

W1	Learning Area	HEALTH	Grade Level	9
	Quarter	3rd	Date	

I. LESSON TITLE	UNINTENTIONAL INJURIES
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)	<ul style="list-style-type: none"> Differentiates intentional injuries from unintentional injuries. Describes the types of intentional injuries.
III. CONTENT/CORE CONTENT	Carrying and Transporting An Injured Person










IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
A. Introduction	Day 1	<p>Unintentional injury can be defined as "any injury that is not caused on purpose or with intention to harm". It is a broad category that includes injuries from causes such as motor vehicle collisions, falls, poisoning, drowning, suffocations and work-related or sports-related injuries.</p> <p>Intentional injuries are injuries resulting from violence. It can be divided into two: self-inflicted, when a person harms himself/herself on purpose and assault, when person/persons harm another on purpose.</p> <p>Suicide and parasuicide are intentional injuries that are self-inflicted, while assault has four classifications: (1) those that were committed within the family; (2) those that were committed by peers; (3) those that were committed by other groups; and (4) those that were committed by the family, peers or other groups. Within the family, domestic violence may happen. Domestic violence happens when one or more members of the family harms or abuses another family member. Peers in school or in the community may commit bullying, stalking, and extortion. Other groups may commit gang and youth violence, illegal fraternity-related violence, kidnapping and abduction, and different acts of terror. Sexual victimization and other forms of abuse and harassment may be committed by the family, peers or other people. This includes verbal abuse, incest, molestation or rape.</p> <p>Bullying is an unwanted, aggressive behavior. The behavior is repeated, or can be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.</p> <p>Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts you, follows you, sends you things, and talks to you, even when you don't want them to.</p> <p>Extortion is the act of using force or threats to force people to hand over their money or properties, on favors.</p> <p>A gang is defined as a relatively tough, mostly street-based group of young people who regard themselves and may be seen by others as a group that engages in a range of criminal activity and violence.</p> <p>A fraternity is a group of people with similar backgrounds, occupations, interests, or tastes. In campuses and universities, fraternities are represented Greek letters. The youth may think of several benefits in joining a fraternity. They may see it as a gain in power and protection, as fraternities have a reputation for being a powerful group.</p> <p>On the other hand, abduction is the use of deceit or force in order to take a person or a child away from their home or relatives. In abduction, the victim usually knows or has some sort of relation with the abductor.</p> <p>Acts of terror, or terrorism, is the use of violence for political goals and putting the public or a great number of people in fear. The purpose of these terrorist groups is to produce terror in their victims through the use of violence, fear and pressure.</p> <p>Verbal abuse is a form of cruelty that involves the use of words.</p> <p>Incest is sexual contact between persons who are so closely related that a marriage between them is considered illegal (e.g., parents and children, uncles/aunts and nieces/nephews, etc.). Usually, incest takes the form of an older family member having sexual relations or sexually abusing a child or an adolescent.</p> <p>Molestation is the sexual abuse of a person (whether a child or adult) by an adult for sexual pleasure or for profit.</p>

