

# FIRST TERM

## WEEKLY LESSON NOTES

### WEEK 2

<b>Week Ending:</b> 20-10-2023	<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>	Revise with learners to review their understanding in the previous lesson.  Share performance indicators with learners.		
<b>PHASE 2: NEW LEARNING</b>	Explain what is meant by First Aid. E.g., It is a help given to an injured/sick person till full medical treatment is available.  Identify and discuss the contents of a First Aid box. E.g., plaster, gauze, scissors, methylated spirit.  Demonstrate how to administer first aid to persons affected with any of the following: - 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.  - 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.  <u>Assessment</u> What is meant by first Aid When is first Aid administered to a patient? Identify five kinds of accidents that occurs at the workshop.	Pictures, Posters and illustrations	
<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.		

	Ask learners how the lesson will benefit them in their daily lives.	
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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  <u>Assessment</u> Identify and explain five kinds of accident that occurs at the workshop. Describe how you will administer first Aid in the following accidents. i. Falls ii. Scalds iii. Burns	Pictures, Posters and illustrations	

<p><b>PHASE 3:</b> <b>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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