

First Aid: Wounds, Sprains, and Breaks

Quarter 8 | Lesson 11 | Life Skills

1. **Connecting:** Discuss situations where first aid may be needed.
2. **Teaching:** Learn how God cares for those who are hurting and learn first-aid steps for wounds, sprains, and breaks (Psalm 147:3; Luke 10:30–37; Ecclesiastes 4:10).
3. **Responding:** Practice using first aid in real-life injury situations.

SUPPLIES

- Several clean cloths
- Long strip of fabric or bandage
- Soap
- Pitcher of water
- Clean bucket or basin
- Towel
- Stick

Optional Supplies:

- Student Pages
- Memory Verse Poster
- *The Action Bible*, image of The Good Samaritan
- Pencils

Teacher Devotion

“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” The expert in the law replied, “The one who had mercy on him.” Jesus told him, “Go and do likewise.”

Luke 10:36–37

We see needs all around us. We hurt for those who are suffering and weep for those who grieve. But mercy is something entirely different. It is not just seeing or understanding the need—mercy means acting with compassion toward those who are suffering. Jesus extended ultimate mercy to all of humanity, and He has called us to “go and do likewise.”

Read the story of the Samaritan who showed mercy to a stranger on the road in Luke 10:30–37. Then think about how you can show mercy to others in your own life. Do you see needs in your family? Your community? Your country? Do not merely feel empathy for those who are hurting or even feel so overwhelmed by the need that you do nothing. See the wounded. Bandage their hurts. Care for their needs. As you offer even simple first aid, you are showing them the mercy of Jesus. Go, and do likewise.

Lesson Time

1. Connecting: Discuss situations where first aid may be needed.

Greet the students as they arrive. Ask if any of them had opportunities to care for others as Jesus would. Invite 2–3 of them to briefly share their stories with the whole class before beginning today's lesson.

I will start by reading you 2 situations. After each, tell me what you would do in that situation.

Situation 1: You and your sister are preparing food for your family. Your sister is cutting fruit with a sharp knife and accidentally cuts her finger. The cut bleeds a lot and looks very deep. Your sister says it hurts. What would you do?

Allow students to share their ideas. Do not correct them at this point. They will learn about how to treat wounds in the lesson.

Situation 2: You are walking to school when you see a child sitting next to the road. He is crying. You notice that his foot is hanging at a strange angle. You think his foot might be broken. What would you do?

Again, allow students to share their ideas without correcting them. They will learn about how to treat broken bones in the lesson.

Some of your ideas were very helpful! During this lesson, we will learn more specific steps to take in situations like these.

Today we will learn about first aid. First aid is giving someone immediate care for an injury or illness before trained medical care is available. Knowing basic first aid can help save someone's life. First aid does not take the place of going to a doctor when needed.

When you are giving first aid, it is important to know how to protect yourself from getting blood-borne diseases such as HIV/AIDS or hepatitis. Here are some helpful ideas:

- If possible, always wash your hands before and especially after giving first aid. Remember that good hand washing means scrubbing the front and back of your hands and between all your fingers. Use soap and scrub for at least 20 seconds.
- Do not touch your eyes, nose, or mouth while giving first aid.
- If you have any open wounds, do not touch someone else's blood, if possible.
- Ask an adult to help you dispose of any bloody bandages or cloths used. Then wash your hands thoroughly.

2. Teaching: Learn how God cares for the hurting and learn first-aid steps for wounds, sprains, and breaks (Psalm 147:3; Luke 10:30–37; Ecclesiastes 4:10).

While today's lesson is very practical, it also reflects God's heart for those who are hurting.

Ask a student to read Psalm 147:3 aloud from a Bible if possible. The verse is also here for your reference.

If you are using the Memory Verse Poster, show it to the students.

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

God cares for both the wounds of our hearts as well as the wounds of our bodies. We have heard the story of the Samaritan who helped the injured man on the side of the road before. Listen again to this story and see if you can recognize the first aid that was offered.