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		<p>Rape is forced sexual intercourse, including vaginal, anal, or oral penetration. Penetration may be by a body part or an object.</p>												
B. Development	Day 2	<p>Activity 1: News Bulletin Directions: Read the news headlines then classify them as to whether they refer to intentional or unintentional injuries. Write the headline title according to its classification in table below.</p> <div><div><p>Estudyante, nagpakamatay matapos ma-bully</p><p>TEENAGER RAPED AND SLAIN</p><p>Binatilyo, patay matapos tamaan ng kidlat</p></div><div><p>Riot ng mga gang, nauwi sa madugong wakas!</p><p>Bata, nalunod sa baha!</p><p>KARAMBOLA NG MGA SASAKYAN, PITO ANG SUGATAN!</p></div><div><p>Sunog sa QC, mula sa napabayaang kandila</p><p>GIRL, 7, KIDNAPPED IN QC</p><p>Sekyu, nasagasaan dahil sa sobrang kalasingan</p></div><div><p>Neophyte, patay sa hazing</p></div></div> <table><thead><tr><th>INTENTIONAL INJURIES</th><th>UNINTENTIONAL INJURIES</th></tr></thead><tbody><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></tbody></table> <p>Guide Questions:</p> <ol style="list-style-type: none">1. Explain how you classified each news headline.2. How did you distinguish between intentional and unintentional injuries?	INTENTIONAL INJURIES	UNINTENTIONAL INJURIES										
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C. Engagement	Day 3	<p>Activity 2 – The Impact of Abuse and Violence Directions: Analyze the following illustrations. Answer the guide questions afterwards.</p> <div><div><p>The Adult</p><p>The Little Girl</p><p>“Flashback”</p></div><div><p>Sticks and stones may break my bones. But words can also hurt me. Sticks and stones break only skin, while words are ghosts that haunt me. Pain from words has left its scar on mind and heart that's tender. cuts and bruises now have healed, it's words that I remember.</p><p>“When Words Hurt More than Broken Bones”</p></div></div> <p>Guide Questions:</p> <ol style="list-style-type: none">1. What types of intentional injuries are being portrayed in the illustrations?2. Based on these illustration, what are the effects of intentional injuries on their victims?3. What are the other impacts of intentional injuries?												
D. Assimilation	Day 4	<p>Activity 3: Agree or Disagree? Directions: Read the following statements carefully, then write AGREE or DISAGREE for each item in your worksheet and provide explanation for your response.</p> <ol style="list-style-type: none">1. If a child misbehaves, it is okay for him/her to receive a corporal punishment.												







IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
		2. Fraternity hazing is acceptable because it is an initiation rite to the brotherhood. 3. A woman who acts and dresses provocatively deserves to be raped.
V. ASSESSMENT (Learning Activity Sheets for Enrichment, Remediation or Assessment to be given on Weeks 3 and 6)		TRUE or FALSE. Directions: Write TRUE if the statement is correct and FALSE if not. 1. Bullying is common in schools. 2. Rape can only happen to females. 3. Accidents are considered intentional injuries. 4. Intentional injuries are injuries resulting from violence. 5. Nothing can stop a person if s/he is determined to commit suicide.
VI. REFLECTION		<ul style="list-style-type: none"> The learner communicates the explanation of their personal assessment as indicated in the Learner's Assessment Card. The learner, in their notebook, will write their personal insights about the lesson using the prompts below. I understand that _____. I realize that _____. I need to learn more about _____.

Prepared by:	GRADE 9-MAPEH TEACHERS/GFLMNHS	Checked by:	NIMFA P. MANALO
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W2	Learning Area	HEALTH	Grade Level	9
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I. LESSON TITLE		UNINTENTIONAL INJURIES
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)		<ul style="list-style-type: none"> Demonstrates proper techniques in carrying and transporting the victim of unintentional injuries Demonstrates proper first aid procedures for common unintentional injuries.
III. CONTENT/CORE CONTENT		Carrying and Transporting An Injured Person
IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
A. Introduction	Day 1	<p>Transporting an injured person to a safer place requires great care. A first aider must undergo proper training. When doing this, a first aider must consider the following factors:</p> <ul style="list-style-type: none"> A. Weight and height of the victim B. Status of the victim (conscious and unconscious) C. Environment (safe, floor is smooth, narrow or wide) D. Special need considerations (injuries of the victims) <p>ONE MAN TRANSPORT</p> <p>Fireman's Carry Piggy Back Pack Strap Carry</p>    <p>Shoulder Drag Fireman's Drag Blanket Drag</p>    <p>Fireman's Carry -the easiest way to transport a light and smaller victim. Piggy Back- when the victim is conscious Pack Strap Carry- when the victim is smaller than the first aider. Shoulder Drag -used when the floor is smooth, short distance transport Fireman's Drag or tied-hands Crawl -used when first aider and victim must crawl underneath a low structure Blanket Drag-used when the victim is seriously injured and should not be lifted</p> <p>TWO MAN CARRY</p>  <p>Chair or Seat Carry -when there are two first aiders and chair</p> <p>THREE OR MORE MAN TRANSPORT</p> <p>Hammock Carry Bearer Alongside</p>  

