

St John
Ambulance



Ask me
how you can learn
first aid

Summer activity pack



We want you and your family to have fun and stay safe during the summer holiday.

In this activity pack you will find games and quizzes to help children learn essential first aid skills, giving them the confidence to save lives.

The pack covers advice for stings, burns, choking, dehydration, cuts and grazes - a few common accidents that could happen during the summer.

Happy learning and stay safe this summer.

Bertie



Tell Bertie about you

Can you draw a picture of yourself?

My name

A large, empty rectangular box with a thin grey border occupies the lower two-thirds of the page. It is intended for the user to draw a picture of themselves.

Help Bertie put his First Aid kit back together

Bertie was rushing to the airport and dropped his first aid kit and suitcase on the floor. Everything is muddled up. Can you help put the first aid kit back together?

Which of these go in a first aid kit? (tick)

- | | |
|--|---|
| <input type="checkbox"/> Plasters | <input type="checkbox"/> Disposable gloves |
| <input type="checkbox"/> Bucket and spade | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Bandage | <input type="checkbox"/> Eyewash |
| <input type="checkbox"/> Sweets | <input type="checkbox"/> Flip flops |

Can you draw these in the first aid kit?



Ask me how to treat a sting

If you or your friend has a sting...

- 1. Reassure them. If you can see the sting, brush or scrape it off sideways with something firm like a fingernail or plastic ruler as soon as possible.**
- 2. Raise the stung area and hold something cold against it to help reduce the swelling, like an ice pack or a frozen bag of vegetables wrapped in a tea towel.**
 - Keep the cold compress on for at least 20 minutes.
 - If the sting is in the mouth or throat, the casualty can suck an ice cube or sip cold water to try to prevent any swelling.
- 3. Keep comforting them and if it gets worse, call 999 or 112.**

Test your sting skills

How much do you know about first aid advice for stings?

Try filling in the gaps below.

Tania was playing in the garden one day when she felt a tingling pain on her arm. She looked down, and realised she had been _____.

Thankfully, her friend Kyle was close by and _____ her straight away. Kyle helped Tania hold her arm _____ and put an ice _____ on it to reduce the _____.

Kyle held the _____ pack on for _____ minutes.

After this, Tania was feeling much better!

Word bank

swelling

20

stung

pack

up

helped

ice

Ask me how to treat a burn

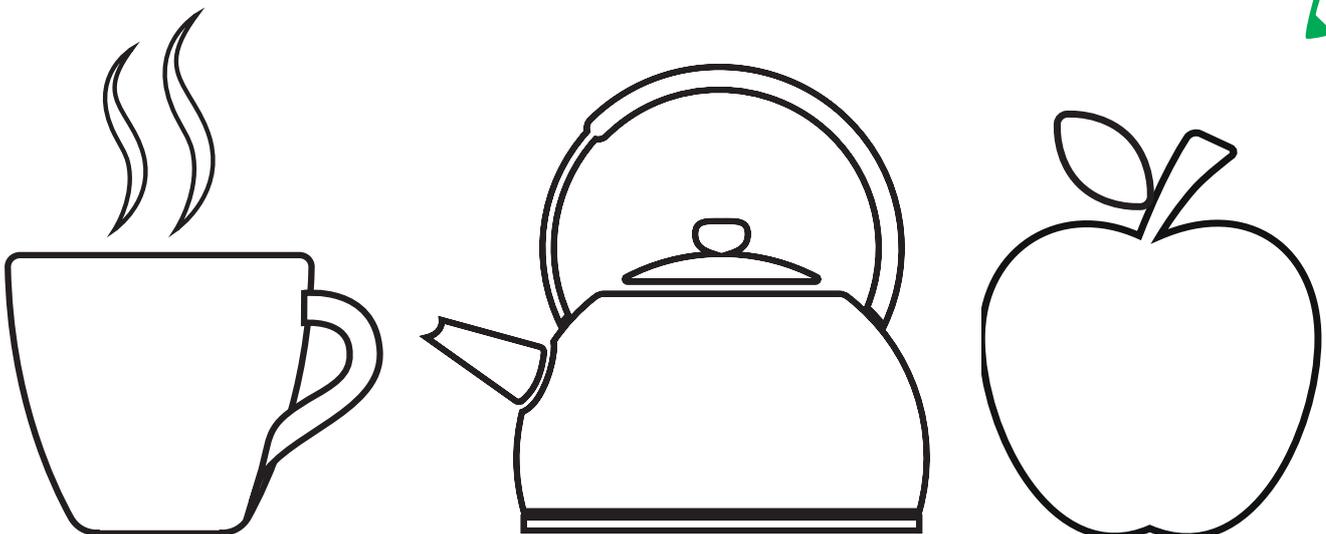
If you or your friend has a minor burn...

