

Family Activity | Grades 6–8

# Create a First Aid / Emergency Preparedness Kit



## OVERVIEW

Create or update your household first aid kit and make it part of a comprehensive Emergency Preparedness Kit. This is a good project for families to work on together. Begin by doing research online to make sure you are covered for all weather related and other natural risks in your region of the country.

## OBJECTIVES

Students will be able to:

- explain why a First Aid/Emergency Preparedness Kit is important.
- describe natural risks for their local area.
- create a First Aid/Emergency Preparedness Kit with appropriate items for natural risks in their region of the country.

## BACKGROUND INFORMATION

Emergencies can happen at any given moment. Being prepared for an emergency simply means having the right supplies on hand should an emergency or disaster occur in your home or local area. Every Emergency Preparedness Kit should include a first aid kit stocked with all the essentials to help you handle small medical emergencies as quickly and safely as possible.

## MATERIALS

Every household should have a fully stocked first aid kit. Do an inventory and update your existing kit, or start one from scratch. The Red Cross recommends the following for a family of four:

- 2 absorbent compress dressings (5 × 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 cloth first aid tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)



- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold pack
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 × 3 inches)
- 5 sterile gauze pads (4 × 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

## HOME ACTIVITY

- 1. Update or Create a First Aid Kit:** Every household should have a fully stocked first aid kit. Do an inventory and update your existing kit, or start one from scratch. Use the Red Cross list above as a checklist.
- 2. Research and Create an Emergency Preparedness Kit:** Does your family have an Emergency Preparedness Kit? Do you know which types of emergencies you should prepare for in the region where you live? You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days.

Click on all weather types and natural disasters that may apply to your region, and make a list of recommended materials and supplies. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies.html>

Be prepared – print out this list from Ready.gov to make sure you have everything you need. <http://www.ready.gov/america/getakit/index.html>

- 3. Create a Pet Preparedness Kit:** Don't forget your four-legged friends! <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html>



## VOCABULARY

- **First Aid Kit:** a set of materials and tools used for giving emergency treatment to a sick or injured person.
- **Emergency:** a serious or sudden crisis to one's health, life, property, or environment that calls for fast and immediate action.
- **Natural Disaster:** violent events caused by forces of nature that are outside of the control of humans.

## THOUGHT/CONVERSATION STARTERS

- **Smoke From Wildfires**

Smoke from wildfires is a mixture of gasses and fine particles from burning trees and other plant materials. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

- 3M – Help Protect Yourself from Wildfire Smoke and Debris Cleanup [https://www.3m.com/3M/en\\_US/worker-health-safety-us/safety-resources-training-news/health-safety-hazards/respiratory-protection-wildfire-smoke-cleanup/](https://www.3m.com/3M/en_US/worker-health-safety-us/safety-resources-training-news/health-safety-hazards/respiratory-protection-wildfire-smoke-cleanup/)

- **Ash from Volcanoes**

Volcanic ash is made of pulverized rock and glass. The abrasive texture can cause irritation and scratching of the surface of the eyes. People who wear contact lenses should wear glasses during an ashfall, to prevent eye damage. Furthermore, the combination of volcanic ash with moisture in the lungs can create a substance akin to liquid cement.

Ash is very dense, Exposure to ash can harm your health, particularly the respiratory (breathing) tract. To protect yourself while you are outdoors or while you are cleaning up ash that has gotten indoors, a disposable particulate respirator (also known as an “air purifying respirator”) may be considered. An N-95 respirator is the most common type of disposable particulate respirator.

- USGS – Properties of Ash <http://volcanoes.usgs.gov/ash/properties.html>

- **Mold from Floods**

Flooding can cause dangerous levels of mold within days. If you plan to be inside the building for a while or you plan to clean up mold, you should buy goggles and an N95 mask at your local home supply store and wear them while in the building.

- 3M – Q & A on Molds and Mold Remediation [http://multimedia.3m.com/mws/mediawebserver?mwsld=SSSSSu7zK1fslxtUM8\\_G5x\\_9ev7qe17zHvTSevTSeSSSSSS-](http://multimedia.3m.com/mws/mediawebserver?mwsld=SSSSSu7zK1fslxtUM8_G5x_9ev7qe17zHvTSevTSeSSSSSS-)



## DOCUMENT THE LEARNING IDEA

- Allow your young scientist to document their learning at home by reflecting in their science journal.
- Take photos using a smartphone or tablet of the various emergency preparedness kits you create. Use text and/or stickers to explain the items inside.
- Record a video to inform the class about what was learned after researching and creating your kit.

If your young scientist documents the learning, encourage them to bring their creations to class and share with the teacher.

## CONTINUE MAKING CONNECTIONS

What other kinds of things can you do to prepare your home and family for other emergencies? For example: Discuss/devise a plan for fires (install fire extinguishers, create exit plans, set a meeting spot for once you get out of the house, etc.).

## ADDITIONAL LINKS:

- Red Cross – Become a Preparedness Champion <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/prep-champion.html>
- Wildfire Science – Smokey the Bear <https://smokeybear.com/en/about-wildland-fire/fire-science>

