

First Aid

Bleeds



Lesson 3



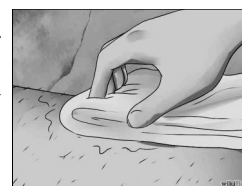
A cut may make you bleed a little, then stop. Or, it can be serious and make you bleed a lot! Either way you need to take care of it right away! Have someone go for help. In the mean time, either you or someone with you must begin First Aid right away!

DO THIS FIRST:



▶ Quickly remove anything that caused the injury (a piece of glass, rocks or sticks) and get clothing out of the way.

▶ If it is bleeding very fast, lay a piece of cloth or napkin (or clean bare hand) on the spot and press firmly. You may need to keep that pressure on until the bleeding seems to stop or other help arrives!



▶ If it is not bleeding fast, or has slowed a lot, then (1) clean the wound gently with soap and water. Even better, also use a (2) first aid cream or spray. Then cover up with clean (3) cloth or bandage to keep germs out! A band-aid strip for small hurts or a bandage with first aid tape for larger ones. Do it right, but not too tight! You want the hurt to be able to heal naturally.

1



2



3



DO THIS NEXT:

If you did not get the wound clean enough the first time, or if it continues to bleed, the bandage will have to be changed. Always get an adult or older friend to help you do this! If it is done right, you help the hurt to heal right away!!



Each crew member needs to recite Proverbs 3:23. Then everyone say together “First Aid for bumps and bruises is WIPE - HEIGHT - ICE”

Our new verse to learn is “God heals the broken hearted and binds up their wounds.” Psalms 147:3