

Staying safe: the importance of learning first aid and knowing where to get help.

One assembly with follow up activities.

Teacher briefing

This assembly resource has been created by the Education team at St John Ambulance to enable teachers to deliver an assembly outlining the importance of learning first aid.

You do **not** require any first aid knowledge to deliver this assembly.

The assembly resource contains a real life case study of a young boy who helped to save his mother's life by using first aid skills that he had been taught by St John Ambulance at a Crucial Crew event*.

No preparation is required for the delivery of this assembly. It is designed to be read out during a whole school assembly, a year assembly, during circle time or to form the basis of a Citizenship/PSHE lesson. You may also choose to deliver this assembly prior to carrying out first aid training with your pupils to put the training into context and to emphasise the importance of learning first aid.

The resource includes photos that can be displayed to give a pictorial representation of the story's action and illustrations to help you highlight to your pupils the dangers around them.

The follow up activities provided are for you to complete with your pupils on different areas which have been featured in the assembly – you can pick and choose depending on which are suitable for your class.

Learning outcomes

- Pupils will be able to identify the dangers around them, how to stay safe and how to get help in an emergency
- Pupils will be able to explain what first aid is and how it can help us.

Curriculum links

- Citizenship and PSHE 3 g) School rules about health and safety, basic emergency aid procedures and where to get help.

Timing

Approximately 10 minutes.

*Crucial Crew Events (sometimes known as Junior Citizen Events or Safety Zones) are organised by local community services, for example the police, fire service, St John Ambulance and trading standards. At the events, groups of year six pupils are split into small groups and spend approximately 10 minutes with each service carrying out an activity that promotes awareness of staying safe, for example, St John Ambulance may demonstrate how to roll someone into the recovery position. Each pupil takes away a 'goody bag' and additional information is given to the teachers. For further information about events taking place near your school please contact your local education authority.

Assembly resource

(instructions are shown in italics)

Tell your pupils about an example of when you have nearly hurt yourself at school due to a typical hazard, for example tripping over a school bag left on the classroom floor. Or, show the illustration of a classroom containing hazards and ask pupils to identify the dangers.

Staying safe

Staying safe is about being aware of the dangers around you. There are many ways of hurting yourself in school and it is important that if you see any dangers you make them safe or you tell someone, so that no one gets hurt. If you do injure yourself it is important that you know who can help you. Who would you go to for help?

There are also many dangers in the home. *Tell your pupils about an example of when you have nearly hurt yourself at home, or show the illustration of a home containing hazards and ask pupils to identify the dangers.*

Calling for help

When someone is really hurt, you may need to call for an ambulance. This situation is called an emergency and you should dial 999 or 112 and say that you need an ambulance. You will be asked where you are and details of what has happened. It is really important that you know this information so that the ambulance can get to you quickly and be able to help you.

If someone is hurt and you can treat them this is called first aid. This can range from dealing with a small cut, to helping someone who has stopped breathing. First aid is something everyone can learn, including you. Basic first aid knowledge can save lives. Here is an example of a true story:

Harley's story

Harley is a typical 10-year-old boy who enjoys camping, gardening and spending his mum's money! He arrived home one day, after playing in the park with his friend Laura, to find his mum unconscious on the living room floor. She had been watching the television when she started playing with the wires because the picture had become fuzzy. Harley's mum had been electrocuted and this had caused her to become unconscious. Harley tried to wake his mum up, but she didn't wake up.

Harley sparked into action and used the first aid skills he had been taught a week earlier at a Crucial Crew Event. Harley made sure his mum wasn't touching electrical wires, then placed her in the recovery position and dialled 999 for an ambulance. He asked Laura to wait outside for the ambulance so that the ambulance crew could quickly find his mum and Harley stayed with his mum while they were waiting. Due to Harley's first aid skills, his knowledge of how to call for help and his quick thinking, his mum has now made a full recovery. Harley's mum said 'It's not every 10-year-old who could do what he did. It makes you realise how much your children love you.'

Skills for life

By learning very basic first aid and knowing how to make an emergency call, Harley was able to save his mother's life. If he hadn't had this knowledge the outcome may have been very different. St John Ambulance is a charity that teaches many people how to save lives through basic first aid training. Anyone can learn first aid, whether you are a child or an adult. It is an important skill to learn because you never know when you will need to use it and it may just help to save someone's life.

Follow up activities

- With a partner, role play making an emergency call. What do you think they will ask you? What answers will you give?
- Find out who are the first aiders in your school. Design a badge for them to wear so that everyone knows who to go when they are hurt or injured
- Look around your classroom. Are there any hazards? What can you do to make your classroom safer?
- Ask your pupils to describe any injuries they have had, who helped them and what they did to help them.