

First Aid

Lesson 6 Breaks



It looks like this boy got hurt pretty bad. Maybe he fell from his bike or got kicked during a game? We hope it is only a 'bruise'. But it can be a **break!** Bones are very strong for the job they are supposed to do. But if they get hit hard enough in the wrong direction - crack!! Even a **hairline fracture**, a tiny crack in a bone caused by repeated stress (such as excessive running or jumping)

can be very painful and that body part must be handled with care!

<u>Is it broken</u>? Well, did you hear a 'snap' or grinding noise? Is it swelling <u>fast</u> and tender to touch? Does it hurt to move it? Very important - is a bone sticking out?!! If you <u>DON'T KNOW</u> - <u>DON'T GO</u>! Stay <u>still</u> and wait for help to come from an adult or medical person.

DO THIS: ► A broken bone can cut through to the outside and cause serious bleeding! You or (even better) someone with you, needs to use a clean rag to put pressure on the bleeding spot. But not too hard - it's gonna hurt them! The broken bone is sharp and can do more harm.

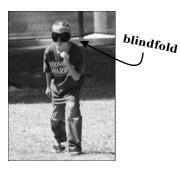
- ▶ If the hurt person feels dizzy or weak or short of breath they need to lay down, feet up a little and be covered with a blanket or coat.
- ▶ The injured should not eat or drink anything in case surgery will be needed!

Always be careful...Remember:

"Make it so you won't break it!"



Don't Play High



Don't Play Blind



Don't Play <u>Too</u> Rough with the Other Guys



You did it!! Six great lessons. Always be ready to help anyone who may need help. Now learn one more verse: "Jesus said: I am with you always"

- Matthew 28:20