



West Virginia DEPARTMENT OF
EDUCATION

Basic First Aid

for Elementary School Students

2019-2020

WHAT IS FIRST AID?

- First aid is using what you have learned, to help keep people safe without doing harm to them.
- If your friend has an accident or falls to the ground, then you may be the person that needs to help him or her until someone else can help.
- At school, all teachers and staff have training in first aid and will know what to do. Outside of school such as at home, other adults will know what to do.

FIRST THING.... CALL FOR HELP!

- Emergency Services- dial 9-1-1
- Your teacher or other school staff
- Your parents
- Any adult

IF YOU CALL 9-1-1

- Take a deep breath to calm down
- Tell the operator there is an emergency and what kind of emergency you think it is
- Say your name and where you are. If you do not know where you are that is ok, 9-1-1 will be able to find your location
- Explained what happened, give as many details as you can
- Listen and follow the 9-1-1 operator's instructions carefully
- Stay on the phone with 9-1-1 until the operator tells you it is OK to hang up

DANGER

- Before you help your friend or person in need, make sure it is safe for you
- If it is not safe, the move him or her to a safer place.
- If your friend falls off their bike in the middle of the street, then move to safer place
- NEVER stay in the road! However, you can wave and shout for help from the sidewalk/side of road.

CAN THEY TALK?

- What should you do?
 - Call out to the person
 - Gently touch them on the shoulder to see if they are awake
 - Ask them what happened
 - Ask if they are hurt
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- If they do not answer or if they are hurt, you will need to get help from an adult or by calling 9-1-1

WHAT IF YOU GET A CUT OR SCRAPE?

- If at school notify teacher or staff!
1. Apply pressure so it will stop bleeding
 2. Gently wash the dirt out of the scrape with cool clean water and soap
 3. Pat dry
 4. Apply a Band-Aid or bandage snugly.
 5. Notify an adult

WHAT IF YOU GET A BURN?

- If at school notify teacher or staff!
 1. Place the area under cool water for 10 minutes or apply a cool wet towel. NEVER use ice!
 2. If you develop a blister DO NOT pop it!
 3. Cover burned area loosely with a bandage
 4. Notify an adult or call 9-1-1

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WHAT DO I DO IF GET A BUMP OR BRUISE?

- If at school notify teacher or staff!
1. Wrap an ice pack in a towel and apply to area for 10 minutes. DO NOT apply ice directly to skin!
 2. Notify adult, especially if you hit your head

WHAT DO I DO IF SOMETHING IN MY EYE?

- If at school notify teacher or staff!
 1. Wash your hands before touching your eye
 2. DO NOT touch, press, or rub your eye
 3. DO NOT remove anything that you can not get with water
 4. Have adult help you. If alone, tilt your head under the sink with eye that has something in it down towards drain. Open eye as wide as possible so that water can run into eye. Make sure this is COOL water. Let water run in eye for 5 minutes, then see if object is gone.
 5. If object is still in eye after running water over it for 15 minutes total, call an adult or 9-1-1 for medical assistance

WHAT DO I DO IF HAVE A SPLINTER?

- If at school notify your teacher or staff!
 1. Wash hands!
 2. If the splinter can be easily removed, try getting the splinter out with tweezers
 1. If the splinter is not easy to remove, get help from an adult.

WHAT DO I DO FOR NOSE BLEED?

- If at school notify your teacher or staff!
 1. Sit up straight
 2. Lean your head forward
 3. Pinch the soft part of the nose for 10 minutes
 4. If bleeding does not stop tell an adult or call 9-1-1

WHAT DO I DO IF SOMEONE HAS A BROKEN BONE?

- If at school notify your teacher or staff!
 1. Tell the person who is hurt to keep area still
 2. Support the hurt (injured) area so that it does not move
 - You can use hand, clothes or cushion
 3. Tell an adult or call 9-1-1

WHAT IF SOMEONE HAS AN ALLERGIC REACTION?

- If at school notify teacher or staff!
 1. Keep them away from what caused the allergic reaction
 2. Get the person to sit comfortably
 3. Encourage them to take their medication (Epi-pen) if they have it
 4. If they do not have their medication, or medication does not work or was given, tell an adult and call 9-1-1

WHAT DO I DO IF SOMEONE IS HAVING AN ASTHMA ATTACK?

- If at school notify teacher or staff!
 1. Remain calm
 2. Get the person to sit comfortably
 3. Encourage them to use their inhaler if they have one
 4. If they do not have inhaler, or if the inhaler does not help, tell an adult and call 9-1-1

WHAT DO I DO IF SOMEONE IS UPSET?

- If at school notify teacher or staff!
 1. Keep calm
 2. Ask them how you can help
 3. List to them
 4. Help the best you can
 5. Afterwards, talk to an adult who you know and trust that may be able to help

SO WHAT HAVE WE LEARNED?

- IF YOU ARE NOT SURE HOW TO HELP SOMEONE THAT IS HURT, THEN YOU NEED TO GET AN ADULT OR CALL 9-1-1
- IF YOU ARE AT SCHOOL AND SOMEONE GETS HURT, YOU MUST NOTIFY A TEACHER OR ANOTHER STAFF MEMBER
- ALWAYS MAKE SURE THAT YOU ARE SAFE AND THE PERSON WHO IS HURT IS SAFE. NEVER PUT ANYONE IN DANGER