

# Student Learning Plan

## Unit 4: Wellness, Fitness, and First Aid

### First Aid for Poisons, Wounds and Bruises [U4C2L6]



#### **Why this is important:**

As consumers, we buy more than a quarter of a million different household products - materials used in and around the house for medication, cleaning, cosmetic purposes, exterminating insects, and killing weeds. These items are valuable in the house and for yard maintenance, but misuse, especially when products are used in inappropriate applications or quantities, can cause illness, injury, and even death. In this learning plan you will learn how to provide first aid treatment for various kinds of poisonings, wounds, and bruises.



#### **What you will learn to do:**

*(Competency)*

Determine first aid treatment for wounds, bruises and poisoning

*Linked Core Ability*

D. Do your share as a good citizen in your school, community, country, and the world



#### **How you will know when you are succeeding:**

You will show that you have learned the target knowledge and skills:

- by creating “How To” Cards for a First Aid Resource File

**Your performance will be successful when:**

- “How To” cards are neat and easy to read
- “How To” cards include short phrases or sentences describing the steps in the procedure
- “How To” cards are complete and accurate
- “How To” cards include relevant safety procedures including Universal Precautions
- Treating Poisoning card includes the steps to perform the procedure as described in the student text or other reference material
- Treating Poisoning card addresses both oral poisoning and inhaled poisoning
- Treating Minor Wounds card includes the steps to perform the procedure as described in the student text or other reference material
- Treating Serious Wounds card includes the steps to perform the procedure as described in the student text or other reference material
- Treating Bruises card includes the steps to perform the procedure as described in the student text or other reference material



#### **Knowledge and skills you will learn along the way:**

*(Learning Objectives)*

- a. Identify the causes and symptoms of poisoning
- b. Describe how to treat a poison victim

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- c. Distinguish among the four types of wounds
- d. Describe how to treat minor wounds and bruises
- e. Define key words: abrasions, amputation, avulsion, incisions, lacerations, solvents



### **Learning Activities:**

*These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.*

- \_\_\_\_ 1. CREATE a KWL chart or Tree Map for one of the following topics: Poisons, Abrasions, Lacerations, Incisions, Punctures, or Bruises. PRESENT your team's chart to the class. [Work in teams of 3-6 cadets] RECORD your list and your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 2. [SELF-PACED OPTION] CREATE a KWL chart or Tree Map for each of the following topics: Poisons, Abrasions, Lacerations, Incisions, Punctures, or Bruises. RECORD your chart and your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 3. LISTEN TO and OBSERVE a briefing about treating shock, fractures, sprains and strains. LEARN MORE OR REVIEW by reading Section 6: First Aid for Poisons, Wounds and Bruises in Chapter 2 of your text. ANSWER the review questions at the end of the section. [Work with a partner] CREATE a Flow Map of the first aid steps to follow for your assigned procedure. [Work in teams of 3-6 cadets] ENTER your answers to the review questions and your Flow Map to your Cadet Notebook.
- \_\_\_\_ 4. [SELF-PACED OPTION] CARRY OUT Learning Activity 3 independently. CREATE a Flow Map of the first aid steps to follow for each procedure. ENTER your answers to the review questions and your Flow Map to your Cadet Notebook.
- \_\_\_\_ 5. CREATE a poster about how to prevent one of the following types of injuries: oral poisoning, inhaled poisoning, cuts and scrapes, tears and punctures, or bruises. [Work in teams of 3-6 cadets] SHARE your poster with the rest of the class. RECORD your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 6. [SELF-PACED OPTION] CARRY OUT Learning Activity 5 independently. RECORD your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 7. CREATE "How To" cards for treating poisonings, wounds and bruises. [Work with a partner] RECORD your responses to reflection questions in your Cadet Notebook.
- \_\_\_\_ 8. [SELF-PACED OPTION] CARRY OUT Learning Activity 7 independently. RECORD your responses to reflection questions in your Cadet Notebook.



### **Assessment Activities:**

*These assessment activities will enable you to show that you have learned the target skills and knowledge for this lesson. Your instructor may assign additional or alternative assessment activities.*

- \_\_\_\_ 1. COMPLETE the First Aid for Poisons, Wounds, and Bruises Assessment Task. SELF-ASSESS your work using the scoring guide. SUBMIT your work to your instructor for feedback and a grade. PLACE your completed "How To" cards in your First Aid Resource File.
- \_\_\_\_ 2. SELF-PACED OPTION: Same as above.