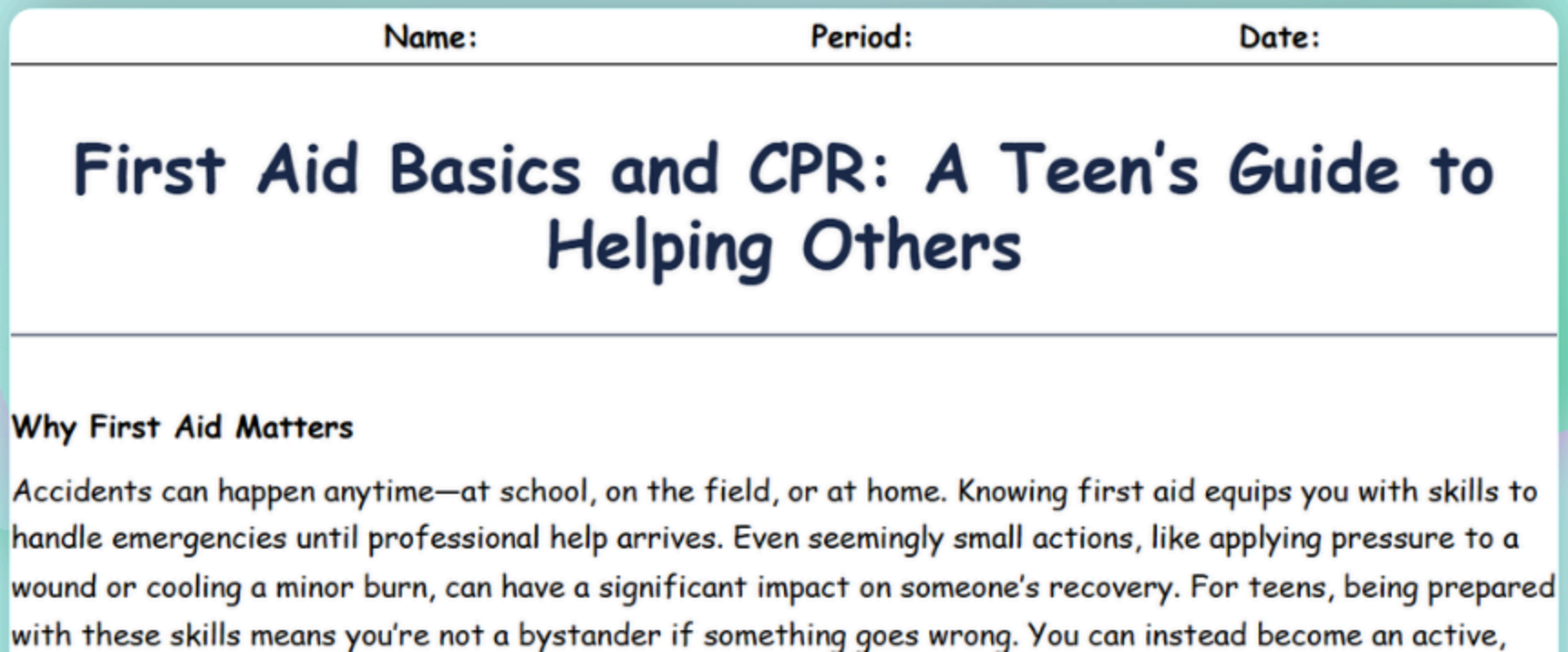
NO PREP

First Aid Basics and CPR

A Teen's Guide to Helping Others

Includes: Student reading, case study, differentiated questions, teacher key



Name: Period: Date:

First Aid Basics and CPR: A Teen's Guide to Helping Others

Why First Aid Matters

Accidents can happen anytime—at school, on the field, or at home. Knowing first aid equips you with skills to handle emergencies until professional help arrives. Even seemingly small actions, like applying pressure to a wound or cooling a minor burn, can have a significant impact on someone's recovery. For teens, being prepared with these skills means you're not a bystander if something goes wrong. You can instead become an active,

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Accidents can happen anytime—at school, on the field, or at home. Knowing first aid equips you with skills to handle emergencies until professional help arrives. Even seemingly small actions, like applying pressure to a wound or cooling a minor burn, can have a significant impact on someone's recovery. For teens, being prepared with these skills means you're not a bystander if something goes wrong. You can instead become an active, helpful participant in a crisis, offering reassurance and immediate assistance. Learning CPR basics (Cardiopulmonary Resuscitation) can be life-saving if someone's heart stops or if they stop breathing. It typically involves pressing down on the chest at a certain rate and depth to maintain blood circulation, along with rescue breaths. Even partial knowledge of these procedures is better than none, but formal training and practice on mannequins can boost your confidence and effectiveness. Many schools and community centers offer short courses that lead to certification, teaching you how to maintain an airway, check for responsiveness, and perform chest compressions.