IV. LEARNING PHASES	Suggested Timeframe	Learning Activities
		<p>Hammock Carry- when there are three first aider</p> <p>Bearer Alongside- carries will stay on the injured side of the victim</p> <p>Six Man Lift and Carry- when there are six first aider</p> <p>PROCESSING QUESTIONS:</p> <ol style="list-style-type: none"> 1. What should you remember before transporting the victim? 2. How do you transport an injured person? 3. What are the things to consider in transporting the victim? <p>FIRST AID FOR COMMON UNINTENTIONAL INJURIES</p> <p>Chemical Burns- may occur when electricity passes through the body.</p> <p>Chemical Burns</p> <ol style="list-style-type: none"> 1. Make sure that contact with the electrical source is broken 2. Flood with plenty of water 3. Wear gloves and place sterile dressing or bandage 4. Call for medical help 5. Treat for possible shock <p>Burns - are often due to domestic incidents such as touching an hot iron, friction(rop burn)or spilling or boiling water on the skin.</p> <p>Burns</p> <ol style="list-style-type: none"> 1. Flood with cold water and cover if minor 2. For severe, help the person to lie down and douse the burn with cold liquid 3. Do not delay medical help 4. Wear gloves and gently remove accessories/clothing then cover 5. Monitor vital signs and treat for shock <p>Heat Exhaustion -is caused by lost of salt and water due to excessively high temperature. This may lead to heat stroke and even death.</p> <p>Heat Exhaustion</p> <ol style="list-style-type: none"> 1. Transport the victim to a cool place 2. Give him plenty of water 3. Check for vital signs 4. Seek for medical help <p>Heart Attack-caused by a sudden obstruction of blood supply to the part of the heart muscles.</p> <p>Heart Attack</p> <ol style="list-style-type: none"> 1. Help the person sit or lie down with head elevated 2. Call for medical help 3. If he is conscious, give full-dose aspirin and advise to chew slowly 4. Monitor vital signs 5. Give rescue breaths and chest compression if necessary <p>Choking-results when a foreign object block the throat</p> <p>Choking</p> <ol style="list-style-type: none"> 1. Ask the person if he is choking 2. Encourage him to cough 3. Give him 5 back blows if he cannot speak or stop coughing 4. If it fails, try abdominal thrusts 5. Check his mouth for obstructions 6. If not clear, call for ambulance <p>Drowning-happens when air cannot get into the lungs because of water. It can cause immediate death when taken for granted.</p> <p>Drowning</p> <ol style="list-style-type: none"> 1. Lay the person down 2. Check breathing and open the airway 3. Give CPR if necessary 4. If he is breathing Place him in recovery position 5. Treat for hypothermia by removing wet clothes and cover with dry blanket <p>Stroke-is a condition which the blood supply to a part of the brain is suddenly and seriously impaired by a blood clot or ruptured blood vessels</p> <p>Stroke</p> <ol style="list-style-type: none"> 1. If conscious, help the victim to lie down with head and shoulders raised/supported 2. Place a towel on shoulder to absorb any dribbling 3. Call for help 4. Loosen tight clothing 5. Monitor vital signs 6. Be ready to give rescue breaths and chest compressions <p>Dislocation-is a partial or complete displacement of the bones</p>

