

First aid- lesson one






Today's learning objectives

LO1: an introduction to first aid with a focus on what is in a first aid kit

LO2: to understand what
DR ABC stands for and
how it is used



What is first
aid?



Can you now
name as many
items as you can
think of that may
be in a *standard*
first aid bag?







Survey the scene

- What happened?
- Further damage?
- Can you cope?
- Number of casualties?
- Emergency services?
- Who needs help first?



Is it safe to proceed?

- In groups on your table discuss
- What would be the primary survey?
- What would be the secondary survey ?
- When/ if it is safe to enter and justify your decision



assessments.

PRIMARY

- Life threatening conditions
- Determine responsiveness
- Check ABC

SECONDARY

- Ruled out life threatening conditions
- Begin
 - History / name / address
 - Observations
 - Symptoms, medications, allergies

What is DR ABC

D = danger

- Make sure you, the casualty and bystanders are safe.
- Don't put your own life at risk.

DR ABC

R = Response

- Quickly check to see if they are conscious.
- Gentle shake or tap their shoulders.
- Ask loudly if they are ok.
- Unconscious casualties are a priority.

DR ABC

A = Airway

- Identify and treat any life-threatening airway problems.
- Airway swelling, narrowing or blockage caused by: tongue, vomit, choking, burns.
- If the casualty is unconscious, tilt their head back to open the airway.

DR ABC

B = Breathing

- Identify and treat any life-threatening breathing problems.
- Asthma, crushing of the chest, chest injury, collapsed lung, poisoning, anaphylaxis and cardiac arrest.
- If the casualty is unconscious and not breathing normally, perform CPR.

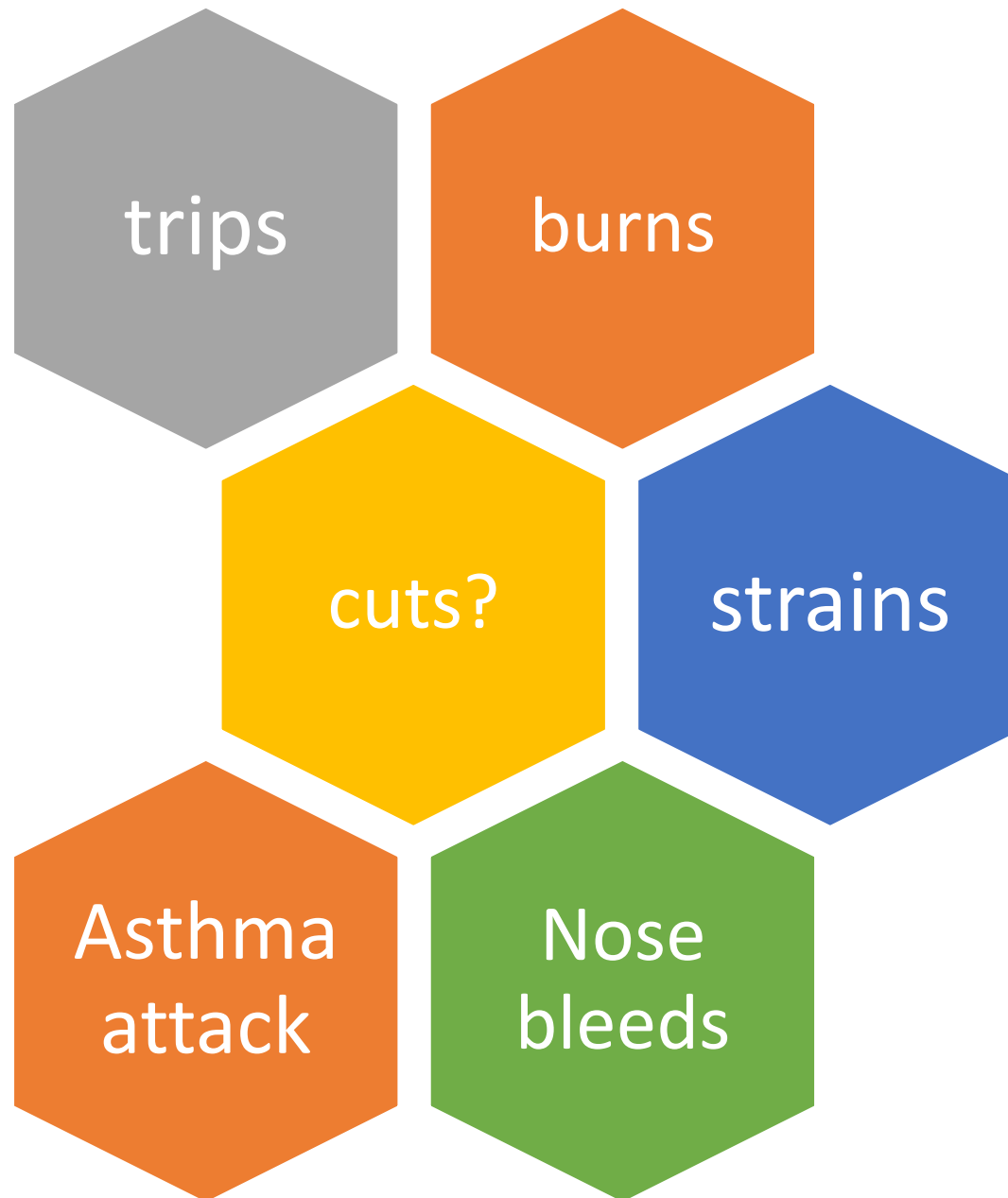
DR ABC

C = Circulation

- Identify and treat any life-threatening circulation problems.
 - Heart attack, heart failure, severe bleeding, poisoning, cardiac arrest or anaphylaxis.
- If the casualty is unconscious, tilt their head back to open the airway.

