

### 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 two real life case studies of young people who have used first aid to save lives.

There is no preparation required for the delivery of this assembly. It is designed to be read out during a whole school assembly, a year assembly, during form time, or it could form the basis of a citizenship/PSHE lesson. You may also like 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. Or, you could use it to encourage your pupils to learn first aid outside of school.

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

#### Learning outcomes

- Pupils will be able to describe 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

- Key Stage 3 PSHE 2 h) basic emergency aid procedures and where to get help and support
- Key Stage 4 PSHE 2 h) to recognise and follow health and safety requirements and develop the skills to cope with emergency situations that require basic aid procedures, including resuscitation techniques.

#### Timing

Approximately 10 minutes.

### Assembly resource

(Instructions are in italics)

What do these two young people have in common? (*Show images of Nicola and Christopher*) They are both 15 years old and they will both be sitting their GCSE exams in the same year, but what else? Both of them also know what to do in an emergency if someone gets hurt, and they have both saved someone's life.

### **Nicola's story**

Nicola was on a caravan holiday with her grandparents. During the night her grandfather suffered severe chest pains and she found him collapsed on the floor. Her grandmother dialed 999 for an ambulance but her grandfather became unconscious. The emergency services operator asked Nicola if she knew what to do. She replied 'yes', having been on a first aid course, and commenced CPR which she kept up for 30 minutes until the ambulance arrived. The paramedics told Nicola her grandfather had suffered a heart attack and that her actions had saved his life.

### **Christopher's story**

When Christopher spotted his teacher gasping for air in the drama theatre he thought she was messing around. He soon realised that she was choking. Although he was not completely sure what to do, he was spurred on by the casualty's obvious distress and delivered a hard blow between the shoulder blades, which dislodged a piece of apple. After the obstruction was removed the casualty was sick, Christopher remained calm and in control and cleaned the area before going off to his next lesson. As a rugby player, Christopher was concerned about hurting the teacher, but she believes that he saved her life and she was glad he was there to help her.

These two case studies really happened, and show that accidents and emergency situations can happen anywhere and at anytime, for example, whilst you are shopping or when you are out and about. (**Show photos of these places**). Would you know what to do if you had been in Nicola or Christopher's situation, or if a friend or member of your family was injured or collapsed?

Statistics show that young people are at the most risk of being hurt. In 2002, it was estimated that 2.7 million people in the UK went to their hospital's accident and emergency departments for accidents that occurred in their homes; 910,000 of these were young people under the age of 16. It's possible that one day, you or one of your friends could be in this situation and be injured in your home.

If you learn first aid, not only will you be able to help someone who is hurt, perhaps saving their life, you will also be more aware of the hazards around you and know how to reduce the risk of an accident happening.

### **Would you know what to do?**

Imagine how you would feel if someone collapsed in front of you and you didn't know what to do, you might feel frightened, scared or helpless. Now imagine how you would feel if you did know what to do: confident, valued, a life saver.

Currently only 5% of young people learn first aid in school, yet it is estimated that one million children are injured inside or outside of the home every year. By learning first aid here at school or by learning through organisations such as St John Ambulance (**show photos of young people learning first aid**) you too can be one of the people who know how to prevent hazards, what to do in an emergency and ultimately save a life.

### **Follow up activities**

- Using the internet, research how you would help someone who is choking, someone who is having chest pains and someone who is unconscious
- In groups, carry out a role-play where one of your friends hurts themselves. First of all act out how you would respond if you knew what to do and secondly act out how you would respond if you didn't know what to do
- Find out how you can go about learning first aid.