



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!

Is it broken? Well, did you hear a 'snap' or grinding noise? Is it swelling fast and tender to touch? Does it hurt to move it? Very important - is a bone sticking out?!! If you DON'T KNOW - DON'T GO! Stay still 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 Too 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**