



EMERGENCY AID SKILLS

Competencies

- 1.1 I have made my own personal first aid kit.
- 1.2 I can demonstrate the basic approach to first aid.
- 1.3 I can treat minor cuts or scrapes.
- 1.4 I can be responsible for my own health.
- 1.5 I can be responsible for my own safety.
- 1.6 I know my address and location in an emergency.
- 1.7 I know not to play with matches and lighters.
- 1.8 I know how to spot things in my home that are not safe.
- 1.9 I know the different emergency services that are available and how and when to call them and what to say.
- 1.10 I use the “buddy system” when outdoors.
- 1.11 I can signal for help if needed when outdoors.
- 1.12 I always tell an adult where I am going.
- 1.13 I carry a whistle and visible signal covering when I go out in the bush.
- 1.14 I know to “hug a tree” if lost, or to stay in one place if there are no trees.
- 1.15 I know how to be safe around a campfire.
- 1.16 I know how to behave around wildlife.

