

First Aid Would You Know What to Do?



Learning Objective

- To be better prepared and more confident in situations that may require first aid.

Success Criteria

- To identify any first aid skills you already have.
- To learn about and practise the recovery position.
- To set personal targets with regard to developing your first aid skills.

Starter

On a scale of 1 to 10, with 10 being very confident and 1 being extremely nervous, rate how confident you would feel about having to deal with an emergency medical situation.



Would You Know What To Do?

There are many situations in which a knowledge of first aid can be helpful. However, sometimes the best thing you can do is stay calm, take note of what has happened and call for help.

Would you know what to do if a person...

- ...fell off a wall and broke their leg?
- ...burnt their hand on the oven?
- ...electrocuted themselves?
- ...cut their finger with a sharp knife?
- ...was choking on some food?
- ...sprained their ankle?
- ...drank cleaning products by accident?
- ...was hit on the head by a falling object?



Choose from:

- I would be confident in dealing with the situation myself.
- I would call 999 for help.
- I would panic.
- I would run to get a first aider.

Advice From the NHS

Would you know what to do if a person...

...fell off a wall and broke their leg?

<http://www.nhs.uk/conditions/broken-leg/Pages/Introduction.aspx>



...burnt their hand on the oven?

...electrocuted themselves?

<http://www.nhs.uk/chq/Pages/1047.aspx>



...cut their finger with a sharp knife?

<http://www.nhs.uk/conditions/Cuts-and-grazes/Pages/Introduction.aspx>

...was choking on some food?

<http://www.nhs.uk/chq/pages/2301.aspx>



...sprained their ankle?

<http://www.nhs.uk/Conditions/Sprains/Pages/Introduction.aspx>

...drank cleaning products by accident?

<http://www.nhs.uk/Conditions/Poisoning/Pages/Treatment.aspx>

...was hit on the head by a falling object?

<http://www.nhs.uk/Conditions/Head-injury-minor/Pages/Introduction.aspx>



The Recovery Position

If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position.

Putting someone in the recovery position will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke.



The Recovery Position

You can follow these steps:

- With the person lying on their back, kneel on the floor at their side.
- Place the arm nearest you at a right angle to their body with their hand upwards, towards the head.
- Tuck their other hand under the side of their head, so that the back of their hand is touching their cheek.
- Bend the knee farthest from you to a right angle.
- Carefully roll the person onto their side by pulling on the bent knee.
- The top arm should be supporting the head and the bottom arm will stop you rolling them too far.
- Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway.
- Stay with the person and monitor their condition until help arrives.

Source:

<http://www.nhs.uk/Conditions/Accidents-and-first-aid/Pages/The-recovery-position.aspx>

Are You More Prepared?



How would you respond to this situation if you were another bike rider?



Do you feel any better prepared to deal with a situation that might need first aid than you were at the beginning of the lesson? Give reasons for your answer.



Plenary – Personal Targets



How has your understanding of basic first aid improved?

What two things could you do to improve your first aid skills?

How would improving your first aid skills help you and society?

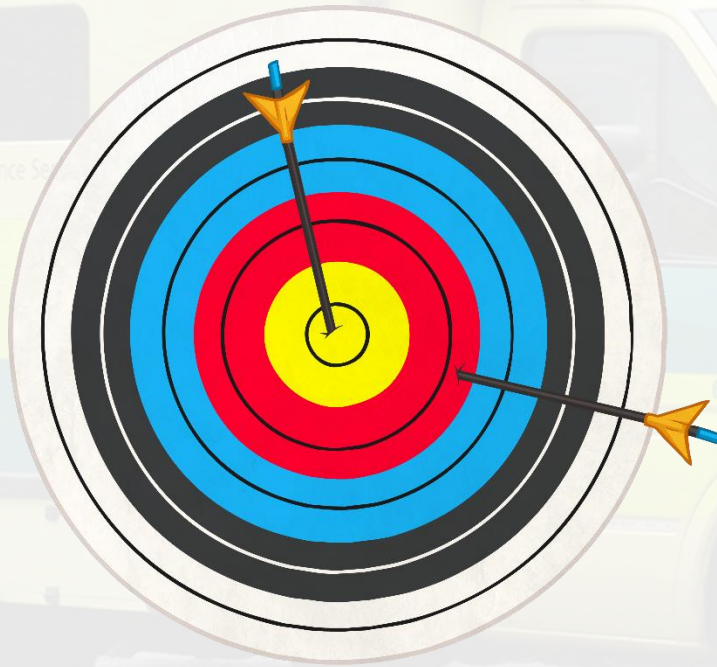




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