UNIT: FIRST AID

ACT-Based Reading: Reading First Aid Manuals

### These reading activities focus on helping students understand the purpose and contents of a First Aid Kit, while applying real-world skills. Students will engage in passages that describe various first aid supplies, their uses, and the importance of quick action during emergencies. Activities include reading comprehension, vocabulary exercises, and critical thinking questions that align with the ACT reading standards. These exercises help students interpret information, analyze practical situations, and apply their knowledge of first aid in real-life contexts.

### Objective:

Students will extract key information from first aid instructions.

MATERIALS NEEDED:

* First aid handbook
* Comprehension worksheet

STUDENT DIRECTIONS:

**Goals:**

You will **read and interpret real first aid instructions** from a handbook and **identify key steps** for treating various injuries. This activity helps build your **reading comprehension, vocabulary, and critical thinking skills**, just like questions found on the ACT Reading section.

**Step 1: Preview the Reading Passage**

Open your **First Aid Handbook** and look for sections that describe how to respond to **different types of injuries**, such as:

* Bleeding and cuts
* Burns
* Fractures
* Nosebleeds
* Choking

Skim the section headings to get a sense of how the manual is organized and how instructions are typically formatted.

**Step 2: Read the First Aid Instructions Carefully**

As you read each section:

* Pay attention to the **order of the steps**.
* Underline or highlight any **key actions**, such as *“apply pressure,”* *“call 911,”* or *“do not remove...”*
* Look for **warning signs** or **what not to do**, which are often included in safety guides.

**Step 3: Summarize the Treatment Steps**

On your **comprehension worksheet**:

* Write a **3–5 step summary** for each injury type.
* Use your own words, but keep the steps **clear, short, and logical**.
* Make sure your summaries show you understand the purpose of each action.

Example for treating severe bleeding:

1. Put on gloves
2. Apply direct pressure
3. Elevate the wound
4. Call for help if bleeding doesn’t stop

**Step 4: Answer Comprehension Questions**

Now answer multiple-choice and short-response questions about what you read. These questions test your ability to:

* Identify **main ideas and key details**
* Understand **sequencing**
* Apply what you’ve read to a **real-world situation**

ACT-Style Question:

* According to standard first aid guidelines, what is the **first** step in treating severe bleeding?

1. Apply direct pressure to the wound
2. Clean the wound with soap and water
3. Remove any embedded objects
4. Elevate the wound above heart level

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## **⚡ Why These Activities and Questions Matter**

By engaging in reading-based activities connected to First Aid Kits, students:

✅ Practice understanding and interpreting informational texts about health and safety.  
✅ Strengthen their ability to apply knowledge of first aid to real-world scenarios.  
✅ Develop critical thinking and comprehension skills through practical reading passages about injury care and emergency procedures.

These skills align with the ACT reading and comprehension requirements—helping students become more confident, informed readers prepared for academic and everyday situations.