


FIRST AID ACTIVITY


If you are hiking through the natural environment to explore your surroundings you have to know **FIRST AID** basic aspects.

Complete the follow chart about some accidents or injuries you can find or suffer.

For more information, look for the follow webpage:

- Sant John Ambulance: <http://www.sja.org.uk/sja/default.aspx>

PICTURE	ACCIDENT/DISORDER	SYMPTOMS	TREATMENT
		<ul style="list-style-type: none"> • Numbness • Pain • • 	<ul style="list-style-type: none"> • • • •
	<p>ASTHMA</p>	<ul style="list-style-type: none"> • • • • 	<ul style="list-style-type: none"> • • • •
	<p>HEATSTROKE</p>	<ul style="list-style-type: none"> • • • • 	<ul style="list-style-type: none"> • • • •

		<ul style="list-style-type: none"> • • • • 	<ul style="list-style-type: none"> • • • •
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FIRST AID KIT

Which materials would you include in your first aid kit?

	PICTURE	CHECKLIST
