



First Aid Helper

Class: Builder | **Category:** Recreation | **Track:** My Self

- 1. Demonstrate how to treat an abrasion or a cut, and describe the dangers of a dirty dressing.
- 2. Describe how to care for a nosebleed.

- 3. Identify and make a display of different types of bandages. Know when and demonstrate how to use them.

- 4. Make a simple first aid kit and learn uses of included items.
- 5. Visit a hospital emergency department and learn about the emergencies they handle or have an emergency medical technicians (EMT) come and talk to your club about the emergencies he or she handles.
- 6. Describe and draw the First Aid symbol.
- 7. Give an example of first aid in the Bible.
