



4th North Heath Rainbows goes virtual

First Aid Stage 1 - Part 1



Get the right kit

Should I include the item in my first aid kit?

Yes or
no





Yes or
no





Yes or
no





Yes or
no





Yes or
no





Yes or
no





Yes or
no



Yes or
no





Yes or
no

The cover of the 10th Edition First Aid Manual, featuring logos for DK, St John Ambulance, St Andrew's First Aid, and British Red Cross. The title "FIRST AID MANUAL" is prominently displayed in green and red, with a plus sign below it. A row of four small images illustrates first aid procedures: a child with a head injury, a person being resuscitated, a hand being bandaged, and a hand being treated with a bandage.

DK

St John Ambulance

St Andrew's First Aid

10TH EDITION

BritishRedCross

FIRST AID
MANUAL

+

WRITTEN AND AUTHORISED BY THE
UK'S LEADING FIRST AID PROVIDERS



Kill the germs



It's time to go
and wash your
hands

How long do you
need to wash
them for?



Can you make
up a song to
sing while you
wash them?

Mend a Friend

You need a red pen or lipstick, plaster, gloves, baby wipe or clean cloth

- 1) Using lipstick or washable red pen, make a small mark on someone's arm.
- 2) You need to put gloves on (if you have some)
- 3) Using a baby wipe or clean cloth, clean the cut, don't scrub, try dabbing it clean.
- 4) Put the plaster on.
- 5) Make sure you look after the patient



A bite sized adventure

This is all about bites and what you should do if you get bitten.

Can you find out what you should do if you are bitten by:

A dog

A snake

An insect



Colour My Mood

This is all about thinking about your emotions.

- 1) Happiness is just one feeling, what others can you think of?
- 2) Write them down under good feelings and bad feelings.
- 3) Now on a piece of paper draw all the good feelings around the outside. Draw a person in the middle who feels all those things. What colours show their feelings?

