

First Aid

ABC's/ First on the Scene

Agenda:

1. Journal: A first Aid kit should have...
2. Homework check and Attendance
3. Packet Page #6 in class and discuss
4. ABC's notes
5. First on the scene notes
6. Test questions

First Aid Review

- *What did we do last time?*
- Where do most accidents happen?
- *Motor Vehicles (cars)*
- You are most likely to have an accident if you are a:
- *Young male*

ABC's

- **A irway** : Is there anything blocking the air from getting to the lungs from the mouth?
Tilt head back gently and pull chin forward.
- **B reathing** : Is the person breathing?
Look at their chest for rising, Listen for breathing, Feel for breathing with your ear.
- **C irculation** : is the heart pumping blood around the body?
Check for pulse.



First on the scene

1. Yell Help
2. Survey the Scene to make sure it is safe.
3. Tap and Shout to see if the victim is conscious.
4. Call 9-1-1
5. Open Airway: Head tilt chin lift
6. Check breathing: Look at the chest.
Listen for breathing.
Feel for breathing with ear
7. If not breathing give 2 breathes watching for the chest to rise.
8. Check pulse for 10 sec.
9. Give any care needed.



Test Questions

- What do the “ABC’s” stand for in first aid?
- **Airway, Breathing, Circulation**

- You come across a scene where the victim is unconscious, what is the most important thing for you to do?
- A. Check the time
- B. Call a friend
- **C. Call 911**
- D. Run