

Green B+X

First Aid Training



SESSION 5 WORK SHEET

Which one of these patients should we use a defibrillator on?

- A. Someone we can't wake up but is breathing
- B. Someone who is choking
- C. Someone we can't wake up who isn't breathing
- D. Someone who has a broken leg

An AED passes electricity through which organ?

- 1. The brain
- 2. The lungs
- 3. The liver
- 4. The heart



True or false - the defib pads can be put on clothing instead of directly onto skin?

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When someone is having a severe allergic reaction we should get this for them?

- 1. Sweets
- 2. Calpol
- 3. Auto Injector (EpiPen)
- 4. A bandage





AED TREASURE MAP

Find out where your nearest AED is and have your daily exercise walk there if it's safe to do so.

Record how you open it!

Draw treasure map of your local area showing the AED's as the hidden booty!

RANDOM ACTS OF KINDNESS

We truly believe that walking up to someone you don't know, asking if they are ok and can you help them is the hardest thing to do in first aid.

We also know that it is the thing that makes the biggest difference.

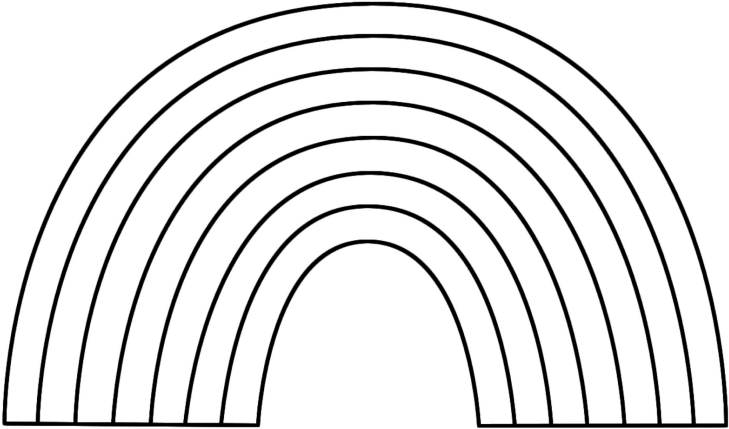
The pictures, drawings, stories and poems you have sent in have given us so much joy, and we want you to spread that happiness.

For this part of the worksheet we want you to print off the card on the next sheet. Make it as amazing as you can, uplifting and full of hope. Think of someone who you think might be lonely at the moment, and send it to them. What about your local care home?

Tell them what you have been doing and learning in this special time and what you've been enjoying.

It will make someone's day!





Sent with our best wishes

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