

## Knowledge Organiser: 1. FIRST AID

**BURNS:** damage to the skin usually caused by heat

A burn is caused by dry heat - by an iron or fire, for example. A scald is caused by something wet, such as hot water or steam. You can also be burned from extreme cold or electricity.

- red or peeling skin
- blisters
- swelling
- pain (sore and stinging)



Treatment: Run under cold water for 10-15mins, remove clothes from around area but don't pull clothes off of the burned area, cover using cling-film, go to hospital.

**CUTS:** where the skin has been sliced or split open

A cut is caused when the skin is pierced and cut open by something sharp. This can be minor or major, with hospital treatment needed sometimes.

- Bleeding
- Pain



Treatment: run under cold water, apply pressure, use antiseptic cream if needed, add plaster or bandage for bigger cuts, go to the hospital for further treatment.

**SPRAINS:** relates to overstretching of a joint

A sprain is where the ligaments holding together bones at a joint over stretch, pull or break. There are different degrees of sprain.

**STRAINS:** relates to overstretching a muscle

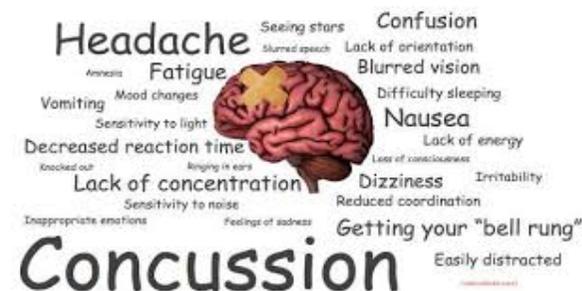
A strain is where the muscle fibres over stretch / pull. There are different degrees of strains

- bruising
- pain around the affected joint
- swelling
- limited flexibility
- difficulty using the joint's full range of motion

Treatment: RICE [rest, ice, compression, elevation]



**CONCUSSION**



Treatment: Rest, NO SPORT, watch the patient, no 'screens', if symptoms persist consult a doctor

**DR ABC**



Use for unconscious people, ONLY do chest pumps if patient is not breathing. Recovery position should be used if patient is breathing



**Statement of Inquiry / Assessment Question:** You need to make informed choices in order to react effectively to different situations

**Can you use your first aid skills in PE? How about around the home? When do these happen in sport?**