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		<div><div><h3>Dislocation</h3><ol style="list-style-type: none">1. Call for help immediately2. Splint the affected part3. Do not try to move the dislocated part or force it back into place4. Apply ice on the injured part to induce swelling</div><p>Sprain-is an injury to the ligaments of a bone due to accidental tearing or overstretching.</p><div><div><h3>Sprain/Strain</h3><ol style="list-style-type: none">1. Rest the injured part2. Apply ice3. Compress the injured part4. Elevate</div><p>Fracture-is a break or crack in a bone. An open fracture pierces in the skin surface while in a closed fracture, the skin above is intact.</p><div><div><h3>Fracture</h3><ol style="list-style-type: none">1. Check vital Signs2. Do not move the injured part3. Stop bleeding if there is any4. If you have to move the person, immobilize the broken part by splinting5. Seek medical help immediately</div><p>Heat Stroke -is caused by a failure of the "thermostat" in the brain to regulate body temperature. When this happens the body becomes seriously heated</p><div><div><h3>HEAT STROKE</h3><ol style="list-style-type: none">Step 1: Move the person into a cool place away from direct sunlight.Step 2: Have the person lie down with feet elevated.Step 3: Remove the person's unnecessary or tight clothing.Step 4: Apply damp cloth or ice packs to armpits, neck & groin.Step 5: Give water & fan him.</div><p>Food Poisoning -is caused by consuming food or drink that is contaminated with bacteria o viruses</p><div><div><div><h4>FIRST AID FOR FOOD POISONING:</h4><ul style="list-style-type: none">● Avoid solid foods till vomiting stops● After vomiting stops, eat light, bland foods like rice, bananas● Drink clear fluids, starting with small sips● Don't have greasy, spicy, fried or sweet foods</div></div></div></div></div></div></div>																									
B. Development	Day 2	<p>ACTIVITY 1 "How Will You Bring Me to A Safe Place?"</p> <p>Directions: An injured person needs your help. You are bringing her to safe place. How are you going to do that? Study the situations and determine the kind of transport that should be used.</p> <table><thead><tr><th colspan="5">SITUATIONS</th></tr><tr><th>No. Of First Aider</th><th>Available Materials</th><th>Status of Injured Person</th><th>Must Do</th><th>Kind of Transport</th></tr></thead><tbody><tr><td>1</td><td>None</td><td>Unconscious Has no injury on arm,leg,rib,neck and back</td><td></td><td></td></tr><tr><td>1</td><td>None</td><td>Unconscious</td><td>Pass underneath a low structure</td><td></td></tr><tr><td>1</td><td>None</td><td>Unconscious</td><td>Transport the victim up the stairs</td><td></td></tr></tbody></table>	SITUATIONS					No. Of First Aider	Available Materials	Status of Injured Person	Must Do	Kind of Transport	1	None	Unconscious Has no injury on arm,leg,rib,neck and back			1	None	Unconscious	Pass underneath a low structure		1	None	Unconscious	Transport the victim up the stairs	
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		1	Malong	Experiencing a very serious injury and should not be lifted								
		1	None	Unconscious Very Small								
		1	None	Unconscious Fat								
		2	Classroom chairs and tables	Unconscious No injury on neck, back or pelvis	Carry the victim downstairs							
		3	None	unconscious	Injured person will be carried on his back or face							
		3	None	Unconscious	First aider will have to stay on one side of the injured person							
C. Engagement	Day 3	Activity 2 – Thinking of Others Directions: Assume that you were the SK Chairman of your barangay, create an Action Plan that will you offer First Aid skills training to the youth of your community. Use the format below as your guide. a. Goals/Target b. Participants c. Resource Person/Guest Speakers d. Venue e. Estimated Budget f. Desired Outcome										
D. Assimilation	Day 4	Activity 3 – Campaign for Safety Directions: Create a slogan that will encourage people in the community to join in the First Aid Movement. Criteria: <table><tr><td>Relevance</td><td>5 points</td></tr><tr><td>Persuasiveness</td><td>5 points</td></tr><tr><td>Total</td><td>10 points</td></tr></table>					Relevance	5 points	Persuasiveness	5 points	Total	10 points
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V. ASSESSMENT (Learning Activity Sheets for Enrichment, Remediation or Assessment to be given on Weeks 3 and 6)		Completion Type Directions: Write the missing word/s to complete the following statement. 1. _____ carry the easiest way to transport a light and smaller victim. 2. Pack Strap Carry is done when the victim is _____ than the first aider. 3. Shoulder Drag -used when the floor is _____, short distance transport. 4. _____ Lift and Carry is done when there are six first aider. 5. _____ Carry can be done when there are three first aider.										
VI. REFLECTION		<ul style="list-style-type: none">The learner communicates the explanation of their personal assessment as indicated in the Learner's Assessment Card.The learner, in their notebook, will write their personal insights about the lesson using the prompts below. I understand that _____. I realize that _____. I need to learn more about _____.										

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