



First aid

Mend a friend

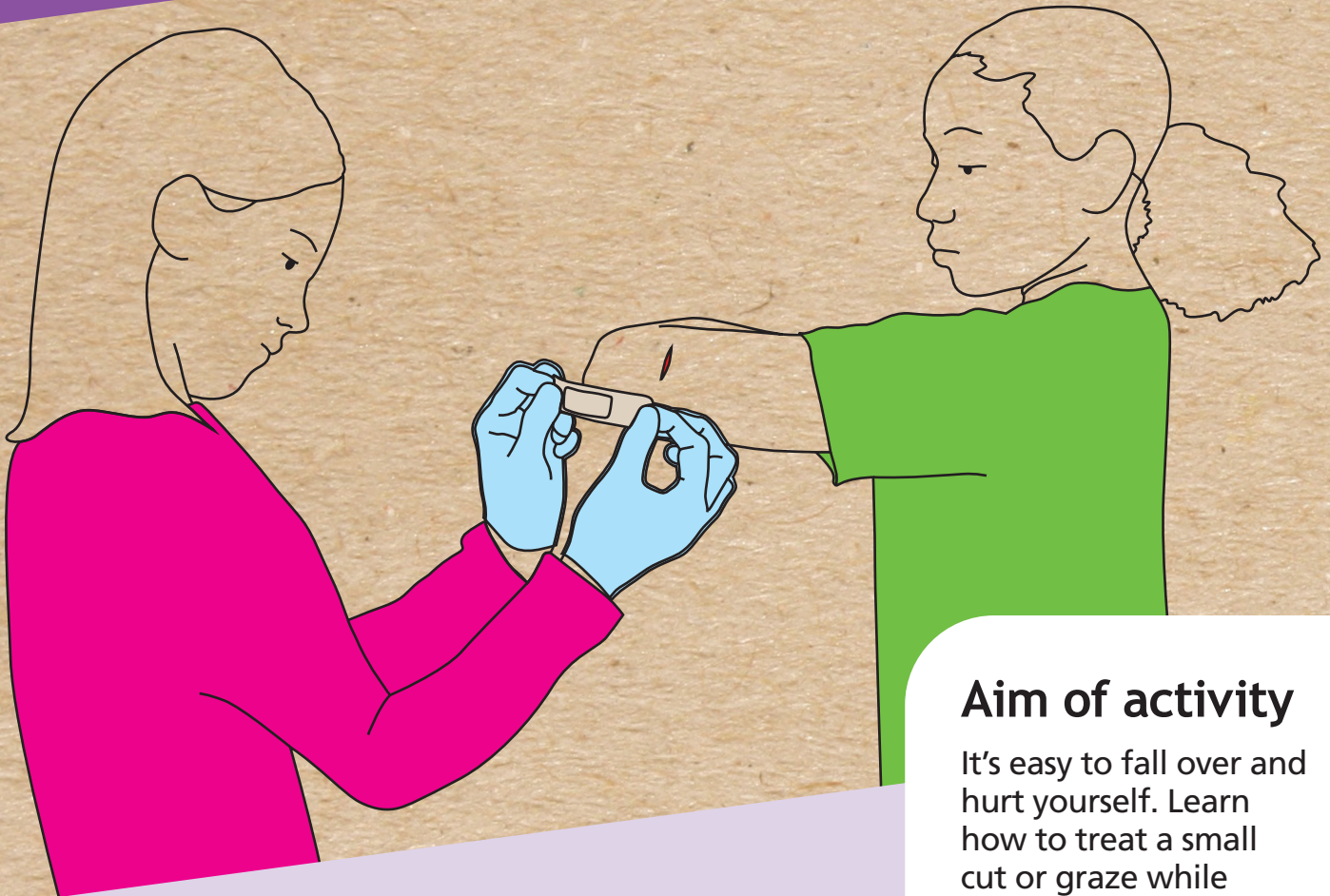
Stage

1

30 mins



Skills builder



Aim of activity

It's easy to fall over and hurt yourself. Learn how to treat a small cut or graze while making sure you keep it clean.

What you'll get out of it

- Practise how to clean a minor cut or graze.
- Treat a minor cut or graze.

What you'll need

- Paper
- Pens
- Red face paint or lipstick
- Non-latex gloves (optional)
- Wet wipes
- Cotton gauze (non-fluffy)
- Plasters

St John
Ambulance



WE DISCOVER, WE GROW

Girlguiding



First aid

Stay safe

Make sure that nobody in the unit is allergic to any of the items you use.



Note to leader

When chatting about why it's important to keep a cut clean, talk about preventing infections. Highlight that if the wound is dirty, clean it by holding it under running water or using an alcohol-free cleansing wipe.

If you're not using gloves in this activity, remember to stress the importance of using them in a real-life situation if possible.

What to do

1 Get together as a group and talk about what you'd use a plaster for.

2 Now, everyone get a piece of paper and draw what you think the underside of a plaster looks like. Mark the sticky part and the clean patch.

3 Come together to chat about why we need to clean a cut and put on a plaster.

4 Your leader is going to show you how to put a plaster on properly. Pay attention as it's your turn next!

5 Get into pairs. Oops! One of you has fallen and cut your hand, and the other one is going to be the first aider.

6 With the face paint, make a circle the size of a penny on the hand of the girl who has the cut. This is their cut.

7 First aider, you now need to clean the cut. You need to:

- Put on your gloves. If you're not using gloves, pretend to put them on!
- Use the wet wipe (pretend it is an alcohol-free wipe) to start wiping gently at the cut.
- Clean all the way around – you need to make sure you remove all dirt that could be in the cut. Clean off all the paint.
- Use a clean part of the wipe each time you wipe their hand.
- Be gentle so you don't hurt your partner.

8 Next, pat the area dry using the clean non-fluffy gauze and apply a plaster (remember, don't touch the clean patch). Now swap roles so you both get to try.

9 Come back together as a group. How hard did you find it to put on a plaster?

Take it further

Now that everyone has had a chance to practise, get into teams of three and try again – this time it's a race!

- One girl should be the casualty.
- The second girl needs put on gloves and clean the cut.
- The last girl must put on gloves, dry the cut and apply the plaster.

The casualty should be at the opposite end of the room to the first aiders. The first team to get the cut cleaned and treated wins!