Hopefully you will never need to use this...

What medical issues do you think that you will come in contact with more frequently?



What do you think?

A **SIGN** is something
you can see.

**Signs and symptoms of
someone who is**

A **SYMPTOM** is
something that the
casualty can feel.



Your turn: Nosebleed

1. Sit

- the casualty down leaning forward



2. Ask

- them to pinch the soft part of their nose for 10 minutes

3. Check

- if the bleeding has stopped
- if still bleeding pinch nose for a further 10 minutes

4. Recheck

- if still bleeding pinch for a further 10 minutes

5. Help

- if bleeding has not stopped after a maximum of 30 minutes seek medical help



Activity - BLEEDING

Group work

QUESTION:

- How might a casualty feel if injured and bleeding?

QUESTION:

- What could a first aider wear (if it is possible) when dealing with someone who is bleeding? Why?

QUESTION:

- What should a first aider do straight away when they see someone who is bleeding?



[minor cuts
and grazes
video](#)

Answers

Signs and symptoms of someone with an internal or external bleed could be:

- pale, clammy, cold skin
- rapid pulse/heart beat
- rapid breathing/shortness of breath
- feeling dizzy
- distress and anxiety
- grey/blue tinge to the lips
- bruising and pain at site of the injury
- loss of responsiveness

Question:

What action might a person take if they saw somebody with these signs and symptoms?

Explain your answer.

Bleeding heavily.

Seb's accident - Blood warning!

1. What was happening in Seb's story?
2. How did Seb hurt his arm?
3. What did Hayley do to help?
4. How might they have felt? Think about the person bleeding heavily, the person who helped and anyone else nearby.
5. What was the key action Hayley took to help?
6. What qualities did Hayley show?

1. *He was jumping over some railings to get home because it was the quick route.*
2. *He slipped and cut it on the razor wire on the railings.*
3. *She used her new top to press hard on the wound*
4. *They might say things like, worried, scared but also ready to help and confident they knew what to do.*
5. *Put pressure on the wound.*
6. *They might say things like quick to act, selfless, kind.*

Asthma Attacks

1	Name three factors that may trigger an asthma attack.
2	When do people with asthma usually use the reliever inhaler?
3	Make a list of the symptoms of asthma (they can be different for different people)
4	How long does it take for a reliever inhaler to work?

asthma
video

1	Name three factors that may trigger an asthma attack.	<ul style="list-style-type: none"> ➤ an infection e.g. a cold ➤ allergens e.g. animal fur ➤ pollutions ➤ dust ➤ exercise ➤ pollen ➤ perfume/aftershave ➤ recreational drugs ➤ alcohol <ul style="list-style-type: none"> ➤ stress/anxiety ➤ emotions ➤ food ➤ weather ➤ dust mites ➤ moulds and fungi
2	When do people with asthma usually use the reliever?	<ul style="list-style-type: none"> ➤ At the first sign of an asthma attack and possibly at other times when they need to
3	Make a list of asthma symptoms (they can be different for different people)	<ul style="list-style-type: none"> ➤ difficulty in breathing ➤ coughing ➤ wheezing ➤ difficulty in speaking ➤ distress/panic ➤ anxiety ➤ chest tightness <ul style="list-style-type: none"> ➤ blue lips or fingers ➤ fast heartbeat ➤ drowsiness ➤ confusion ➤ dizziness ➤ fainting
4	How long does it take for a reliever inhaler to work?	<ul style="list-style-type: none"> ➤ It usually works almost straight away to within a few minutes

Burns

[St John's burn video](#)

1. Cool the burn.
 - Do this immediately for 10 minutes, preferably under a cold tap.
2. Remove jewellery and loose clothing.
 - Do this gently and carefully! Do not remove anything that is stuck to the burn.
3. Dress the burn.
 - Use a sterile dressing that won't stick – cling film is ideal. Do not wrap it too tight in case the area swells. Secure with a bandage.

The BBQ video

1. What was happening in Sam's story?
2. What caused Sam's burns?.
3. What did Sam's friends do to help?
4. How might they have felt? Think about the person with the burn, the person who helped and anyone else nearby.
5. What is the key action that Sam's friends took to help?
6. What else were they good at? What qualities did they show?

1. *Sam is at her friend's house for a BBQ and gets burned.*
2. *She got lighter fluid on her hands and they got burned by the BBQ flames*
3. *Someone put the fire out, her friend Joe got the hose and cooled the burn with water and Tash covered the burns in a clean plastic bag.*
4. *They might say things like worried, scared or in pain, but also things like calm and ready to help.*
5. *Run the burn under cool water for at least 20 minutes.*
6. *They might say things like, calm under pressure, quick to act, kind and caring, or brave.*

Stroke - FAST

F = Facial weakness

Can the person smile? Has their mouth or eye drooped?

A = Arm weakness

Can the person raise both arms?

S = Speech problems

Can the person speak clearly and understand what you say?

T = Time to call 999

If they fail any test, because a stroke is a medical emergency.

Signposting support.

- St John's Ambulance -
<https://www.sja.org.uk/>
- British Red cross –
<https://firstaidchampions.redcross.org.uk/>

