

Subject P.H.E

WK 1

Topic: First Aid and Safety Education

Meaning of First Aid

First aid is the immediate treatment given to an injured and a sick person before the arrival of a medical personnel or a physician

Objectives of safety education

- The development of positive safety
- The prevention of accidents
- The eradication of hazards in the environment.etc

Terminologies in first aid.

*D- danger

*R - response

*S - send (for help)

*A - Airways

*B- breathing

*C- circulation

*D- defibrillation

WK 2

Topic: First Aid and Safety Education

Content of a good First Aid box

- A pair of scissors
- Cotton wool for dressing wound
- Iodine for cut
- Bandage

- Plaster
- Triangular bandage
- Safety pin. etc.

Situations/Conditions that require first aid

1. Bleeding
2. Shock
3. Wounds/injuries
4. Fracture
5. Dislocation
6. Asthma attack. etc.

Application of simple First aid

1. Apply direct pressure using a clean cloth or sterile dressing directly on the wound.
2. Call for assistance immediately
3. For nose bleeding adjust the sitting position of the victim, sit the injured person down with the head facing forward.

WK 3

Topic: First aid and safety education

Qualities of a good first aider

- First aider must be a good observer
- First aider must be resourceful
- First aider must be knowledgeable
- First aider must be tactful and gentle. etc.

General principles of first aid treatment.

1. Safe life
2. To prevent deterioration

3. To promote recovery
4. Apply the relevant treatment.etc

WK 4

Topic: First aid and safety education (IV)

Meaning of accident

Accident is an unexpected event which can lead to injury,loss of property and death.

Types of accident

- Home/domestic accident
- Road accident
- School accident
- Occupation accident

Meaning of sport injuries

Sports injuries are injuries individuals sustain while taking part in sporting activities.

Wk5

Topic : Domestic accident

Domestic or home accident are accident that occur at home,it's surroundings and the neighborhood.

Causes of domestic accident

1. Lack of awareness/ignorance
2. Slippery floors
3. Haste and impatience
4. Tiredness. Etc.

Safety measures at home

* Always keep the locked

* Avoid littering the floor with water or any slippery things

* Ensures alarm systems are working etc

WK 6

Topic: Student Accidents

Causes of school accidents

1. Poorly constructed buildings

2. Faulty equipment

3. Unsafe playground

4. Ignorance

5. Slippery floors. Etc

Safety measures on the playground

Safety measures at the classroom

Safety measures at home

Safety measures at the laboratory