

Do Now

How can we get help and perform first aid in emergencies?

Let's imagine you're walking to school. You see a Year 7, from your school, collapse – right there in front of you. She's not joking around. Upon closer inspection you see her eyes are closed and she appears to be unconscious.

Discuss: Should you try to help the girl yourself, or just ring an ambulance and wait with her until it arrives?



Why do you think First Aid was made compulsory in UK secondary schools?

I think First Aid was made compulsory because...

How can we get help and perform first aid in emergencies?

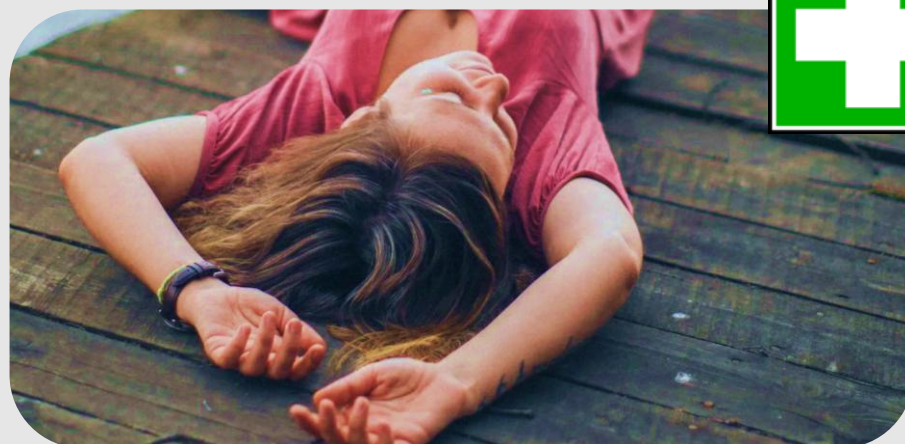
Not sure? For the best chance of saving the girl's life (if it is indeed in danger), you should:

1. Check if she is breathing abnormally or not breathing at all after 10 seconds.
2. If she is breathing normally, place her in the recovery position and stay with her.
3. If she is not breathing normally, call an ambulance and start CPR.

Now, hands up if you would know how to...

1. Check a person's breathing.
2. Place a person in the recovery position.
3. Start CPR

This is why First Aid is now compulsory



First Aid - help given to a sick or injured person until full medical treatment is available.

Cardio-pulmonary resuscitation (CPR) - medical procedure involving repeated cycles of compression of the chest and artificial respiration, performed to maintain blood circulation and oxygenation in a person who has suffered cardiac arrest.

Defibrillators - an apparatus used to control heart fibrillation by application of an electric current to the chest wall or heart.



Learning outcomes:

Describe how to how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators.

How can we get help and perform first aid in emergencies?



Why are we focusing on first aid today anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class. **We'll reveal the answers on the next slide.**

More than 532,000 teenagers have been left to cope with a friend who was sick, injured or unconscious in the last year.

97% of young people believe first aid education would improve their confidence, skills and willingness to act in a crisis.

A recent statistic, released by St John's Ambulance, has revealed that 140,000 people die each year in the UK from incidents where first aid could have possibly saved their lives.

Nearly two-thirds of people (59%) within the UK wouldn't feel confident enough to even try and save a life, and a further quarter of these people (24%) would do nothing and wait for an ambulance to arrive or even hope that a passerby would know the correct first aid required.

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ALL OF THE STATEMENTS ARE TRUE

These are very worrying statistics and facts, so today we are going to do our bit to try and improve the status-quo, by educating ourselves on common first aid techniques. Who knows, you may even save a life one day 😊

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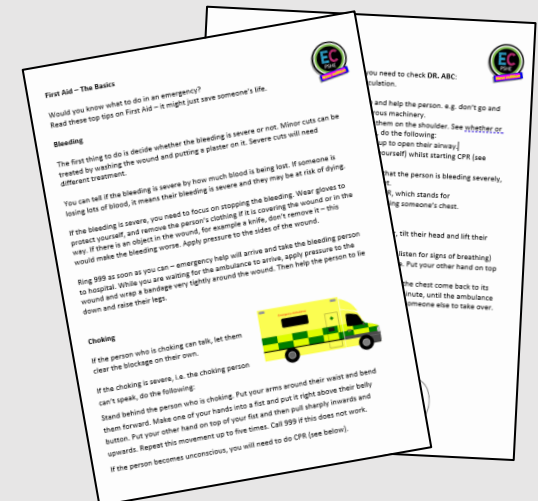
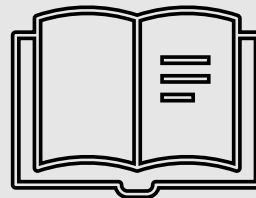
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How can we get help and perform first aid in emergencies?

