



SAVING LONDONERS LIVES

What do you think we will be learning about today?



SAVING LONDONERS LIVES

Saving Londoners' Lives is a project aiming to increase the number of people in London with Emergency Life Saving Skills (ELS).

ELS is the set of actions needed to keep someone alive until professional help arrives. Whether someone has had a heart attack, is choking or bleeding, the prompt action of a bystander can make the difference between life and death.

Today we will be teaching a new skill and recapping what you have already learnt in previous sessions.

To start with... what did you do in Key Stage 1?

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Within this programme, there are 6 units, one for each year group.

Y1 - The Conscious Casualty

Y2 - The Unconscious Casualty

Y3 - Serious Bleeding

Y4 - Choking

Y5 - Suspected Heart Attack

Y6 - Cardiac Arrest

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The Conscious Casualty



Do you remember this clip from Key Stage 1?

Watch the video showing Rhian's Day.
This is a story about a Conscious Casualty.
What are the main things to remember if we ever face this situation?

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The Unconscious Casualty



Do you remember this clip from Year 2?

Watch the video showing Milly's Day.
This is a story about an Unconscious Casualty.
We will remind ourselves what to do if we ever face this situation.

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The Unconscious Casualty



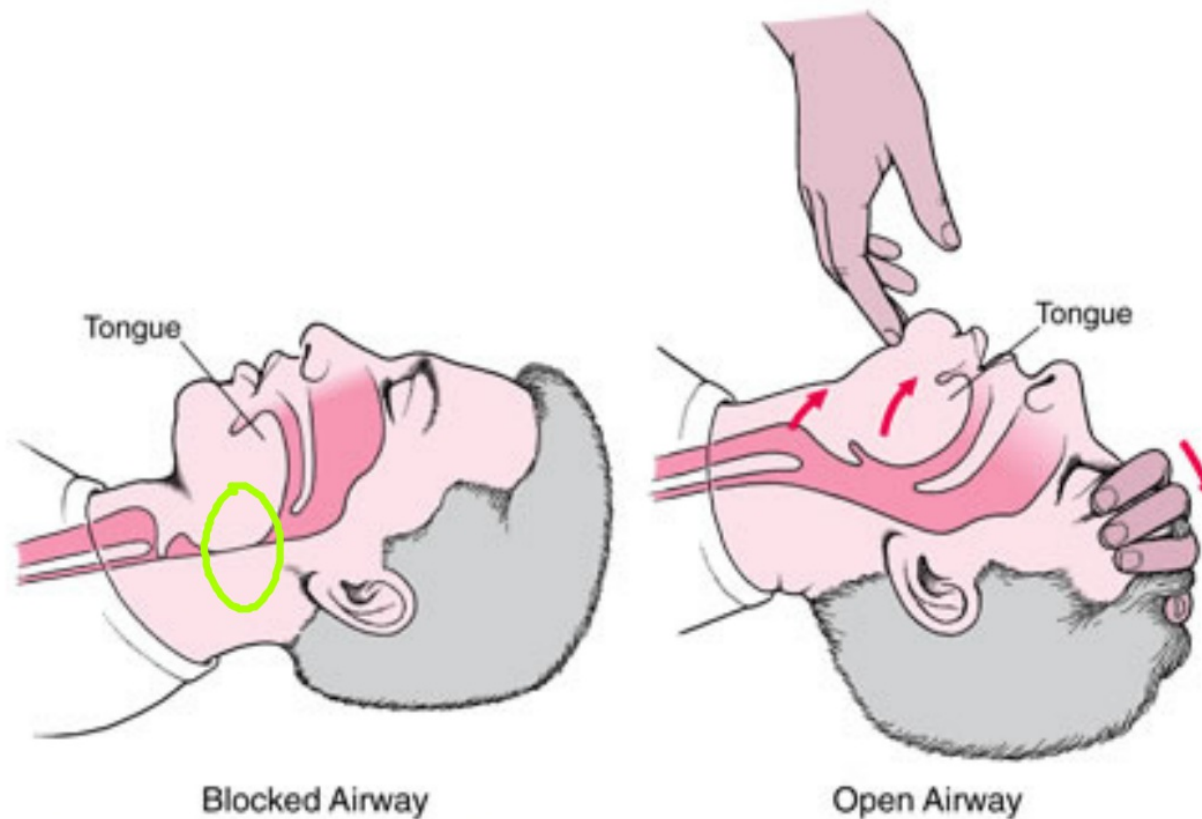
Our key Learning Points from last year:

- When someone's asleep, you can wake them but if you **can't wake someone up** then they're **unconscious**.
- In an unconscious person, the tongue can fall back into the mouth, block the airway and this can make it **difficult for the person to breathe**. This is why it is important to put them in the **recovery position**.

