

5th Grade School Talk

Since 5th grade is a time when your child may start staying home by themselves or possibly be placed in charge of watching younger siblings, we transition from teaching about fire safety and talk about basic first aid.

Poisoning and overdoses

- We discuss where the items that can cause these issues are generally found.
- Save the container for first responders.
- Call 9-1-1 and poison control (phone number should be on container)

Trauma

- Sprains and strains: Apply ice, elevate limb
- Bleeding: Wash small wounds with soap and water, cover with band-aid, apply direct pressure with a clean cloth if continuous bleeding, elevate wound, call 9-1-1 if bleeding won't stop.
- Possible broken bone: Don't move affected limb, call 9-1-1
- Head injury: Apply ice for small bumps, if there is a loss of consciousness or vomiting – call 9-1-1, don't move person.

Burns

- One of the worst possible injuries.
- Three degrees of burns: 1st degree (sunburn), 2nd degree (partial thickness burn, blisters), 3rd degree (full thickness burn)
- Cool a burn with cool water. DO NOT apply any salves.

We also covered how to identify various medical emergencies in adults, so they would know to call 9-1-1.

- Shock (pale moist skin, weak rapid pulse, confused)
- Stroke (One side of face droops, paralysis on one side of body, trouble talking)
- Heart attack (chest pain or pressure "like someone sitting on chest", shortness of breath, nausea/vomiting, pale moist skin)

The Tusculum Volunteer Fire Department is committed to responding to your needs should your home ever have a fire. We also are committed to preventing fire, when possible, to protect our residents from potential injury and loss of property. We feel our elementary school talk program is a step in this direction, and we are happy to provide this service.