

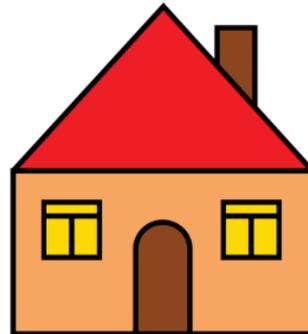


Co-funded by the
Erasmus+ Programme
of the European Union

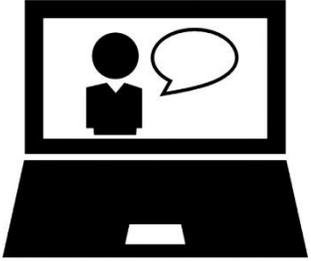


ONLINE ACTIVITY 1

Safety First



This information only reflects the Consortium view
and the Commission is not responsible
for any use that may be made of the information that it contains.



ONLINE ACTIVITY 1

Safety First



EXERCISE 1

- The objective is to learn to create an emergency contact list in paper and in the mobile phone, to easily react and call for help, regarding the situation.
- Identify the main community resources relating emergency situations
- Identify the people that can act as support persons in a situation of emergency
- Download the template for contact list and fulfil with the information that you identified earlier
- Take a picture of your contact list and the place you put it and upload it into the platform



ONLINE ACTIVITY 1

Safety First



EXERCISE 2

- The objective is to learn to create a first aid kit for home use.
- Download the document with a list of supplies that you will need to create your first aid kit for home use.
- You can also download and watch a video – “How to prepare a first aid kit”
- Take your list and go to the pharmacy or supermarket to buy them.
- At home put the first aid kit in a place of easy access in case of need.
- Photograph your first aid kit and upload the photo into the platform.