First Aid Level 4 - Lesson Plan

Key Points to Cover:

1 – Water / Hydration signs

2 – Food

3 – Plant foods

4 – Animal foods

5 – Frostbite

6 – Personal Hygiene

7 – What to keep clean and why

- A – Hands
- B – Hair
- C – Clothing
- D – Teeth
- E – Feet
- F – Campsite

8 – Get rest

Supplies Suggested:

Activities to Reinforce Lesson:

Devotion: