Safety and First Aid Learning Activity Sheet Quarter 2

REGION VI – WESTERN VISAYAS
SAFETY AND FIRST AID ACTIVITY SHEET
INDICATIONS OF EMERGENCY RESCUE

I. Learning Competency with Code
   Identifies signs and symptoms of injuries as well as situations that may prompt such injuries.

II. Background Information for Learners
   Emergency Rescue is a rapid movement of patient from unsafe to a place of safety. Emergency is an unforeseen combination of circumstances or the resulting state that calls for immediate action.

III. Accompanying DepEd Textbook and Educational Sites
   - https://www.merriam-webster.com/dictionary/emergency
   - Philippine Red Cross Manual

Activity Proper
   Activity 1
   What are the indications for emergency rescue?

IV. Reflection?
   In your own point of view, what is the importance of knowing the indications of emergency rescue?

Answer Key:
1. Danger of fire or explosion
2. Danger of toxic gases asphyxia due to lack of oxygen
3. Serious traffic hazards
4. Risk of drowning
5. Danger of electrocution
6. Danger of collapsing walls
SAFETY AND FIRST AID ACTIVITY SHEET
METHODS OF RESCUE

I. Learning Competency with Code
Identifies situations requiring prompt response for safety rescue and transfer.
Performs appropriate and correct procedures during disaster and emergencies in sports, exercises and recreational settings (simulations).

II. Background Information for Learners
TRANSFER Is moving a patient from one place to another after giving first aid.
Victim Carries: When one or more rescuer is able to lift the victim and carry them to a location of safety.

III. Accompanying DepEd Textbook and Educational Sites
Philippine Red Cross Manual

IV. Activity Proper

Activity 1
What is carry?

Activity 2
List down the things we need to consider in carrying a victim.
What are the things to observed during transfer?

Activity 3
What are the different methods of transfer? Give examples on each type of method.

Activity 4
4.1 Perform the different methods of carry. (Ask somebody at home if needed)
4.2 Follow the procedures in doing the different methods of carry.
4.3 Ask some members of the family or some of your friends to perform the different methods of carry and try to compare and check if they are following the procedure.

WARNING!!!!
SAFETY FIRST!!!!

V. Reflection
What is the importance of knowing the different types of carries? Is it important to follow the procedure step by step? Why or Why not?
Answer Key:
Selection of transfer method will depend on the following
2. Size of the victim.
3. Physical capabilities of the first aider.
4. Number of personnel and equipment available.
6. Distance to be covered.
7. Sex of the victim (Last Consideration)

Pointers to be observed during transfer:
1. Victim’s airway must be maintained open.
2. Hemorrhage is controlled
3. Victim is safely maintained in the correct position
4. Regular check of the victim’s condition is made.
5. Supporting bandages and dressing remain effectively applied
6. The method of transfer is safe, comfortable and as speedy as circumstances permit.
7. The patient’s body is moved as one unit
8. The taller first aider stay at the head side of the victim
9. First Aiders/Bearers must observed ergonomics in lifting and moving of patient

Methods of Transfer
One – Man Assist / Carries
1. Assist to Walk
2. Carry in arms (Cradle)
3. Fireman’s Carry

Two – Man Assist / Carries
1. Assist to Walk
2. Hand as a litter
3. Carry By Extremities

Three – Man Carries
1. Bearers Alongside (for narrow alleys)
2. Hammock Carry

4 Four / Six / Eight – Man Carries
Blanket – if available
SAFETY AND FIRST AID ACTIVITY SHEET

I. Learning Competency with Code
   Performs appropriate and correct procedures during disaster and emergencies in sports, exercises and

II. Background Information for Learners
   Preventing Common Sports Emergencies
   Organized sports are supposed to be fun with minimal risks, but occasionally athletes, coaches, and even bystanders experience a medical emergency. It’s important to know when an event is considered an emergency and what to do if one occurs. Coaches and other staff members frequently find themselves acting as first responders, and the actions they take can be critical to the outcome.

III. Accompanying DepEd Textbook and Educational Sites
   https://www.sadlersports.com/risk-management/common-sports-emergencies/

IV. Activity Proper
   Activity 1
   What are the top six medical emergencies most frequently seen in sports?

   Activity 2
   a. For head and neck injuries what are the danger signs that require immediate medical attention?
   b. What are the heat exhaustion symptoms?
   c. What are the signs and symptoms of heat stroke?
   d. What are the signs of respiratory distress?

   Activity 3
   a. What should we do when we encounter the common emergencies in sports?

V. Reflection
   Is it important for us to know what to do when we encounter the common emergencies in sports? Why or why not?
SAFETY AND FIRST AID ACTIVITY SHEET

I. Learning Competency with Code
   Prepares first kits and equipment.

II. Background Information for Learners
   Home first aid kits are usually used for treating these types of minor traumatic injuries like cuts, burns, abrasions, stings, splinters, sprains, and strains.
   First aid kits for travel need to be more comprehensive because a drug store may or may not be accessible. In addition to personal medical items, the kit should contain items to help alleviate the common symptoms of viral respiratory infections such as these fever, colds, nasal congestion, and cough.
   First aid kits for travel need to be more comprehensive because a drug store may or may not be accessible. In addition to personal medical items, the kit should contain items to help alleviate the common symptoms of viral respiratory infections such as these cuts, mild pains, gastrointestinal problems, skin problems and allergies.

III. Accompanying DepEd Textbook and Educational Sites
   https://www.webmd.com/first-aid/first-aid-kits-treatment#1

IV. Activity Proper
   Activity 1
   Make Your Own First Aid Kit
   Try to keep your kit small and simple. Stock it with multi-use items. Almost anything that provides good visibility of contents can be used for a household first aid kit.
   a. If your kit will be on the move, a water-resistant, drop-proof container is best.
   b. Inexpensive nylon bags, personal kits, fanny packs, or makeup cases serve very well.
   c. You do not need to spend a lot of money on a fancy "medical bag." Use re-sealable sandwich or oven bags to group and compartmentalize items.
   d. Put wound supplies in one bag and medications in another.

   Activity 2
   What are the things that you can see inside a First Aid kit?
   How to use your first aid kit?

   Activity 3
   Where is the best place to keep our first kit? Why?

V. Reflection
   What is the importance of having a First Aid Kit in homes, Office and when travelling?
VI. Learning Competency with Code
Develops an emergency plan involving personnel.

VII. Background Information for Learners
An emergency plan specifies procedures for handling sudden or unexpected situations. The objective is to be prepared to: Prevent fatalities and injuries. Reduce damage to buildings, stock, and equipment.
An emergency plan specifies procedures for handling sudden or unexpected situations. The objective is to be prepared to:
* Prevent fatalities and injuries.
* Reduce damage to buildings, stock, and equipment.
* Protect the environment and the community.
* Accelerate the resumption of normal operations.

VIII. Accompanying DepEd Textbook and Educational Sites
https://www.ccohs.ca/oshanswers/hsprograms/planning.html

IX. Activity Proper
Activity 1
What are the elements of emergency plan?

Activity 2
Make a sample of emergency plan diagram (or sketch) from your home going to a safe place whenever there’s disaster or calamities. Involve your family members (each member of the family will be given a task in times of disaster and calamity) in making your emergency plan.

Example of Emergency Plan

![Emergency Plan Diagram](image_url)
X. Reflection
What is the importance of having an emergency plan?