

# FIRST AID

## Mini-Lapbook & Study Guide

Designed for K-8th grades



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ML-FA

First Aid Mini-Lapbook  
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# First Aid Mini-Lapbook

## Base Assembly & Layout Guide

You will need a folder of any color. Fold both sides toward the original middle fold and make firm creases on these folds (Figure 1).

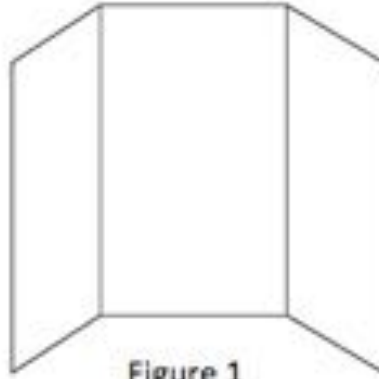


Figure 1

This is the “Layout” for your lapbook. The shapes are not exact on the layout, but you will get the idea of where each booklet should go inside your lapbook.

Inside of Folder:

Booklet 1 Cuts	Booklet 4 CPR	Booklet 7 Animal Bites	Booklet 11 What I Learned
Booklet 2 Fever	Booklet 5 Anaphylaxis	Booklet 10 What I Learned	Booklet 9 First Aid Kit
Booklet 3 Choking	Booklet 6 Burns	Booklet 8 Snake Bites	Booklet 12 What I Learned

# First Aid

## Student Instruction Guide

**Booklets 1-12:** Read the First Aid Study Guide. Then write what you have learned about each subject in the corresponding mini-book. Cut the booklets out around the outer blackline edges, fold each in half, and glue them into your folder.

