

First aid at home

Helping someone who is in need is a kind thing to do. There are lots of ways we can help people, but sometimes people need specific help and care in the form of first aid. Helping them and relieving the burden off the health services when we can is a kind and important act.

As well as being kind and interesting learning first aid is also important for developing important life skills. Knowing first aid can help build resilience and resilient communities.

These quick activities for various ages can equip children and young people with these important skills. Learn everyday first aid and empower yourselves and your family to be kind and help someone in need.

Learning objectives

Learners will:

- Develop an adaptable and flexible mindset
- Learn first aid
- Build awareness, critical thinking and preparedness for emergencies
- Reflect about first aid and kindness

Scavenger hunt activity: First aid with household objects (ages: 7-19)

When someone needs first aid we normally do not have a first aid kit. There are many everyday objects we can use to help people who need first aid in different situations either inside or outside your home. Look around your house for the following items and collect them altogether.

- > something frozen
- > a tea towel
- > a glass or bottle of water
- > a cushion
- > a phone

Reflect on this activity:

- > How easy was it for you to find each item?
- > What qualities do these items have that make them good for first aid? Is it soft? Is it cold?
- > Why would these qualities be useful in a first aid situation?
- > If someone needed first aid would you be able to get the item safely? If not, who could help you get them?
- > Now think about what you could use each item for? They can all be used for different things.

Write your ideas down. You can draw a picture of each item before you put it back where it came from and label it's uses. Remember not to ask a parent to help you collect these items if you need help.

Research activity: What's this for? (ages 5-19)

Now you have found the items, it's time to find out how to use them.

Look at the illustrations below, what do they suggest you can use these items for?
Remember this is just one possible item that can be used to do this action. You can use any item that would do the same job but these are good examples.



These pictures are from the new [First aid champions](#) website. Use this website to explore the skills and learn more about why and how you use items in your house to help in first aid.

[Head injury](#)

[Burns](#)

[Bleeding](#)

[Broken bone](#)

[Call 999](#)

You can also use the British Red Cross app to learn these skills and earn badges.

Story activity: What do I do? (ages 11-19)

Learning how to adapt on the spot and use what you have at the time to help is a very important skill for a first aider. Look through the stories below. Which item that you collected, or another item with the same qualities you know you have close by, would you use and how would it help?

- > A boy is running and he trips over. His leg hurts a lot. There is no blood but maybe something is wrong inside the leg. It hurts to move it. You need to keep it still before help arrives.
- > A girl is spinning around in the house, she is dizzy and doesn't see where she is going. She bangs her head on a door frame. It hurts. There is no blood but there is a big lump forming. You need something to help cool lump without causing an 'ice burn' (Maybe you have to put two items together for this one).
- > A man is cooking. He is chopping vegetables. He slips and cuts his finger. It is bleeding. You need something to press down on the cut to stop the bleeding.
- > A woman is making a hot drink. She tips the water from the kettle into the mug but slips. The hot water goes over her hand. It is red and stinging. You need something to flow over the burn continuously for at least 10 minutes.
- > A woman is outside cooking on a BBQ. She accidentally touches the hot metal grill. It is red and stinging. You need something to flow over the burn continuously for at least 10 minutes.

Think about what you would do in these situations.

Look at the resource about kindness and coping to build your confidence in delivering first aid. Having the confidence and willingness is as important as having the knowledge and ability.