We will now find out more about First Aid, the essentials we need to know, and how we can use it to help others...

You will all have a copy of this to keep, but you will still need to listen very carefully whilst we read out how to actually deal with the first aid emergencies.



<https://www.youtube.com/watch?v=4e7evinsfm0>



Another common affliction from household injuries are burns and scalds.

Watch the following clips and complete the questions in your booklet.

<https://www.youtube.com/watch?v=JwISXhSg69A>

What do we do first if there has been a burn or a scald?

You should remove clothing or jewellery from the burnt area, but what shouldn't you do?

You should run a burn under cool water – but never....

What does keeping warm prevent?

Cover the burn, but don't wrap it, with...

If the burn is not light, is chemical, on a child, on a person with a medical condition, smoke was inhaled or you're just unsure, go to



**Let's go through the answers together.
Don't forget to correct any you didn't get right the first time.**

What do we do first if there has been a burn or a scald?

Stop the burn – move the person or extinguish the flame, without putting yourself at risk.

You should remove clothing or jewellery from the burnt area, but what shouldn't you do?

Remove anything stuck to the burn.

You should run a burn under cool water – but never....

Ice, oily liquids or butter

What does keeping warm prevent?

Hypothermia

Cover the burn, but don't wrap it, with...

Cling-film.

If the burn is not light, is chemical, on a child, on a person with a medical condition, smoke was inhaled or you're just unsure, go to

Hospital (A and E)



We have a lot of new key terms we'll be looking at today. You may know some already, but some you will probably not have heard of before.

Let's explore these now. You have a copy each, but you can help each other in pairs too.

Key Term	Match Up	Definition	Use in a sentence
Unconscious		The movement made during CPR by placing pressure on the centre of the chest.	
Paramedics		The technique of forming a seal over the person's airways and delivering oxygen via mouth-to-mouth.	
Chest compressions		A song which will help you perform chest compressions at the correct timing.	
Rescue breaths		Not awake, aware, or responding to one's environment.	
Staying Alive		A state which occurs when the body has been deprived of oxygen for too long.	
Brain death		People who are trained to give medical care to a patient and transport them to hospital.	



Don't forget to complete the final column.



If there were some you didn't quite get correct the first time, take the opportunity now to correct your answers.

Unconscious	Not awake, aware, or responding to one's environment.
Paramedics	People who are trained to give medical care to a patient and transport them to hospital.
Chest compressions	The movement made during CPR by placing pressure on the centre of the chest.
Rescue breaths	The technique of forming a seal over the person's airways and delivering oxygen via mouth-to-mouth.
Staying Alive	A song which will help you perform chest compressions at the correct timing.
Brain death	A state which occurs when the body has been deprived of oxygen for too long.



CPR and Defibrillators focus

QUICKFIRE QUESTIONS:

What is this object?

I think this is a...

What do you think it's for?

I believe this object is for...

Where might you find one of these? Why?

I think you may find one of these...

The reason is because...

Finished?

Explain in what circumstance you think you might use one of these, on whom and how. We'll see how close you were shortly.



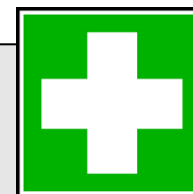
<https://www.youtube.com/watch?v=8A0kljQU48U>



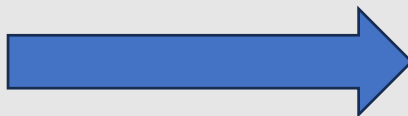
This is called a **defibrillator**.
You use this if a person is in cardiac arrest.

So, what should I do?

- 1. Ring 999.**
- 2. Start CPR (we will go over how to do this once more shortly).**
- 3. Ask for a defibrillator.**
- 4. The machine will tell you if you need to shock the person.**



The defibrillator container may look different to what we have just seen, but it will always look something like this (right) once you have taken it out of its box / container.



There will always be instructions on the defibrillator for you to follow.

If the instructions are obscured but the defibrillator is in working order, the 999 operator can talk you through the steps of how to use it too. Your teacher will now give you an example of a defibrillator instructions pack.

D	DANGER	Ensure the scene is SAFE for yourself and others. If it is not safe or you are uncertain call 999 and wait for help to arrive.
R	RESPONSE	Check the casualty needs help. Check response by TALK & TOUCH . Speak to the casualty in both ears, tap their face.
S	SHOUT	SHOUT FOR HELP . If the casualty does not respond, SHOUT for help. Do not leave them on the stage. Call 999 now!
A	AIRWAY	Ensure the airway is OPEN & CLEAR . Clear the airway by tilting the casualty's chin and lifting their head back. Do not put your fingers in the casualty's mouth, you may push an obstruction further down.
B	BREATHING	LOOK, LISTEN & FEEL for normal breathing. Place the hand/forearm back and listen for breathing. Look to see if the chest is moving. If the casualty is not breathing normally or you have any doubt, call 999.
C	COMPRESSIONS	If not breathing normally start compressions. Place your hands in centre of the casualty's chest and press down hard. Just do compressions unless you feel confident to give breaths at rate 30:2. Press 2x per second.
D	DEFIBRILLATION	Get someone to fetch a Defibrillator. Get your nearest community defibrillator, attach the electrode (pads) and follow the audio instructions from the machine.

