UNIT: FIRST AID

ACT-Based Writing: Writing a Step-by-Step First Aid Guide

### **Here are ACT-aligned writing activities for First Aid Kits** that help students build real-world communication skills through clear instructions, persuasive writing, and technical explanations relevant to emergency care.

### Objective:

Students will create a clear instructional guide for treating a specific injury.

MATERIALS NEEDED:

* First aid reference books
* Writing paper

STUDENT DIRECTIONS:

## **Goal:**

## You will write a clear, detailed instructional guide explaining how to administer first aid for a specific injury. This activity helps you develop skills in technical writing, clear communication, and real-world application.

## **Step 1: Choose Your First Aid Topic**

## Select one common first aid situation to focus on, such as:

## Treating choking

## Caring for burns

## Managing sprains or strains

## Stopping bleeding

## Make sure you choose a topic you understand or want to learn more about.

## **Step 2: Research Your Topic**

## Use the first aid reference books or trusted online sources to gather accurate information about your chosen injury and its treatment.

## Take notes on important first aid steps, safety tips, and key terms related to your topic.

## Pay attention to details like how to assess the injury, what to avoid, and when to seek professional help.

## **Step 3: Plan Your Step-by-Step Guide**

## Organize your notes into a logical sequence of steps that someone could follow easily.

## Your guide should include:

## A clear introduction explaining what injury your guide covers and why proper first aid is important

## Numbered steps describing each action in order

## Important warnings or safety tips

## A concluding reminder about when to get medical help

## **Step 4: Write Your Guide**

## Write your step-by-step instructions using clear, simple language.

## Use short sentences and action verbs (e.g., "Check the person's breathing," "Apply a cold compress").

## Make sure each step is easy to understand and follow without confusion.

## Include key first aid terms to show your understanding.

## Use bullet points or numbered lists to organize the steps clearly.

## **Step 5: Review for Clarity and Accuracy**

## Read your guide carefully to check that the instructions make sense and are in the correct order.

## Confirm that your information is accurate based on your research.

## Edit any sentences that are unclear, too long, or complicated.

## Ask a classmate or teacher to review your guide and provide feedback.

## **Step 6: Finalize Your Guide**

## Make any necessary revisions based on feedback.

## Add any visuals or diagrams if possible (optional) to make the guide easier to understand.

## Write a title and your name on the guide.

## 

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

By engaging in writing-based activities connected to JCI Building Systems, students:

✅ Practice organizing technical information into clear, structured arguments.  
✅ Strengthen their ability to explain HVAC and smart building concepts in writing.  
✅ Develop persuasive and analytical writing skills using real-world topics like energy efficiency and automation.

These skills mirror the ACT Writing requirements—helping students become confident, effective communicators prepared for college and STEM careers.