Essential Elements of a First Aid Kit

Beyond knowledge, having access to the right tools is crucial. A well-stocked first aid kit includes items such as sterile gauze pads, adhesive bandages of various sizes, adhesive tape, antiseptic wipes or solutions, and disposable gloves. Tweezers can help remove splinters or small foreign objects, while scissors cut bandages or clothing if necessary. An instant cold pack can reduce swelling in sprains or bruises. Keep these supplies in a portable container, and ensure they're within reach at home, in your car, or even in your backpack if you're frequently outdoors or engaged in sports. Just as important as having the kit is knowing how to use its contents. Sterile gauze and bandages are essential for controlling bleeding. Gloves protect you

from contact with bodily fluids and reduce the risk of infection. Antiseptics help clean wounds, preventing bacteria from entering. Renew or restock your kit periodically. Gauze can become contaminated, and medication like antibiotic ointments have expiration dates. By regularly checking the kit, you guarantee readiness whenever an emergency arises.

CPR Basics and Common Steps

In a CPR situation, the first step is to check if the scene is safe for you and the injured person. Then check for responsiveness: gently tap them and ask if they're okay. If they don't respond, call emergency services immediately. Start chest compressions at a rate of about 100-120 compressions per minute. Press hard and fast in the center of the chest, allowing the chest to rise fully between compressions. After every 30 compressions, provide two rescue breaths if you're trained and feel comfortable doing so. This cycle helps maintain some blood flow to vital organs until professional responders arrive. Automated External Defibrillators (AEDs) are another critical tool, often available in public spaces, including many schools. AEDs can deliver an electric shock to reset a heart's rhythm. They include voice prompts guiding you through the procedure. While this might sound intimidating, remember that you won't be causing additional harm if you follow the device's instructions—AEDs are designed to assess the heart rhythm before delivering any shock. If no shock is needed, it won't activate. Combining first aid knowledge, CPR, and familiarity with AEDs greatly increases the chance of a positive outcome in emergencies.

Key Information: First Aid and CPR Overview Table

Skill	Main Purpose	Example Scenario
Wound Care	Clean and protect cuts, stop bleeding	Deep cuts from a fall on concrete
Burn Care	Cool the burn, prevent further tissue damage	Minor cooking burns at home
CPR	Maintain blood flow and oxygenation	Cardiac arrest during sports practice

Skill	Main Purpose	Example Scenario
AED Use	Deliver shock to restore heart rhythm	Sudden collapse with no detectable pulse

Case Study Excerpt

Bree was hanging out at the school courtyard when her friend Jordan suddenly collapsed after a sprint. He was unresponsive and not breathing. Panicked students froze, unsure of what to do. Bree, however, had taken a basic first aid and CPR course. She quickly instructed someone to call 911 while she checked Jordan's airway and breathing. Finding none, she began chest compressions at a steady rhythm. Her arms shook from the effort, but she continued until a teacher arrived with an AED. Following the voice prompts, they delivered a shock, then resumed CPR. Within minutes, paramedics arrived and took over. Doctors later confirmed that Bree's quick actions bought precious time, keeping Jordan's blood circulating. Though shaken, Bree felt a profound sense of relief and purpose, realizing how critical emergency response training can be.

1. Which first aid and CPR steps did Bree take when Jordan collapsed?

2. What role did the AED play in assisting Jordan's recovery?

Multiple Choice

1. Why is first aid training beneficial for teens?

    a) Teens are never in the kinds of situations requiring emergency care

    b) It only applies to professional medical staff

    c) It replaces the need for any medical professional

    d) It prepares them to act quickly and calmly if accidents occur

2. During CPR, chest compressions should be performed at a rate of:

    a) 30-40 per minute

    b) 150-160 per minute

    c) 100-120 per minute

    d) 200-250 per minute

3. What is the primary function of an AED?

    a) To provide a continuous supply of pure oxygen straight into the lungs

    b) To deliver an electric shock that may restore normal heart rhythm

    c) To monitor blood glucose levels

    d) To remove toxins from the bloodstream

Matching

Write the letter of the correct definition on the line next to each term.

Term	Definition
1. ___ Rescue Breaths	A) Automated device that analyzes heart rhythms, delivers shocks if needed
2. ___ Chest Compressions	B) Acts of applying pressure to control bleeding
3. ___ AED	C) Hand placement and presses on the chest to circulate blood
4. ___ Bleeding Control	D) Quick, organized reaction in urgent health situations
5. ___ Emergency Response	E) Technique of forcing air into a non-breathing person's lungs

Fill-in-the-Blank

1. _____ is designed to maintain blood flow when a person's heart stops beating.

2. An _____ can analyze the victim's heartbeat and advise if a shock is needed.

3. Applying steady pressure to a wound helps control _____.

Short Answer

Answer each question in 2-4 complete sentences.

1. Why might some teens feel nervous about performing CPR on someone they don't know well?

_____

_____

_____

2. How can learning first aid benefit a teen's sense of responsibility and confidence?

3. Beyond CPR, what other types of emergencies can basic first aid knowledge help address?