

First Aid Materials

Susan Bugby, *How to Use Your First Aid Kit & Contents – First Aid Training – St John Ambulance*, YouTube [online], [dostęp 25 września 2023], dostępny w Internecie: <https://www.youtube.com/watch?v=gn6xt1ca8A0>

I Answer the following questions:

1. What is a first aid kit used for?

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2. Do you have a first aid kit? Is it easily accessible? Do you check and restock it regularly?

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3. Have you ever had to use a first aid kit yourself? In what circumstances?

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4. What does a typical first aid kit contain?

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5. It is common for personal or family first aid kits to contain medications. What main types of medicine could that be?

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6. What may a more advanced first aid kit contain, specifically those used by event first aiders and emergency services?

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7. The international standard for first aid kits is that they should be identified with the ISO graphical symbol for first aid so that they are easily recognizable to anyone requiring first aid. What is the symbol?

- a. an equal white cross on a green background
- b. an unequal red cross on a white background
- c. an X on a red background

II Study the chart below and match these basic materials for a first aid kit with their purpose:

ITEM	PURPOSE
1. plasters	a) a large triangular-shaped piece of cloth that can be used as a bandage or a dressing, if sterile, to cover a large wound or burn
2. sterile wound dressing	b) long thin bandages rolled up, used to hold dressings in place, to apply pressure and stop the bleeding, or to hold ice packs in place to reduce swelling
3. roller bandages	c) used as dressing, or as swabs to clean around wounds
4. triangular bandage	d) can be used to reduce infection when giving rescue breaths
5. disposable gloves	e) for dressing burns and scalds
6. face shields or pocket masks	f) for small cuts and grazes
7. alcohol-free cleansing wipes	g) a sterile pad attached to a bandage, for larger cuts to apply pressure and stop the bleeding
8. gauze swabs	h) useful for helping people outdoors
9. sticky/ adhesive tape	i) useful in the car for dealing with road accidents
10. scissors, shears and tweezers	j) used to cut somebody's clothing in order to get to the wound, to cut sticky tape to the required length
11. cling film or clean plastic bags	k) to hold dressings in place or to secure the loose ends of bandages
12. alcohol gel	l) used to clean the skin around the wound
13. blanket, survival bag, torch, & whistle	m) reduce the risk of infection between you and the casualty
14. warning triangle & high visibility jacket	n) to clean your hands in case of lack of water

**III Check your answers watching the video entitled *How to Use Your First Aid Kit & Contents* by Susan Buggy from St John Ambulance at <https://www.youtube.com/watch?v=gn6xt1ca8A0>
How many did you get right?**

IV Look through the items in the chart above again – can you give examples of:

- personal protective equipment (PPE)

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- instruments & equipment

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- items used for trauma injuries like a) bleeding, b) fractures, c) burns

- items that could serve as survival tools, e.g. in wilderness



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Mgr Joanna Mazur