UNIT: FIRST AID

ACT-Based Writing: Writing an Emergency Response Report

### **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 write a structured report on a simulated first aid incident.

MATERIALS NEEDED:

* Incident scenario prompts
* Report templates

STUDENT DIRECTIONS:

**Goal:**

You will write a clear, structured report describing how you responded to a simulated first aid emergency. This activity helps you develop important skills in technical writing, critical thinking, and real-world communication.

**Step 1: Read the Incident Scenario Carefully**

* Choose or be assigned one of the provided first aid emergency scenarios (e.g., playground injury, choking emergency, heat exhaustion).
* Read the scenario slowly and carefully, paying attention to important details such as what happened, who was involved, and the environment.
* If any words or details are unclear, ask your teacher for clarification.

**Step 2: Answer the ACT-Style Comprehension Questions**

* Each scenario includes ACT-style multiple-choice questions designed to test your understanding of first aid procedures.
* Answer these questions thoughtfully by using what you know about first aid and the information in the scenario.
* Discuss your answers if working in pairs or groups to deepen your understanding.

**Step 3: Plan Your Emergency Response Report**

* Using the report template or your own notes, organize your information using these key sections:
  1. **Who:** Who was involved? (Name, age, and role if known)
  2. **What:** What happened? Describe the incident briefly.
  3. **When:** When did the incident occur? (Time, duration if known)
  4. **Where:** Where did it happen? (Location)
  5. **How:** How did you respond? Describe the first aid steps taken in order.
* Think carefully about the details that explain *why* each first aid step was important.

**Step 4: Write Your Report**

* Using clear, concise language, write a detailed report about the emergency response.
* Use complete sentences and organized paragraphs, or follow the provided structured template.
* Include these important features in your writing:
  + A clear introduction that states the purpose of the report.
  + A detailed description of the incident and your actions.
  + Explanations of why you performed each step based on first aid principles.
  + A concluding statement summarizing the outcome or next recommended actions.

**Step 5: Support Your Report with Evidence**

* In your writing, reference any relevant medical or first aid guidelines that support the steps you took.
* For example, explain why rinsing a wound is important or why moving someone with heat exhaustion to a cool place helps.
* This shows critical thinking and strengthens your report’s credibility.

**Step 6: Review and Edit Your Report**

* Reread your report to check for clarity, completeness, and correct grammar and spelling.
* Make sure your report is easy to follow and contains all necessary information.
* Ask a peer or your teacher to review your work and provide feedback.

**Step 7: Submit and (Optional) Present Your Report**

* Submit your final emergency response report by the due date.
* Be prepared to explain your report to the class or in small groups, answering questions about your first aid decisions.

**Incident Scenario Prompts – First Aid Edition**

**Instructions:**

* Read each scenario carefully.
* Answer the ACT-style comprehension questions based on the scenario.
* Use critical thinking skills to determine the appropriate first aid response.

**Shape**

**Scenario 1: Playground Injury**

While playing on the school playground, a student falls and scrapes their knee on the pavement. The wound is bleeding slightly, but the student can walk. The nearest teacher provides a first aid kit and asks for assistance in treating the injury.

**Questions:**

1. What is the first step in treating this wound?
2. Apply antibiotic ointment immediately
3. Rinse the wound with clean water and gently pat it dry
4. Cover the wound with a bandage before cleaning it
5. Ignore the wound unless it is bleeding heavily
6. Why is it important to clean the wound before bandaging it?
7. To prevent infection and remove debris
8. To make sure the bandage sticks properly
9. To stop the wound from bleeding faster
10. To test if the wound is deep enough for stitches

**Scenario 2: Choking Emergency**

During lunch at a restaurant, a man suddenly begins coughing and grabbing his throat. He is unable to speak but is still making sounds. A bystander considers performing the Heimlich maneuver.

**Questions:**

1. What should the bystander do first?
2. Immediately begin the Heimlich maneuver
3. Encourage the man to keep coughing
4. Give the man a glass of water to drink
5. Slap the man’s back forcefully until the food dislodges
6. When should the Heimlich maneuver be performed?
7. When the person is still coughing but looks uncomfortable
8. When the person is silent and unable to cough, breathe, or speak
9. As soon as someone starts choking, even if they can still talk
10. Only if the person has choked before

**Scenario 3: Heat Exhaustion at a Sports Event**

A runner in a high school track meet begins feeling dizzy and nauseous. He is sweating heavily and appears pale. His teammates help him sit down in the shade, and a coach brings him a bottle of water.

**Questions:**

1. What is the most likely cause of the runner’s symptoms?
2. A muscle cramp from running too fast
3. Dehydration and overheating from prolonged physical activity
4. A minor cold or flu that started earlier in the day
5. A sprained ankle that is causing dizziness
6. Which action should be taken to help the runner recover?
7. Encourage him to drink water, rest in a cool place, and apply cool cloths to his skin
8. Tell him to keep running slowly to work through the dizziness
9. Have him stand up immediately to prevent fainting
10. Give him a large, sugary meal to boost his energy

**ACT Reading Extension:**

**Prompt:**

Choose one of the incident scenarios and explain why **each first aid step** is necessary. Provide evidence from medical guidelines to support your response.

**Example Response:**   
In the **heat exhaustion scenario**, the runner is experiencing symptoms of dehydration and overheating. It is important to **move him to a cool place** because staying in the heat could lead to heat stroke, a life-threatening condition. Drinking water **helps replenish lost fluids**, and applying **cool cloths** can bring his body temperature down. Following these steps helps prevent the situation from worsening.

## ACT-Style Question:

## Which sentence best conveys urgency in an emergency response report?

## "The injury was bad, and I tried to help."

## "Immediate action was needed to stop the severe bleeding."

## "I saw someone get hurt, and I walked over to help them."

## "The wound was big, so I thought I should do something."

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

## By incorporating real-world scenarios from First Aid Kit applications, students:

✅ Strengthen written communication by organizing clear, step-by-step explanations of first aid procedures.  
✅ Practice argument development through persuasive writing on the importance of emergency preparedness.  
✅ Build clarity and precision in technical writing using real-life medical contexts.

These writing-based activities help students connect academic writing skills to practical, life-saving situations—just like they’ll be expected to do on the ACT and in real-world healthcare scenario.