**GRADE 7 Health Lesson #11 PAGE 1**

**INJURY EMERGENCIES ------- WOUNDS PAGE 46**

Wounds are common first aid emergencies. A wound is an injury of the soft tissue in the body.

Wounds can range from minor, such as scrapes and small cuts, to more serious injuries.

What are the most three common soft tissue injuries to? M\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and L\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BLEEDING FROM THE NOSE** Page 46

There are two types of nosebleeds

1. Anterior nosebleed (front of the nose) - blood comes out of nose through one nostril
2. Posterior Nosebleed (back of the nose) – involves a lot of bleeding

Seek medical attention

\_\_\_\_\_\_% of nosebleeds are anterior nosebleeds

Which type of nosebleed is more common? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What to do for Anterior nosebleed

After the scene is safe and rescuer applies PPE

1. Have the person \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and lean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Pinch both sides of nostrils.
3. Place constant pressure on both sides until bleeding stops. If bleeding continues press harder.
4. Phone 911 if:

(A)

(B)

(C)

**BLEEDING FROM THE MOUTH** Page 47

Bleeding from the mouth can usually be stopped with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Making sure the scene is safe, getting the first aid kit, and wearing PPE this is what to do.

If bleeding is coming from the tongue, lip, or cheek and you can reach it easily, apply pressure with gauze or a clean cloth.

If the victim has trouble breathing because of blood or broken teeth are blocking the airway you should phone \_\_\_\_\_\_\_\_\_\_\_\_\_.

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**EYE INJURIES**  **Page 49**

Eye injuries are a fairly common first aid emergency. Any direct hit, such as a punch to the eye or chemical in the eye, can create big problems. If the eye is hit hard or punctured, phone 9-1-1 and tell the person to keep both eyes closed.

What is the most common eye injury? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signs of an eye injury include:



If something small like sand, dirt, dust gets in a person’s eye, rinse with lots of running water.

If the particle does not come out and the person has extreme pain and trouble seeing. Tell the victim to keep both eyes closed and seek \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**READ PAGE 50 -**  Toxic eye injury (chemical in the eye or irritating liquid)