

# FIRST TERM

## WEEKLY LESSON NOTES

### WEEK 3

<b>Week Ending:</b> 27 -10-2023	<b>Day:</b>	<b>Subject:</b> Career Technology	
<b>Duration:</b> 60MINS		<b>Strand:</b> Health And Safety	
<b>Class:</b> B8	<b>Class Size:</b>	<b>Sub Strand:</b> First Aid	
<b>Content Standard:</b> B8.1.2.1 Demonstrate knowledge of preventing accidents in the workshop/site/ food/sewing laboratory		<b>Indicator:</b> B8.1.2.1.1: Demonstrate basic skills in applying First Aid to self and others	<b>Lesson:</b> 1 of 2
<b>Performance Indicator:</b> Learners can demonstrate basic skills in applying First Aid to self and others		<b>Core Competencies:</b> CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
<b>Reference:</b> Career Technology Curriculum Pg. 43			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: STARTER</b>	<p>Revise with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators with learners.</p>		
<b>PHASE 2: NEW LEARNING</b>	<p>Brainstorm learners to explain the following;</p> <ul style="list-style-type: none"> <li>First Aid - <i>It is a help given to an injured/sick person till full medical treatment is available.</i></li> <li>First Aid Box – <i>is a box contain chemical substances and other items needed to treat minor accidents.</i></li> </ul> <p>Guide learners identify and discuss the contents of a First Aid box. E.g., plaster, gauze, scissors, methylated spirit.</p> <p>Learners in groups discuss some forms of accidents that occurs in the kitchen and sewing workshops. Example: cuts, burns, scalds, falls, electric shock, fainting, choking, suffocation, needle pricks, swallowing of pins, fire outbreaks,</p> <p>Demonstrate how to administer first aid to persons affected with any of the following:</p> <p>- <i>Cuts: this is a long, narrow incision in the skin made by a sharp object. How to administer first aid: Rinse the cut with water and apply pressure with sterile gauze, a bandage, or a clean cloth.</i></p> <p>- <i>Burns: Is tissue damage that results from dry heat– by an iron or fire, overexposure to the sun or other radiation. How to administer first aid: After holding the burns under cool running water, apply cool wet compresses until the pain subsides.</i></p> <p>Learners in groups discuss the various effects of kitchen and workshop accidents.</p>	Pictures and charts of food	

	<p>Have learners suggest how each type of workshop accident discussed can be prevented.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> <li>1. What is meant by first Aid</li> <li>2. Discuss the necessity of a first aid box in the kitchen or workshop.</li> <li>3. When is first Aid administered to a patient?</li> <li>4. Identify five kinds of accidents that occurs at the workshop.</li> </ol>	
<p><b>PHASE 3: REFLECTION</b></p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p> <p>Ask learners how the lesson will benefit them in their daily lives.</p>	

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<b>Content Standard:</b> B8.1.2.1 Demonstrate knowledge of preventing accidents in the workshop/site/ food/sewing laboratory		<b>Indicator:</b> B8.1.2.1.1: Demonstrate basic skills in applying First Aid to self and others	<b>Lesson:</b> 2 of 2
<b>Performance Indicator:</b> Learners can demonstrate basic skills in applying First Aid to self and others		<b>Core Competencies:</b> CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
<b>Reference:</b> Career Technology Curriculum Pg. 43			
<b>Phase/Duration</b>	<b>Learners Activities</b>	<b>Resources</b>	
<b>PHASE 1: STARTER</b>	Revise with learners to review their understanding in the previous lesson.  Share performance indicators with learners.		
<b>PHASE 2: NEW LEARNING</b>	Demonstrate how to administer first aid to persons affected with any of the following:  - Suffocation: inability for one to breath. How to administer first aid: Administer Cardiopulmonary resuscitation (CPR) on the person Note: Invite a resource person to demonstrate how to apply First Aid, especially CPR.  - Scalds: they are caused by something wet, such as hot water or steam. How to administer first aid: cool the scald with cool or lukewarm running water for 20 minutes– do not use ice, chilled/cold water, or any creams or greasy substances such as butter.  - Falls: are events which results in a person coming to rest accidentally on the ground or floor or other lower level causing injury to the person. How to administer first aid: Place a cold compress or ice pack on any bumps or bruises  Have learners to identify emergency numbers in case of any major accidents in the kitchen or workshop. <b>999</b> in case you need help in times of accidents <b>191</b> in case you need help from the police service <b>192</b> in case you need help from the fire service <b>193</b> in case you need help from the ambulance service.  Guide learners to discuss the type of training a caterer or dressmaker must have to be able to give first aid correctly.	Pictures and charts of food	

	<u>Assessment</u> 1. Identify and explain five kinds of accident that occurs at the workshop. 2. Describe how you will administer first Aid in the following accidents. i. Falls ii. Scalds iii. Burns	
<b>PHASE 3: REFLECTION</b>	Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.  Take feedback from learners and summarize the lesson.	