1. Hold it under cool running water for at least 20 minutes
2. Remove clothing or jewellery around the burn, unless it's stuck
3. Cover the burn lengthways with cling film
4. Comfort them and ask an adult to help you.

Spot the hazards

Which of the objects below could give you a burn?

Colour in the objects you think could cause you harm.



Test your burn skills

Test what you know about burns - have a go at the quiz below.

1. What might you see if you or one of your friends has a burn? Circle the correct answers below.

Red skin

Freckles

Blue skin

Blisters

Swelling

2. How long do you hold a burn under cold running water?

10 seconds

1 minute

At least 20 minutes

3. When the burn has cooled, what should you cover it with?

A towel

Cotton wool

Cling film

Ask me what to do if someone is choking

If you think someone is choking...

1. Cough it out

- Encourage the person to keep coughing

2. Slap it out

- Give 5 sharp back blows between the shoulder blades
- Check their mouth each time

3. Squeeze it out

- Give 5 abdominal thrusts
- Check their mouth each time

4. If the blockage has not cleared call 999/112 for emergency help

- Repeat steps 2 and 3 until help arrives.

Spot the hazards

Circle all the things you or your friend could choke on below.



Test your choking skills

The drawings and instructions are all muddled up!

Try matching the first aid advice with the correct picture.

1. Cough it out

- Encourage the person to keep coughing



2. Slap it out

- Give 5 sharp back blows between the shoulder blades
- Check their mouth each time



3. Squeeze it out

- Give 5 abdominal thrusts
- Check their mouth each time

4. If the blockage has not cleared call 999/112 for emergency help

- Repeat steps 2 and 3 until help arrives.



Ask me what to do if you think a friend is dehydrated

If you think someone's not had enough water and isn't feeling well...

1. Help them to sit down
2. Give them lots of water to drink
3. Tell them to rest .

True or false

How much do you know about keeping hydrated?

Circle the answers to the questions below and test yourself.

A fizzy drink will hydrate me more than water



Shade will be cooler than staying in the sun



Drinking whilst exercising will keep me hydrated



Wordsearch in a bottle



**Try and find the words below
in the water bottle crossword
and tick them off when you've
found them!**

Cool

Shade

Suncream

Thirsty

Water

Ask me what to do if someone has a cut or graze

If you or your friend gets a cut or graze...

- 1. Clean the wound by rinsing it under running water or using sterile wipes**
- 2. Pat the wound dry using a clean, non-fluffy cloth**
- 3. Hold the cut upwards**
- 4. Put a plaster on.**



Test your cuts and grazes skills

Now you know what to do, cover up the last page and test yourself. Have a go at filling in the gaps below.

Sam was walking to the park with his dad when he tripped on the pavement and _____.

When Sam got up, he saw he had a _____ on his knee - ouch!

Luckily, Sam's dad had some _____ in his bag which he used to clean Sam's cut. After _____ the cut, Sam's dad put a _____ on it.

Word bank

he cleaned

fell

plaster

water

cut

Well done

You have now completed the summer safe activity pack!

Cut out the square below and put it on your fridge so everyone knows you're summer safe.

Why not tell your friends next time you see them about what you have learnt so they can stay safe too?



Answers

First aid kit

1. Plasters
2. Bandage
3. Disposable gloves
4. Eye wash

Stings

1. stung
2. helped
3. up
4. pack
5. swelling
6. ice
7. 20

Burns

1. Red skin, blisters, swelling
2. At least 20 minutes
3. Cling film

Choking

Spot the hazards



Match them up

1. Cough it out



2. Slap it out



3. Squeeze it out



4. Call 999/112 for emergency help



Dehydration

1. A fizzy drink will hydrate me more than water - **False**
2. Shade will be cooler than staying in the sun - **True**
3. Drinking whilst exercising will keep me hydrated - **True**



Cuts and grazes

1. fell
2. cut
3. water
4. he cleaned
5. plaster



Find out more about Badgers

Badgers are the youngest St John people, aged 5 to 11. Anyone can join a Badger Sett, which operate across England. Badgers usually meet once a week for around 1 hour 30 minutes.

Badgers take part in a wide range of fun activities based on essential first aid and other fascinating topics, earning badges and certificates for each one. For every three subjects a Badger completes, they receive an award until they achieve their Super Badger Award.

Badgers can:

- learn first aid
- make new friends
- get creative with arts and crafts
- find out how the body works and how to stay healthy
- learn about helping their local community
- take part in team games
- develop leadership and communication skills, and much more!

To find out more about how you or a young person can get involved, visit sja.org.uk/badgers

