EaD Comprehensive Lesson Plans

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**BASIC 8**

**WEEKLY LESSON PLAN – WEEK 4**

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| **Strand:** | Health and safety | **Sub-Strand:** | Personal, workshop and food laboratory safety |
| **Content Standard:** | B8.1.2.1 Demonstrate knowledge of preventing accidents in the workshop/site/ food/sewing laboratory | | |
| **Indicator (s)** | B8.1.2.1.1: Demonstrate basic skills in applying First Aid to self and others. | **Performance Indicator:** Learners can apply First Aid skills to help self and others. | |
| **Week Ending** | 04-10-2024 | | |
| **Class** | B.S.8 | **Class Size:** | **Duration:** |
| **Subject** | Career Technology | | |
| **Reference** | Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook. | | |
| **Teaching / Learning Resources** | sterile gauze, bandage, clean cloth, Poster, Pictures, Video. | **Core Competencies:** | • Communication and Collaboration<br>• Critical Thinking and Problem Solving.<br>• Creativity and Innovation. |

| **DAY/DATE** | **PHASE 1 : STARTER** | **PHASE 2: MAIN** | **PHASE 3: REFLECTION** |
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| **MONDAY** | Learners brainstorm to explain the meaning of "First Aid". | 1. Show Learners video and pictures of applying First Aid to someone.<br>2. Assist Learners to identify the contents of First Aid Box.<br>3. Discuss with Learners the functions of the contents of the First Aid Box.<br> <br><br>In some cases, first aid consists of the initial support provided to someone in the middle of a medical emergency. This support might help them survive until professional help arrives.<br><br>In other cases, first aid consists of the care provided to someone with a minor injury. For example, first aid is often all that's needed to treat minor burns, cuts, and | Reflect on the functions of the contents of the First Aid Box.<br><br>**Exercise;**<br>1. What is First Aid?<br>2. State 5 contents of the First Aid Box.<br>3. Explain the functions of the following;<br>i. Sterile gauze<br>ii. Scissors<br>iii. Plaster<br>iv. Methylated Spirit.<br>v. bandage |

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| | | insect stings.<br><br>**Items in First Aid Box;**<br><br>• plasters in a variety of different sizes and shapes.<br>• small, medium and large sterile gauze dressings.<br>• at least 2 sterile eye dressings.<br>• triangular bandages.<br>• crêpe rolled bandages.<br>• safety pins.<br>• disposable sterile gloves.<br>• tweezers. | |
| **THURSDAY** | Review learners knowledge on the previous lesson. | 1. Discuss with Learners 5 principles of First Aid.<br>2. Show Learners video of someone administering first aid.<br>3. Demonstrate administering First Aid whilst Learners observe.<br>4. Assist Learners to role plan on how to administer First Aid.<br>**Principles of First Aid**<br>• Preserve Life.<br>• Prevent Deterioration.<br>• Promote Recovery.<br>• Taking immediate action.<br>• Calming down the situation.<br>• Calling for medical assistance.<br>• Apply the relevant treatment.<br>**Basic first aid treatment:**<br>• CALL 911 for medical assistance.<br>• Keep victim lying down.<br>• Apply direct pressure using a clean cloth or sterile dressing directly on the wound.<br>• DO NOT take out any object that is lodged in a wound; see a doctor for help in removal.<br>• If there are no signs of a fracture in the injured area, carefully elevate the wound above the victim's heart.<br>• Once bleeding is controlled, keep victim warm by covering with a blanket, continuing to monitor for shock. | Through questions and answers, conclude the lesson.<br>**Practical;**<br>Learners to practice administering First Aid. |

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**Name of Teacher:** **School:** **District:**