EO M221.04 – PERFORM BASIC FIRST AID

1. **Performance**: Perform Basic First Aid

2. **Conditions**:

   a. Given:

      (1) first aid kit;

      (2) supervision; and

      (3) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: In accordance with specified references, the cadet shall perform basic first aid for:

   a. minor wounds; and

   b. first-degree burns.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Identify: a. minor wounds, to include: 1. abrasions and scrapes; and 2. cuts; and b. treatment for minor wounds.	Demonstration	5 min	C0-102 (p. 15-1) C0-123
TP2	Identify: a. first, second and third-degree burns; and b. treatment for first-degree burns, to include: 1. heat burns; and 2. radiation burns (sunburns).	Demonstration	10 min	C0-102 (pp. 19-1 to 19-3, pp. 19-5 to 19-8)
TP3	Perform basic first aid. **Note:** Have the cadets participate in first aid scenarios where they will identify injuries and treat them.	Performance	10 min	

5. **Time**:

   a. Introduction / Conclusion: 5 min

   b. Demonstration: 15 min

   c. Performance: 10 min

   d. Total: 30 min

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6. **Substantiation**:

   a. A demonstration was chosen for TP1 and TP2 as it allows the instructor to explain and demonstrate the skills the cadet is expected to acquire.

   b. A performance was chosen for TP3 as it provides an opportunity for the cadets to practice basic first aid under supervision.

7. **References**:

   a. C0-102 (ISBN 1-894070-56-9) St. John Ambulance. (2006). *First Aid Training: First on the Scene: Student Reference Guide*. Ottawa, ON: St. John Ambulance.

   b. C0-123 St. John Ambulance Canada. (2004). *Seasonal Safety Tips: September 2004 Be Casual, not a Casualty.* Retrieved 27 February 2007 from http://www.sja.ca/English/safety_tips/safety_tips/September.asp.

8. **Training Aids**: Presentation aids (eg, whiteboard/flipchart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**: N/A.

10. **Test Details**: N/A.

11. **Remarks**: This lesson shall be conducted prior to the weekend bivouac FTX.

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