

Lesson #5

Level: Grade 1
Age: 6 years old
Time: 20 minutes

Objectives: Burns and Scalds are Serious Stuff

- Students will identify behaviors that cause children to be burned (by dry heat) or scalded (by wet heat.)
- Students will identify safe behaviors to prevent burns and scalds.
- Students will demonstrate an understanding on how to "Cool a Burn".

Materials/Supplies:

- Lesson Plan
- Extension activity
- Hot/cool cards
- Eraser

Introduction:

Thank you for inviting me back to your classroom. This is our last visit! I really enjoyed coming to your classroom this year! Let's see what you remember from our last lesson! I want to make sure you remember the important things we have talked about so far!

1. Can you tell me where I should look for exit signs? **Over doors and in all public places.**
2. Think of places that you have visited since I was here last. Did you look above doors and were you able to find the exit signs? Listen to a few places and where were the exits....
3. Do you know where there are other exits in your school besides your classroom? At the front and back door, the gym, the library?? Let them think about it before they answer.
4. You only have one job to do if there is ever a fire? What is it? **Get Out, Stay Out**
5. If I came in to help you and I had all of my gear on, even though I looked different, why would it be a bad idea to hide from me? **The smoke and fire would find me, eventually.**
6. The biggest question: How many of you remember your home address and telephone number now? **Good job – have them clap for themselves if they remember it.**

Hook: We talked about what to do and where to go if there is smoke or fire. That's important! But there are also many other ways people get burned. How many of you have ever gotten a burn? Ask a few kids to tell you how old they were at that time, how they got burned and what did it feel like?

Explain that burns are "serious stuff". Luckily, most of the burns they have experienced must have hurt, and hopefully they weren't too serious. Firefighters sometimes see people with very serious burns and know how much those hurt. We want to make sure that doesn't happen to anyone here. If you got burned- we will tell you how to cool your burn!

Lesson: Burns are Serious Stuff

1. **How Children get burned:** Touching hot things and getting burned (dry heat) (irons, ovens, toasters, fire, heaters, playground slides, the sun... and scald burn (wet heat) from hot liquids; baths pots of water on the stove, hot foods like hot chocolate, soup, coffee)
2. **What can you do to make sure you don't get burned?** Ask your students if they can think of things to do to make sure they don't get burned. After this brief discussion, talk about:

- Have adults test bath water before getting in.
- Touch the playground slide with your hand before sliding down in shorts
- Don't run and/or play in the kitchen (it's more fun outside or in the family room anyways.
- Test food that just came out of the oven or microwave before taking a big bite or drink.
- Be careful around hot things your parents use (such as irons) they may still be hot even if they are unplugged or turned off.

What to do if you get burned: Be careful not to get too graphic! They are only in first grade. Make sure you tell them to "COOL A BURN" for 10-15 minutes. CALL a grown up for help. If it's a "BAD BURN" CALL 9-1-1 for your emergency.

Summary/Review:

1. How do lots of kids get burned? (let them think before you let them answer) **playing around hot items such as: a slide, hot water, a stove, the sun, an iron, etc....**
2. What are some ways kids can avoid getting burned? By letting their parents do the testing and touching. Using bath thermometers
3. What is the best first aid for a burn? **COOL WATER** for 10-15 minutes.

Helpful tips:

When discussing burns with children, be careful not to scare them. Explain that most burns hurt but are not very serious burns. Bit, it is important to know how people get burned so they don't end up with serious burns or injuries.