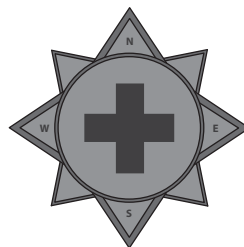


## KNOW HOW TO USE THE ITEMS IN A FIRST-AID KIT

Okay, so you have a first-aid kit, but do you know what is in it, and what the things do?

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Take a look at the first-aid kit and familiarize yourself with the items inside.
- While being careful not to be wasteful, and with the oversight of your parents, use materials to administer mock first aid for a deep abrasive cut on the arm. Use gauze pad and bandage and all the other necessary materials to familiarize yourself with the items necessary for this mock first aid.

LEVEL G

PERIOD 5

TASK 1

While first-aid kits may vary, the following are typical items:

- Alcohol Swabs. Used to clean a wound and sterilize from germs.
- Antibiotic cream. Used to treat a variety of conditions from burns to cuts and can aid healing.
- Gauze pads. Used up next to a wound. If a bandage was used to wrap a wound, on removal, it would painfully tear the scab away and open the wound again. A gauze stops that from happening.
- Bandages. Used to wrap a wound and keep gauze in place.
- Medical tape. Used to secure gauze.
- Elastic bandages. Help support sprained joints and reduce swelling.
- Pain relievers. Well, they relieve pain, believe it or not.
- Instant cold pack. Reduce swelling and can be used on burns.
- Band aids. Used for small cuts and abrasions.
- Tweezers. Used to remove splinters
- Scissors, cut bandages, etc.

