Extension Activity - Basic First Aid

Summary

This session is made up of two activities:

1. First aid quiz. This will give young people a taste of what first aid means and prepare them for further activities. It’s also a way for those with first aid knowledge to see what they already know.

2. First aid stories. Participants will be divided into small groups to consider one of three first aid scenarios. They will discuss what they think they should do before being given the correct answer by you.

Activity One: First Aid Quiz

1. Your friend badly burns their hand on a hot saucepan. Should you...
   a put antiseptic cream on the burn?
   b put the burn under a cold tap?
   c put butter on the burn?

2. The best way to treat bleeding is to put the wound under a tap.
   a true
   b false

3. Your friend has cut their hand on a broken glass. They are bleeding a lot and a piece of glass is stuck in the cut. Should you...
   a leave the wound and take them to hospital?
   b pull the glass out and bandage the hand?
   c carefully put pressure on the cut around the glass?

4. If someone has swallowed a poison, you shouldn’t make them sick.
   a true
   b false

5. In the canteen, you see someone having an epileptic seizure. They are thrashing around on the floor and banging their head. Should you...
   a hold them down to protect their head?
   b shout at them to bring them out of the seizure?
   c move furniture to give them some space?

6. You see a pedestrian hit by a car and they are now lying in the road. Should you...
   a run straight over to help them?
   b get the pedestrian out of the road to safety?
   c from a safe position stop the oncoming traffic?
7. To do first aid, you need lots of training.
a true
b false

8. You come across a young girl lying on her back by the swings in a park. She looks as though she’s unconscious. Should you…
a shake her to see if she really is unconscious?
b get her to stand up and help her to walk around?
c tilt her head back and lift her chin?

(Find the answers below the First Aid Stories)

Activity Two: First Aid Stories

Split into smaller groups of about 4/5 people. Each group will be given a situation in which some kind of first aid response is required. Read the situation and then discuss what should be done. Spend a few minutes discussing their story and then write down five things they think they should do.

Scenario A

A group of you are at a friend’s house making sandwiches in the kitchen. One of your friends is slicing tomatoes with a kitchen knife. Suddenly, her hand slips and she drops the knife. It lands point down in her bare foot. The cut starts bleeding quite a lot and the knife stays stuck in her foot.

> What do you do to help her? Discuss your ideas in your group and decide on three things you should do.

Scenario B

You’re at a party. Quite late on, you and your friend see someone collapse onto the floor. You go over to him and realise he’s breathing but he doesn’t answer when you ask if he’s ok. He’s lying on his back. The people he’s with tell you not to worry about him, he’s just drunk.

> What do you and your friend do to help him? Discuss your ideas in your group and decide on three things you should do.

Scenario C

You’re having a barbeque with some friends at your house. Some of them are messing about and one of them ends up falling and landing with his bare arm buried in the hot coals of the barbecue. He pulls his arm out, screaming. It’s badly burnt and he’s in a lot of pain.

> What do you and your friends do to help him? Discuss your ideas in your group and decide on three things you should do.

(Find solutions below the First Aid Quiz Answers)
FIRST AID QUIZ – ANSWERS

1b
Never put cream or butter on a burn. You need to cool it by putting it under cold running water for at least 10 minutes.

2b
To treat bleeding, you should press on the wound and raise it above the level of the heart to slow down bleeding.

3c
Never take something embedded out of a wound or you could cause more bleeding. Instead of leaving it, you need to slow the bleeding by applying pressure.

4a
If you make someone sick, the vomit may block the airway and can cause further damage to the air passage on the way up.

5c
You can’t bring someone out of a seizure; you have to let it run its course. The best thing to do is make the area as safe as possible by moving sharp objects and furniture.

6c
You need to make sure you’re safe before helping, so never rush straight in; you should safely stop the traffic first. Don’t move the pedestrian as they may have injuries that you could make worse by moving them.

7b
What you mostly need is common sense, and you can learn enough first aid in five minutes to save a life.

8c
Tilting the head back and lifting the chin will help open the airway and could help them start to breathe again.

SOLUTIONS TO SCENARIOS

Solution A
> Don’t let her remove the knife. If you pull it out, it could cause more bleeding.
> You then need to stop the bleeding. You do this by pressing on the wound either side of the knife.
> To slow the bleeding, you need to get her foot above the level of her heart. So, you’ll have to get her to lie down and put her leg on a bag or a chair.
> Call an ambulance as soon as you can – ask one of your friends to do that while you slow the bleeding.

Solution B
> You know he’s breathing but as he’s lying on his back, his tongue could be blocking his airway and he won’t able to breathe. All you need to do is tilt his head back and lift the chin and the airway will open.
> You want to make sure his mouth is low in case he vomits. Then the vomit can drain away and he won’t choke on it.
> Regularly check on him, you want to make sure that he doesn’t stop breathing.

Solution C
> The most important thing to do to a burn is to cool it. So take your friend into the house and put his arm under the cold water tap. You’ll need to keep it there for at least 10 minutes.
> You then need to cover the burn. A good thing to use is cling film which keeps the burn clean but doesn’t stick to it.
> You can also reassure the casualty as he’s probably feeling shocked.
> Dial 999 if you think it’s a severe burn
> Don’t put any creams or lotions on the burn or touch it. Remove any jewellery from around the site before the tissues begin to swell. Don’t remove any clothing sticking to the burn!