



# First Aid



## Lesson 2 BUMPS & BRUISES



Boys play rough and do get hurt. One thing that happens a lot is a BUMP or a BRUISE, when some part of you hits something else that is a whole lot harder! Ouch!! You do need to WATCH where you are going. But if you ‘crash’ just remember: your body is going to say “Hurts-Hurts-Hurts !!” This is because, at first, it doesn’t know how bad it is hurt. Look at Lesson 1 again. Which pictures show people who could get ‘bumped’ or ‘bruised’?



**DO THIS FIRST:** STOP, SIT, and CHECK IT OUT! You need to be careful. Just because it does not ‘look’ bad does not mean it is not hurt bad! Sometimes what is hurt is inside where you can not see it. Have an adult or an older friend help you if it just keeps hurting!

### **DO THIS NEXT:**

- ▶ WIPE any dirt off with a damp rag or use running water. If there is a cut it must be cleaned and protected. You learn this in in the next lesson.
- ▶ HEIGHT - If you can, raise the hurt above your heart to lower swelling.
- ▶ ICE pack, or ice in plastic bag, goes on the bruise to keep swelling down.



If the hit is on the head it might be a lot more dangerous! Did the injured fall asleep for a moment, or forget what happened? Does everything seem confusing to him? Does he feel sick to his stomach? It may be serious. You must get help from an adult. And most important - **STAY CALM!!**



Be sure to practice your memory verse **Proverbs 3:23** so you will know it completely before your next meeting. Also, remember the three First Aids for Bumps & Bruises: **WIPE - HEIGHT - ICE**