| **Lesson Plan** |
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| **Date:** | **Topic: First aid-Burns** |
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| **Lesson:** |
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| Caring for minor burns |
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| **Materials:** |
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| Icepack  Ice cubes  Plastic bag  Towel/cloth (to put between ice and skin)  “Hot or Not” game |
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| **Learning Objectives:** |
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| * Students will learn/demonstrate what to do to care for a minor burn * Students will learn to make an ice pack out of ice and a bag |
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| **Structure/Activity:** |
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| 1. Talk about hot vs cold 2. Discuss how hot things can burn us and identify things that are hot 3. Ask if anyone has ever had a burn 4. Play the game “Hot or Not” 5. Discuss steps to care for a burn 6. Practice making an ice pack (ice and bag) 7. Demonstrate the safe way of using an ice pack (barrier between skin and ice pack), 8. Discuss with class the availability of ice packs in class first aid kit and then place plastic bags and ice packs in class first aid kit and fill ice trays and place in freezer (if time allows) |
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| **Assessment:** |
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| Burn care assessment |
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