Optional: If possible, share the image from The Action Bible.

In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.' "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?" The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise." Luke 10:30–37

- **What first aid did the Samaritan offer?**

He bound the wounds and applied oil and wine, which cleansed and soothed the man's wounds.

- **How do you think that helped?**

Allow 2–3 students to share their thoughts.

Now let's learn about important first aid steps.

Call on an outgoing student to come to the front. Ask him to pretend he has a wound that is bleeding and is very upset. He can pretend to scream or cry. Ask the class the following questions:

- **What do you think the first and most important thing to do is when someone is injured?**

Allow 2–3 students to answer, and then share that the most important thing is to stay calm.

- **What are some things you could do to help our injured friend to calm down?**

Students might suggest speaking quietly, gently patting the person's back, or praying with him.

Thank the volunteer and have him return to his seat.

Optional: If you are using the Student Pages, have the students record what they learn about first aid on their pages.

Here are 4 basic first-aid steps:

Step 1: Stay calm. When someone is injured or bleeding, it is common for that person to be worried or upset. But if you stay calm, you will help the injured person stay calm and you will be able to think clearly.

Step 2: Observe the situation and ask questions to determine what the injury is. You need to know what the problem is to provide appropriate first-aid treatment.

Step 3: Prevent further injury. You never want to do something that may cause more injury. For example, if someone has hurt his back or neck, it is important *never* to move him. Moving this person could cause permanent damage. In this type of situation, seek medical help and do not move the person.

Step 4: Provide appropriate care for the specific injury. We will talk more about this in today's lesson and in our next lesson.

Now let's learn what to do when you or someone else has a wound. There are different kinds of wounds.

A **scrape** is when the skin is injured but there is little or no injury underneath. For example, you may fall when running and scrape your knee. The wound is not deep, and it bleeds very little, if at all. This can be treated with first aid and probably will not need medical care.

A **cut** is a deeper wound that will likely bleed more. A cut usually happens when a sharp object breaks the skin. This is more serious than a scrape. It may or may not need medical care, depending on how deep it is.

A **puncture wound** is when something punctures your skin, such a nail going through your foot or hand. Punctures are generally deeper than cuts, and they often bleed more. This type of wound is much more serious than a cut or scrape and will require medical care.

Let's review the specific first-aid steps for a wound.

Call on a volunteer to pretend to have a scrape on her arm. Let her know you will be touching her arm gently. Demonstrate each step as you explain it to the students.

When someone has a scrape, it is important to apply pressure to stop any bleeding. This means to press down firmly on top of the wound. You can use a bandage or other clean cloth or even your hand if cloths or bandages are not available. After the bleeding has slowed or stopped, wash the wound with soap and water to prevent infection. This may sting, but it is important to keep wounds clean. The scrape will usually form a scab, which helps with healing. If the wound continues to bleed, cover it with a bandage. Remember to wash your hands after giving any first aid.

Thank your volunteer. Then call on a different teen to pretend he has a cut on his finger. Let him know you will be touching his finger gently. Demonstrate each step as you explain it to the students.

For a cut, apply pressure to stop the bleeding. If it bleeds through the bandage, do not remove it. Instead, add another bandage on top. It is important to stop the bleeding. If the bleeding is heavy and does not stop with light pressure, press harder. After the bleeding stops, wash the wound with soap and water. Apply a bandage to keep the wound clean while it heals. When you put on the bandage, it should apply gentle pressure on the cut. Again, wash your hands afterwards.

Thank your helper and send him back to his seat. Now call on a third teen to pretend he has stepped on a stick and punctured his foot. Let him know you will be touching his foot gently. Have him remove any shoes or socks. Hold the stick next to the bottom of his foot so it looks like it is protruding from it. (Do not actually poke his foot with the stick.) Your demonstration will include wrapping the wound with a cloth but *not* removing the stick.