**Booklet 1:** Minor Cuts & Scrapes

**Booklet 2:** Fever

**Booklet 3:** Choking

**Booklet 4:** CPR

**Booklet 5:** Anaphylaxis

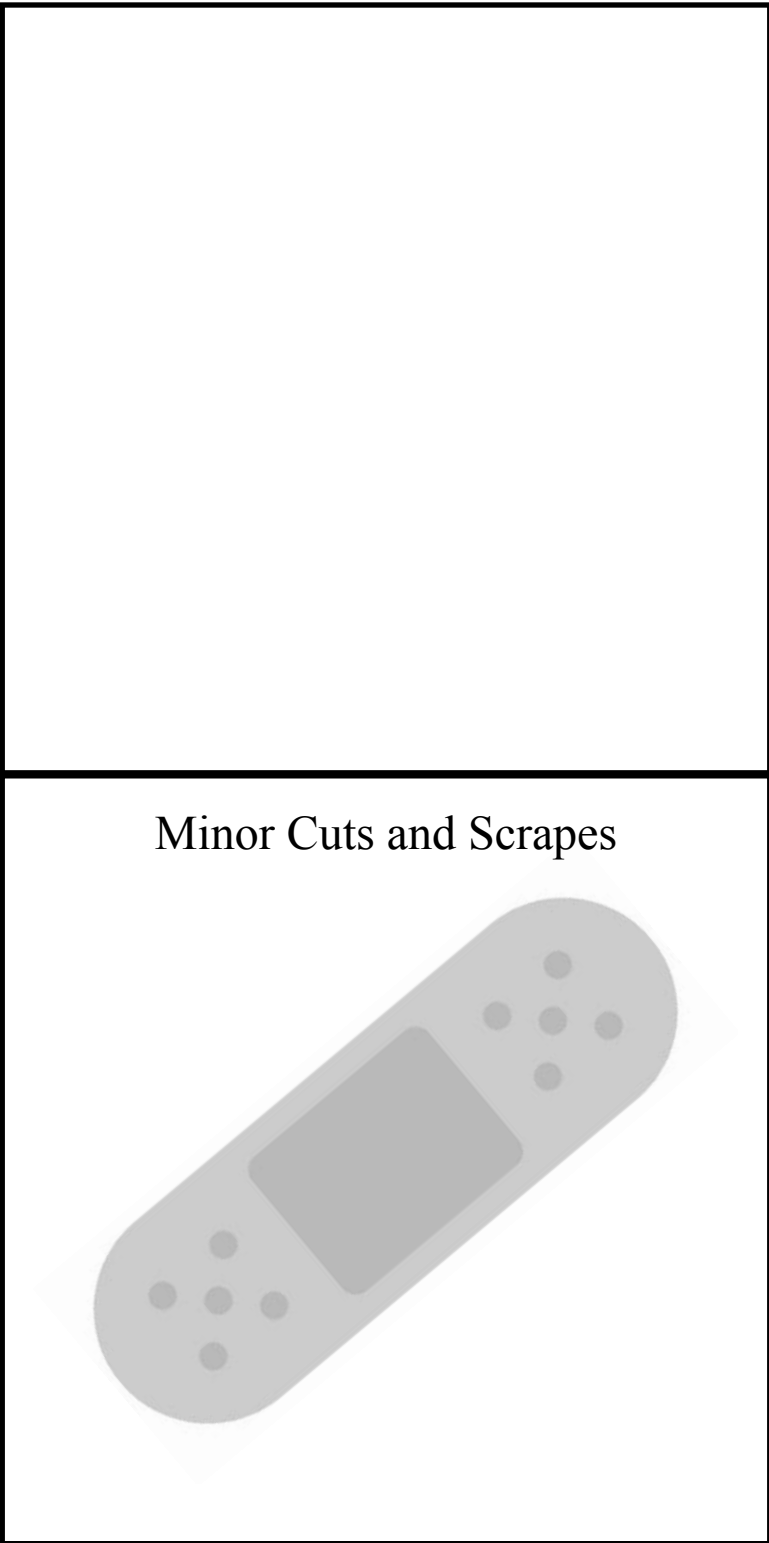
**Booklet 6:** Burns

**Booklet 7:** Animal Bites

**Booklet 8:** Snake Bites

**Booklet 9:** First Aid Kit - Inside this booklet, write or draw what items you should put in your first aid kit.

**Booklets 10-12:** What I Learned - With your parents' help, use library books or the links provided at the end of this book to study more about first aid. Write some interesting things you've learned in the last three booklets.



# First Aid Mini-Lapbook Study Guide



*I've seen what the first-aid volunteers do,  
and they need to be more appreciated.*

*- Mary O'Brien*

Whenever there is an injury or a medical emergency, the actions of the first responders, or the first people who are available to help, are very important. The definition of *first aid*, according to the Merriam Webster dictionary, is "emergency care or treatment given to an ill or injured person before regular medical aid can be obtained." If the injury is minor, basic first aid may be sufficient. If the injury is major or life-threatening, one person should call 9-1-1 for help while another person is administering first aid, or if only one person is available, that person should call 9-1-1 as soon as he has alleviated the life-threatening situation, if he is able to do so.

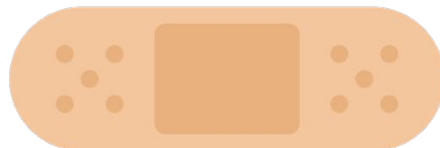
Cleanliness is paramount in the administration of first aid. Always wash your hands and use sterile equipment in order to prevent the spread of bacteria and infection. Also use disposable gloves if available.

Following are some simple first aid steps for common injuries or emergencies. This is meant to be an overview, not an exhaustive list. Sources for further study will be included at the end.

## Minor Cuts and Scrapes

Minor cuts and scrapes are common and do not usually require a trip to the emergency room. After washing your hands, follow these steps:

1. Apply pressure to stop the bleeding if it does not stop on its own.
2. Apply antibiotic cream, such as Neosporin.
3. Place a bandage on the wound to keep bacteria out.



## Fever

A fever is a rise in body temperature that occurs when the body is trying to fight infection. It is your body's natural defense against infection, and so it should not always be brought down immediately. A fever can cause discomfort, however, and if it becomes too high, it can cause more damage to the body.