



## Lesson 18: Introduction to Basic First Aid

### Lesson Plan

Estimated lesson time: 100 minutes

Learning objectives:

- Identify potentially dangerous situations within communities
- Increase knowledge surrounding first aid skills, CPR, and basic hygiene
- Demonstrate proper wound care, CPR skills, and hand washing techniques
- Empower youth to use and share these skills

Key concepts:

- Community mapping
- Basic first aid
- Hygiene and sanitation
- Cardiopulmonary resuscitation (CPR)

Materials:

- Markers, pencils (writing utensils)
- Paper
- White boards and dry erase markers
- Rope or string (icebreaker)
- Bandaging/wound care materials
- Little Annie Doll (CPR)

Lesson components:

- I. Background Information for Instructors – 5 minutes
- II. Icebreaker – 15 minutes
- III. Community Mapping Activity – 15 minutes
- IV. Stations – 20 minutes each (60 minutes total)
- V. Debriefing – 5 minutes