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The Unconscious Casualty

Can you spot the difference?



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The Unconscious Casualty

What to do if a person does not wake up.

- Check for **danger**
- Check for **response**
- **Shout** for help
- Open the **airway**
- Check for normal **breathing**.

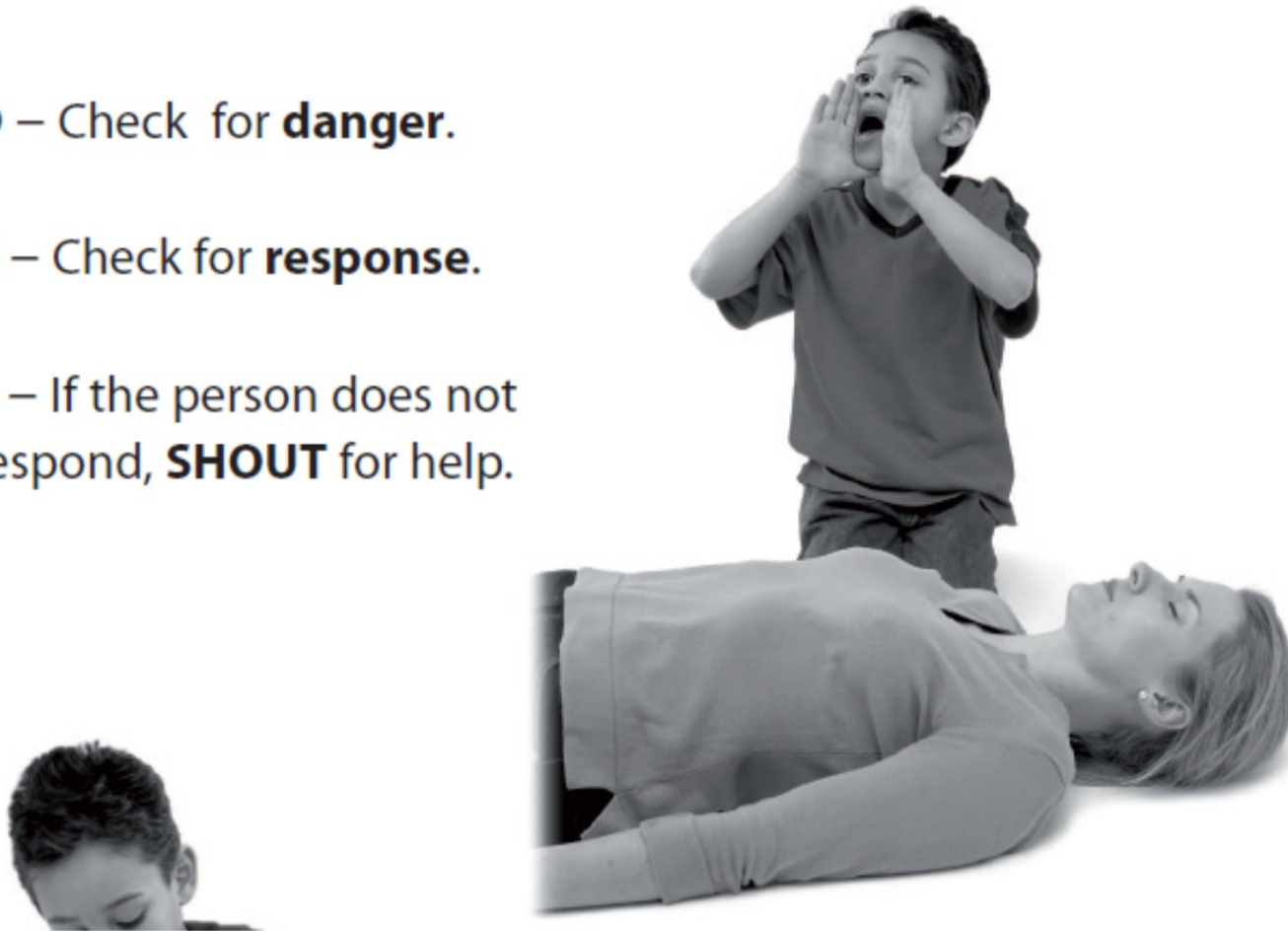


recovery position

What should I do if...

a person won't wake up?

