

Make your own skin

You will need:

- ★ Spoon or wooden stick
- ★ 1tsp petroleum jelly
- ★ 2tsp cornflour
- ★ A little cocoa powder
- ★ Plastic food bag

What to do:

1. Add the petroleum jelly and cornflour to a plastic food bag and add a small amount of cocoa powder (one or two pinches, or more for darker skin).
2. Mix the contents thoroughly by squishing the bag with your hand. If the texture remains sticky after mixing, add more cornflour.
3. Apply to the simulated patient using a spoon handle or wooden stick. This 'skin' can then be grazed or cut and blood applied to simulate an injury.

Heat-free burns

You will need:

- ★ Disposable plastic cup
- ★ Spoon
- ★ 4tsp fibre laxative
- ★ 1tsp cornflour or corn starch

★ Warm water

★ Yellow food colouring (optional)

What to do:

1. In a disposable plastic cup, mix fibre laxative powder with warm water (until it gets to the consistency of apple sauce), then stir in the cornflour.
2. Smear the mixture on to the affected body part. As it starts to set, pull or scrape bits of the mixture to create wrinkled skin and blisters.
3. For a nastier-looking burn, add yellow food colouring.

Fake blood

You will need:

- ★ Disposable plastic cup
- ★ 2-3tsp clear washing-up liquid or corn syrup/golden syrup
- ★ Cotton wool buds or pads
- ★ Disposable plastic cup

What to do:

1. Pour washing-up liquid or syrup into a disposable plastic cup and add a few drops of red food colouring.
2. Add a small amount of blue food colouring until the desired colour is achieved.
3. Apply with cotton wool buds or pads.

Note:

Using washing-up liquid produces thicker 'blood' that is better for burns or small cuts. Golden syrup makes slightly runnier blood, ideal for larger cuts or wounds that would bleed more.

Bruise powder

You will need:

- ★ Plastic food bag
- ★ 5 parts blue chalk
- ★ 2 parts red chalk
- ★ Cotton wool

What to do:

1. In a food bag crush the chalk together. The colour will vary considerably if other ratios are used.
2. Use cotton wool to apply the powder.