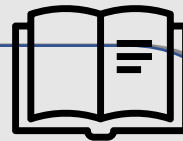
ADDITIONAL COMPRESSION/BREATHING INFORMATION

- ♥ If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- ♥ Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- ♥ Repeat 30 compressions and 2 breaths sequence.
- ♥ Continue until help arrives, you are too tired to continue, or the casualty starts breathing normally again.

FOR AN ADULT USE 2 HANDS & COMPRESS 5-6 cm
 FOR A CHILD USE 1 HAND & COMPRESS 1/3 CHEST DEPTH
 FOR AN INFANT USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH



How can we get help and perform first aid in emergencies?



We will now refresh our memories from last lesson about the different steps of how to perform CPR correctly.

Follow the text in your booklet closely



Teacher note – the British Heart Foundation offer free, in-school training sessions for students, where they can learn using medical dummies.

CPR – What is this and how do we do it?

Cardiopulmonary resuscitation, or CPR, is a series of simple techniques designed to save the life of a person who is unconscious and has stopped breathing. The aim of CPR is to keep oxygen moving through the blood, delaying brain and organ death until paramedics can arrive and take over. Because we never know what situations might await us around the corner, the British Heart Foundation have stressed just how important it is that everyone learn the following steps:

Step one: Shake and shout. If the person is falling in and out of consciousness, this might help to bring them round, increasing their chances of survival.

Step two: Make sure that the person who has fallen ill is on a hard, flat surface. Check for normal breathing. You can do this by crouching down and putting your ear over the person's mouth, or feeling whether their chest is rising and falling.

Step three: Call 999. It's vitally important that this is done as soon as possible. This way, you know help is on the way as you try to revive the patient.

Step four: Give thirty chest compressions. You can do this by placing the heel of your hand on the centre of the person's chest, and press down by around 6cm. This should be done at a rate of 100 to 120 compressions per minute. A simple way to get the timing just right is to press down to the beat of 'Staying Alive' by the Bee Gees.

Step five: Give two 'rescue breaths'. You can do this by gently tilting the person's head and lifting up their chin with two fingers. Pinch the person's nose to ensure that no air will escape, then seal your mouth over their mouth and blow firmly and steadily for around one second. Whilst you do this, check that the person's chest is rising and falling as it should.

Step six: Repeat all of the above steps until the ambulance arrives. Because CPR can be physically difficult to do for more than a few minutes at a time, look around to see if there's anyone who will be able to take over when you get tired.

Now, use your instructions and clip notes to create your own, illustrated 6-point CPR guide.

(watch first) <https://www.youtube.com/watch?v=tD2qTmDsiHk>

Illustrate the boxes in order, clearly and precisely to show exactly how to perform the six steps of CPR, then pick an option from below.

Text box 1: Summarise step in 10 words or less.

Text box 2: Explain why each individual step is essential.

Challenge (ALL): Illustrate the boxes in order, clear and precisely to show exactly how to perform the six steps of CPR.
More challenging: 1) Summarise step in 10 words or less. **Mega challenging 2)** Explain why each individual step is essential.

1)..... 2).....	1)..... 2).....	1)..... 2).....
1)..... 2).....	1)..... 2).....	1)..... 2).....



Illustrate the boxes in order, clear and precisely to show exactly how to perform the six steps of CPR, then complete the boxes picking one task:

1) Summarise step in 10 words or less. 2) Explain why each individual step is essential. Finished? Complete the task you didn't choose.

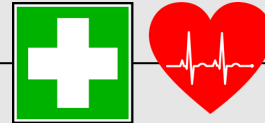
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1)..... 2).....	1)..... 2).....	1)..... 2).....
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How can we get help and perform first aid in emergencies?



Useful helplines and charities:

<https://firstaidchampions.redcross.org.uk/secondary/> A great site for students to learn loads more about first aid.

<https://cpreducatorsinc.com/cpr-first-aid-tips-for-teens/> Another which advises on how to administer First Aid in a wide variety of circumstances, covering a wide array of accidents.

111 - Call this number if someone is ill and you're unsure what to do, but it's NOT an emergency

999 - Call this number if someone is ill and IT IS an emergency

Young Minds. Child and adolescent mental health charity for teens struggling with any subject.

Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>