- 1** **D** – Check for **danger**.
- 2** **R** – Check for **response**.
- 3** **S** – If the person does not respond, **SHOUT** for help.





- 4 A** – Open the **airway**.
To do this, tilt back their head, and then lift their chin.

- 5 B** – Check for normal **breathing**.
Place your cheek close to the person's mouth.

- Can you feel their breath?
- Can you hear them breathe?
- Can you see their chest rising?



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Stop here for break

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Serious bleeding



What is the circulatory System?



What do you know about blood and bleeding?

Where is your heart in your body?



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Serious bleeding



Watch the video showing Kyle's Day. This is a story about serious bleeding which cannot be solved by applying a plaster.

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Serious bleeding



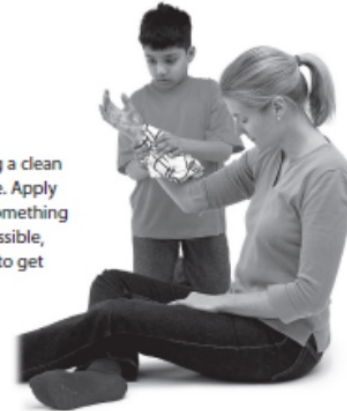
- How does Brandon hurt himself?
- What does he do to his arm?
- How does Kyle put pressure on the wound?
- Why does he put pressure on the wound?
- How does he make him comfortable?
- Why does he ask him to raise his arm?
- What questions do you have?



1:40 - 3:20

What should I do if... **a person is bleeding?**

- 1 Check for danger.
- 2 Remove any clothing that is covering the person's wound.
- 3 Press down on the wound, using a clean piece of material if you have one. Apply pressure around the wound if something is embedded in it. Whenever possible, wear disposable gloves. Try not to get blood on your hands.



- 4 Raise the wounded part of the body so that it is higher than their heart.

- 5 Cover the person with a coat or blanket to keep them warm. Call 999 or 112 for an ambulance.



LEVEL 2 Session 3

SERIOUS BLEEDING

Skills ca

Let's read the skills card about what to do if someone is bleeding. Using the skills card, and our checklist, act out what to do in pairs.

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Serious bleeding

Why should you **not** remove sharp objects from the wound?

Remember...

- cover the person to prevent them from becoming cold
- do not give the casualty anything to eat or drink
- use disposable gloves if there are any, or even a plastic bag!

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Serious bleeding

What to do in this scenario...

Three friends are playing in the park when one is bitten on the leg by a dog. There are no clean cloths or tea towels to hand.

What should you do?

Who goes for help?

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Serious bleeding

What to do in this scenario...

Two friends are playing football. One person falls and cuts their knee on a broken bottle. There are dry clothes on the washing line.

What should you do?

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Serious bleeding

Complete the activity:

- | | | |
|--|-------------------------------------|--------------------------|
| 1 Joe tells Mike to stand up and walk around. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2 Joe rolls up Mike's sleeve to see the wound. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Joe tries to remove splinters from the wound. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Joe presses a clean cloth to Mike's wrist. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Joe raises Mike's hand above his shoulder. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Joe gives Mike a cup of tea to calm him down. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Joe puts a coat round Mike's shoulders. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Joe calls 999 for an ambulance. | <input type="checkbox"/> | <input type="checkbox"/> |

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Serious bleeding

- | | | |
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Fundamental principle: DR'S ABC

- D** Danger. You must maintain your safety. Check for potential risks to before you start to treat them.
- R** Response. Work out if they're conscious. Ask them a simple question. If they can't speak, ask them to move (eyes).
- S** Shout for help. You'll probably need someone to call 999 while you help the casualty.
- A** Airway. You should ensure that your casualty's airway is open and unblocked. If they are unconscious, tilt the head back and lift their chin to open the airway.
- B** Breathing. Must work out if they're breathing normally (look, listen and feel). Unconscious and breathing = recovery position; Unconscious and not breathing: ring 999 and...
- C** CPR

