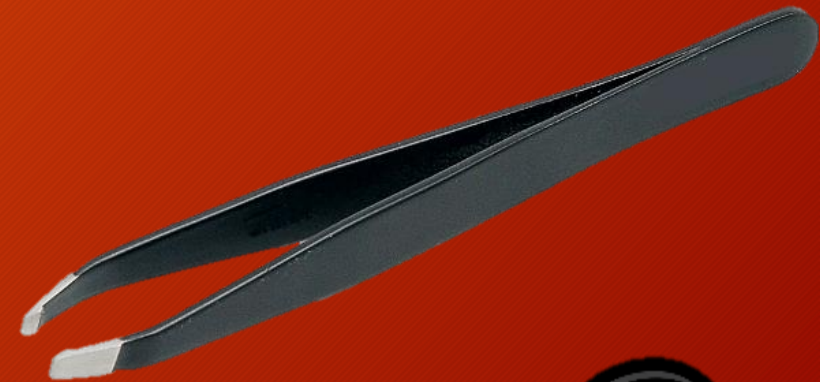


5. Antiseptic Wipes (Alcohol Swaps) and Cotton Wool

6. Safety Pins and Tweezers

7. Scissors

- A pair of scissors is needed to cut the tape and gauze.



8. Latex Gloves

Latex gloves are always a good idea, especially if you are dealing with body fluids from a stranger.



9. Calamine Lotion

Calamine lotion is used for soothing sunburns and stings.

10. Clinical Thermometer



11. Analgesic Tablets

Such as aspirin or paracetamol



VOCABULARY PG 42

Many fields have a specialized vocabulary. Identify specialized vocabulary related to medical field in the text.

SN	Specialized name	What I think it means	What it does mean
1	scrapes		
2	infection		
3	ointment		
4	bandage		
5	dressings		
6	stitches		

Plenary

- What are the common and basic items found in a First Aid Kit
- Form three words using the prefix dis-

HOMEWORK

Design a First Aid Box for your home

ALLAH HAFIZ

THANK YOU

