

Emergency Aid Stage 1 Badge

Helping Someone Who Is Bleeding

Doctors Surgery®

By Samantha Eagle

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WARNING

If you are using a colour printer and do not intend to print in colour you must change your print settings to “Greyscale” if you don’t do this the pictures will not print clearly (your print settings are found in the print dialog box).

Overview

For this task there are 3 Activities for the children to do. Firstly they will make their Doctors coat using a white t-shirt. Then they will make up their First Aid Kit. And lastly they will treat their patients.

Activity 1 - Make a Doctor’s Uniform

Materials Needed

- Plain White T-Shirt for each child – (The cheapest option is for the children to bring a t-shirt in that their parents don’t mind if they paint on - it doesn’t have to be their size it can be slightly bigger if they are struggling to get hold of one. The other option is depending on your budget you could buy them. I’ve seen many on the internet, or ebay that sell for £1)
- Paint brushes
- Fabric paint (available at many craft supply shops), Preferably Black and Red. Grey and Blue optional

Acrylic Paints

You can use acrylic paints on T-shirts. All you need to make regular acrylic paints suitable for T-shirt painting is a textile medium. Simply mix 1 tablespoon of textile medium for every tablespoon of acrylic paint before applying the paint to your T-shirt. The textile medium converts regular paint to fabric paint so it doesn't dry up and crack when applied.

Preparation Before The Meeting

1. Print out a copy of the ‘Doctor’s Coat’ handout – found in this document - you need one between three children

Directions/Leader Speak

1. **Speak** - For the last task in our ‘Emergency Aid Stage 1 badge’ we need to be able to help someone who is bleeding. Before we do this you are going to make a doctors uniform by painting on your white t-shirt
2. **Speak** - I want you to layout your t-shirt flat on the table
3. **Action** - Hand out the pictures of the uniforms
4. **Speak** - These pictures are examples of what you can paint on your t-shirt. Take 30 minutes to design your doctors uniform using these pictures to help you

DOCTORS COAT



Activity 2 – Making your First Aid Kit

Materials Needed

- Small boxes or containers for each child (this isn't essential but would be good)

Preparation Before The Meeting

1. Print and cut out the 'First Aid Box' pictures and text cards (you need one set per child). If you are struggling for paper and ink you could get the children to do this activity in teams of two)

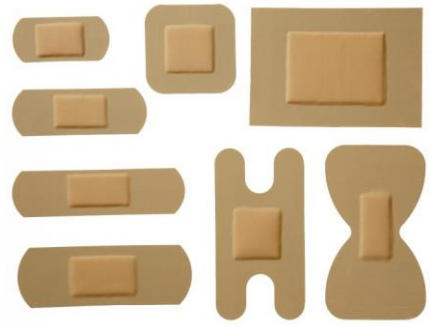
Preparation At The Meeting

1. Mix up all the 'First Aid Box' picture sets and spread them out face down on the floor

Directions/Leader Speak

1. **Speak** - What we're going to do now is to make up a pretend First Aid Kit. I've put pictures on the floor face down and I want you to pick one of each picture with its label to make up your first aid kit (you must not have more than one of each item)
2. **Speak** - You need 13 pictures – pick up their label too

Plasters



*Sterile Gauze
Dressings*



Eye Dressings



*Triangular
Bandages*



*Crêpe Rolled
Bandages*



Safety Pins



*Disposable Sterile
Gloves*



Tweezers



Scissors



*Alcohol-free
Cleansing Wipes*



Sticky Tape



*Thermometer,
(Preferably Digital)*



Antiseptic Cream



Activity 3 - Mini Doctors Surgery

Preparation Before The Night

1. Print out a copy of this activity 'instructions for the leader'

Materials Needed

1. Gauze for each child
2. Bowl and Soap (to wash hands)
3. Paper Towels to dry hands
4. Tape
5. Plasters
6. Bandages
7. Cloths

Directions/Leader Speak

1. Get one child to sit on a chair then the leader/first aider will demonstrate how to treat a graze talking them through it as they go (instructions for this can be found on the next page)
2. Lay out chairs for half your group next to each other with a little bit of space in between
3. Get half the group to sit on the chairs and they will pretend they are the patients
4. The other half of the group will pretend they are the doctors
5. Get the doctors to put on the coat they've just made
6. Get the doctors to practise treating a graze on their patient
7. Then get them to swap – not forgetting that the doctor has to put on his coat
8. Once everyone has treated a 'Graze' move onto the next injury 'Cut Hand' demonstration
9. Once they have treated the hand ask them to treat a bleeding finger using the same instructions that they used for the hand

Situation - Graze

Body Part - The knee

1. Sit the patient down and temporarily protect the wound by covering it with a clean piece of gauze
2. Wash your hands
3. Rinse the wound under cold running water until it is clean (explain that if a clot has started to form you may feel it would be better to leave it as washing it would cause it to start bleeding again)
4. Further clean the wound by using wet cotton wool. Always clean away from the centre of the wound outwards
5. Dry the area around the wound and place a dressing over it for example, gauze and tape. Never dress a wound with cotton wool or anything fluffy



Situation - **Minor** Cut but bleeding heavily

Body Part - The palm of a hand

1. Immediately press the cut tightly with your hand or the injured person's hand over a clean pad or cloth and do not let go. In an outside emergency situation if you cannot get a cloth just use their hand
2. Sit or lie the injured person down and raise their arm above their head so that the bleeding slows down and stops
3. If the pad becomes soaked with blood, don't take it off. Put another pad on top of the first one and bind it tightly with a cloth. It should not be too tight. You must be able to fit a finger between the cloth and the skin
4. Once the bleeding is under control you can dress the cut
5. Wash and dry your hands thoroughly
6. Clean the wound under a running tap water, or with a sterile saline solution, but do not use antiseptic because it may damage the tissue and slow down healing
7. Pat the area dry with a clean towel
8. Apply a sterile, adhesive dressing, such as a plaster



Situation - **Minor** Cut but bleeding heavily

Body Part - The Finger

1. Use the same directions for the 'Palm of a hand cut'.

