

Activity



Activity 1: **First Aid for Burns**
1. **Stop the burning process:** If someone has a burn, immediately stop the burning process. Move the person away from the source of heat or fire. If the burn is from a hot liquid, immerse the affected area in cool running water for at least 10-15 minutes. Do not use ice or very cold water as it can cause further damage to the skin.

2. **Remove any clothing or jewelry:** If the person is wearing any clothing or jewelry near the burn, carefully remove it. Do not force it off if it is stuck to the skin.

3. **Cool the burn:** After stopping the burning process, cool the burn with cool running water. This helps to reduce the pain and swelling. Do not use ice or very cold water.

4. **Protect the burn:** Once the burn is cooled, cover it with a clean, dry cloth or a sterile bandage. This helps to protect the burn from infection and further injury. Do not use adhesive bandages or ointments on the burn.

5. **Seek medical attention:** If the burn is severe, covers a large area, or is on the face, hands, or feet, seek medical attention immediately. For minor burns, you can use a first aid kit to treat the burn. Do not use butter, oil, or any other home remedies on the burn.

Activity 2: **First Aid for Cuts and Scrapes**
1. **Stop the bleeding:** If someone has a cut or scrape, immediately stop the bleeding. Apply direct pressure to the wound with a clean cloth or bandage. If the bleeding does not stop, apply more pressure. Do not use a tourniquet unless you are trained to do so.

2. **Clean the wound:** Once the bleeding has stopped, clean the wound with clean water and mild soap. This helps to remove any dirt or debris from the wound. Do not use alcohol or hydrogen peroxide on the wound as they can irritate the skin.

3. **Apply an antiseptic:** After cleaning the wound, apply an antiseptic to the wound. This helps to kill any bacteria that may be present. Do not use iodine or other strong antiseptics on the wound.

4. **Cover the wound:** Once the wound is cleaned and antiseptic is applied, cover it with a clean, dry cloth or a sterile bandage. This helps to protect the wound from infection and further injury. Do not use adhesive bandages or ointments on the wound.

5. **Seek medical attention:** If the wound is deep, long, or on the face, hands, or feet, seek medical attention immediately. For minor cuts and scrapes, you can use a first aid kit to treat the wound. Do not use any home remedies on the wound.