



LEVEL ONE - FIRST AIDER

1	Discuss your limitations as a First Aider and why it is important you should get adult help quickly.		
2	Discuss why cleanliness is important to:		
a.	Yourself - washing hands and under nails with soap and water.		
b.	A patient - washing a wound with soap and water or antiseptic solution.		
3	Show you understand D-R-A-B-C		
4	Show how to treat a minor cuts and abrasions. Put on an adhesive bandage.		
5	Demonstrate how to treat a nosebleed.		
6	Using a triangular bandage, show how to put on an arm sling and a head bandage.		
7	Show how to put on an ankle bandage using a 5cm or 7.5cm roller bandage.		
8	Discuss how to dial an emergency number in your area and to ask a special service from a land phone and mobile phone.		

EXAMINER:

DATE COMPLETED:

CUBS TESTED			