If someone has a puncture wound, it is very important that you do not remove the nail, stick, or other object. That can cause very serious bleeding and even death. Try to wrap a bandage or cloth around the wound, securing the puncturing object in place if necessary, to help stop the bleeding. If the wound bleeds through the bandage, do not remove it; instead add another bandage on top. It is important to stop the bleeding. The heavier the bleeding, the more pressure you should apply. But do not press on the object that is puncturing the person.

Get medical care for the person as quickly as possible. Only a trained medical professional should take out the object. After the object has been removed, the doctor will clean the wound and add stitches or bandages to keep the wound clean.

Thank your helper and have him return to his seat.

- **What are the 3 types of wounds?**

Scrapes, cuts, puncture wounds.

- **Which is the most serious? Why?**

Puncture wounds, because they are the deepest.

Now let's talk about how to provide first aid when someone has a break or sprain.

A broken bone may be obvious because a leg or arm looks out of place, but a broken bone may not be visible to your eyes. Sometimes only X-rays can show a broken bone. Both types of breaks cause great pain, and they require medical care from a doctor. Do not move the person until you have secured the bone so that it will not move until the person can seek medical care. A splint is the best way to do this.

Show students the pictures of splints found at the end of this lesson. Ask them what they notice about the splint. What is made of? What are materials they have access to that they could use to make a splint?

Another common injury is a sprain, which is a torn ligament. A ligament is the thick, tough tissue that connects your bones together. Common sprains happen in the ankle, wrist, and knee. Other types of common injuries that can be treated the same way include jammed fingers and stubbed toes. They may swell and cause a great deal of pain, but sometimes the pain is not very severe.

If you sprain your ankle, the best treatment is to rest it. Try not use it until the pain begins to go away. If possible, apply ice for about 20 minutes at a time by laying a towel or rag between the skin and the ice. Do not apply ice directly on the skin, as this can damage the skin. If you have a wrap or tape, apply compression by loosely wrapping the injury. Follow the 2-finger rule: wrap it so that you can slide 2 fingers under the edge of the wrap. Finally, if possible, elevate the injured area so that it is above your heart to reduce swelling.

Remember that when you give first aid to someone, it is important to wash your hands before and after treating the person.

- **What is the most important thing you learned today?**

Allow 2–3 students to share their ideas.

We learned a lot of information about how to give first aid. But we also learned why it is important to care for others. Listen to something the Bible tells us about this:

*Two are better than one, because they have a good reward for their toil.
For if they fall, one will lift up his fellow.
But woe to him who is alone when he falls and has not another to lift him up!*
Ecclesiastes 4:9–10

- How do you think this verse connects to what you learned today?

3. Responding: Practice using first aid in real-life injury situations.

Knowing how to provide first aid allows you to help others with calmness and wisdom. Let's see how much you learned today by listening again to the 2 situations we discussed at the start of class.

Have students find partners. Girls should be with girls and boys with boys. Read the situations again; they are the same ones you read at the beginning of class. After each situation, pairs will act out what they would do in that situation based on what they learned about first aid. One student will pretend to be injured, and the other will provide first aid. Whoever pretends to be the injured person in Situation 1 should pretend to do first aid in Situation 2.

Read each situation. Pause after each for the pairs to pretend to provide first aid.

Situation 1: You and your sister are preparing food for your family. Your sister is cutting fruit with a sharp knife and accidentally cuts her finger. The cut bleeds a lot and looks very deep. Your sister says it hurts. What would you do?

Situation 2: You are walking to school when you see a child sitting next to the road. He is crying. You notice that his foot is hanging at a strange angle. You think his foot might be broken. What would you do?

When students are finished, gather them together and close with a blessing based on Ecclesiastes 4:10.

Blessing: May you help those who fall down, showing care and concern as you provide first aid, and may you always have someone to help you up when you fall.

Family Connection: Encourage teens to ask their family members if they have ever been severely hurt or injured. What happened? How did they and others respond? They can then share what they have learned about first aid.

Lead the children in singing this quarter's song, if possible.

"My Lighthouse" by Rend Collective: <https://www.youtube.com/watch?v=HA8VtUPgqTc>