

Seven Day Challenge Report Card

DAY 4: EMERGENCY PREP

first aid basics



You belong to a local Emergency Preparedness Group and were asked to teach a class on basic first aid and CPR. You must put together a packet of emergency information to provide as a handout, pack up emergency supplies to bring as a display, provide a recommendation for "home kits" and be prepared to demonstrate basic first aid skills.

Today's Goal: Gain knowledge of basic first aid skills and CPR

Daily Evaluation Questions (Things to Ask Yourself)

- What was your first aid knowledge level before today? Did you learn something new? What are some ideas for even more research you could do?
- Did you make a lesson outline and handout? How could you use this in the future to share your knowledge? Church meetings, scouts, teach your kids, eprep groups, etc.
- How is your supply of medical supplies? Are medicines expired? Do you have enough for basic first aid? Do you have advanced supplies (stitching kits, childbirth aids, etc.?)
- What are some good books, courses, pamphlets, etc. that could teach you even more?

Daily Notes

Need to Buy:

Need to Do:

Need to Learn:
