



Worksheet: Introduction to First Aid

What is First Aid?

There are **four** main principles:

- _____ life
- _____ unconscious casualties
- _____ the condition worsening
- _____ recovery

Steps to First Aid: Remember **DRSABCD!**

First, call **911** in an immediate emergency.

D. Check for **Danger**

R. Check for a **Response**

S. Send for help

A. Maintain the **Airway**

B. Check for **Breathing**

C. Start **CPR**

D. Apply a **Defibrillator**

Question: How many words can you make with the 7 letters above?

Inside Your First Aid Kit:

- Medical gauze
- Surgical tape
- Assorted bandages
- Instant cold packs
- Alcohol wipes
- Antibiotic ointment

Can you circle your supplies in the photo on the right?

