



Interactive lesson – First aid skills

Lesson plan



Topic of the lesson: First aid for common accidents



Duration: 45-90 minutes

Learning objectives:	Content:
1. The student knows how to give first aid in common types of accidents.	<ul style="list-style-type: none">• First aid for accidents

Compatibility with the national core curriculum (OPS):	
Transversal competencies: Taking care of oneself and managing daily life (L3)	<ul style="list-style-type: none">• <i>"Students learn to anticipate and avoid dangerous situations and act appropriately in the event of an accident or emergency."</i>
Health education: Positive and negative health factors and prevention of diseases	<ul style="list-style-type: none">• T6 To support students' development in obtaining and using information related to health and diseases and promote students' ability to act appropriately in situations related to health, safety and diseases.• S2: The lessons also cover safety skills and preparedness, first aid, self-care and how to seek support and help.

Preparing the teaching space and materials
Red Cross first aid instructions: https://www.redcross.fi/first-aid/first-aid-instructions/
Supplies
<ul style="list-style-type: none">• Students will need pens for writing.



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Course of the lesson

START

- Explain the topic and learning objectives of the lesson to students.

After the lesson...

1. Students know how to give first aid in common types of accidents.

- The number of accidents among young people increases with age. Typical injuries caused in accidents include sprains and strains to the limbs and joints, unconsciousness, bleeding, concussions and burns.

1. SECTION: Task for small groups

- Students are divided into small groups and tasked with preparing instructions on how to act in a situation that requires first aid. Students can look for instructions in the Red Cross first aid instructions. Common situations requiring first aid include:
 - ✓ First aid for an unconscious person
 - ✓ Sprained ankle
 - ✓ Bleeding
 - ✓ Concussion
 - ✓ Burns
- The presentation can be in the form of, for example:
 - ✓ Educational video
 - ✓ Play
 - ✓ Illustrated set of instructions
 - ✓ Written instructions
- Students plan the format and show it to the teacher before presenting their group assignment. This allows the teacher to ensure that the content of the presentation is appropriate. The groups prepare a presentation on the the first aid situation assigned to them.

SECTION 2: Small group presentations

- The groups present their videos to the class. When unpacking the tasks, you can compare the students' presentations and the instructions of the Red Cross.