

Lesson Plan: First Aid Basics

****Grade Level:**** Middle School

****Duration:**** 50 minutes

****Class Size:**** ~10 students

Objectives

- Explain what first aid is and why it's important.
- Demonstrate how to call for help in an emergency.
- Apply basic first aid skills for common situations: cuts/scrapes, burns, choking, and fainting.
- Show an understanding of safety precautions when giving first aid.

Materials Needed

- Whiteboard/markers
- First aid kit (real or demo items)
- Printed scenario cards (emergency situations)
- Bandages, gauze, water bottle (for demonstrations)
- Optional: projector/visuals showing basic first aid steps

Lesson Breakdown

1. Introduction (5 minutes)

- Ask: "What do you think first aid means?"
- Explain: First aid is the immediate help you give to someone who is hurt or sick before professional help arrives.
- Discuss why first aid is important (saves lives, prevents injuries from getting worse).

2. Emergency Response Basics (10 minutes)

Teach the 3 C's of First Aid:

1. Check the scene for safety.
2. Call 911 or get an adult.
3. Care for the injured person until help arrives.

Practice: Students role-play calling for help—what information to give (location, type of emergency, condition of the person).

3. Common First Aid Situations (20 minutes)

Teacher demonstrates and students practice:

- Minor Cuts/Scrapes: Wash hands, clean wound, cover with a bandage.
- Burns (mild): Cool under running water for 10 minutes, don't pop blisters, cover loosely.
- Choking: Ask 'Are you choking?' If yes and can't speak, demonstrate abdominal thrusts (use a pillow or dummy, not each other).
- Fainting: Lay person on their back, elevate legs, loosen tight clothing.

4. Group Activity – Scenario Practice (10 minutes)

- Students split into small groups.
- Each group gets a scenario card (e.g., “Your friend burned their hand on a hot pan” or “Someone scraped their knee while playing soccer”).
- Groups role-play the correct first aid response while others observe and give feedback.

5. Wrap-Up & Review (5 minutes)

- Quick review questions:
 - What are the 3 C's of first aid?
 - What's the first thing you do if someone is choking?
 - How do you treat a burn?
- Emphasize: Stay calm, get help, and do your best.

Assessment

- Teacher observes role-play activity.
- Students answer review questions correctly.