

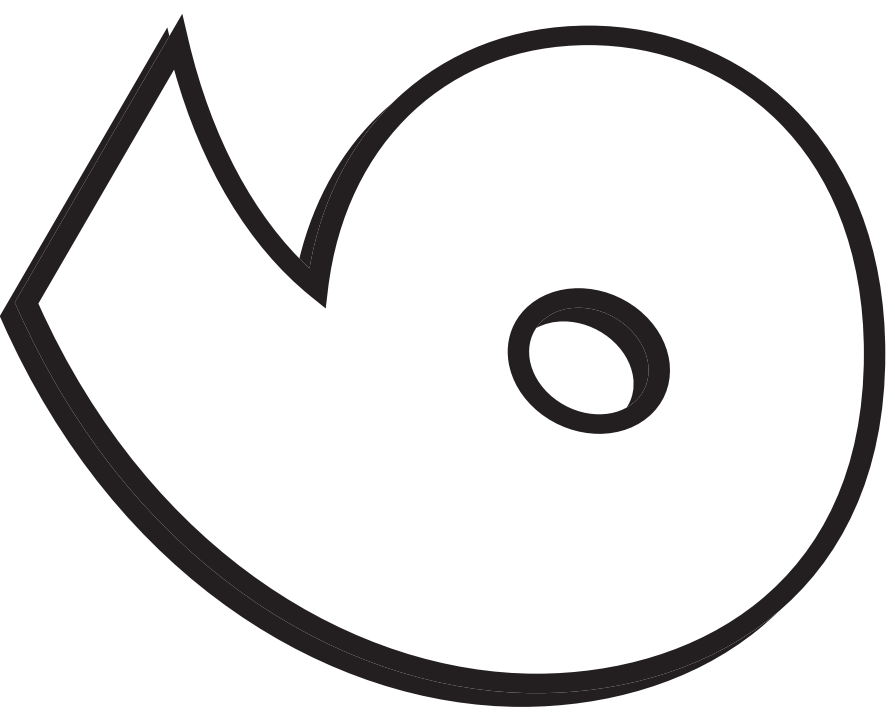
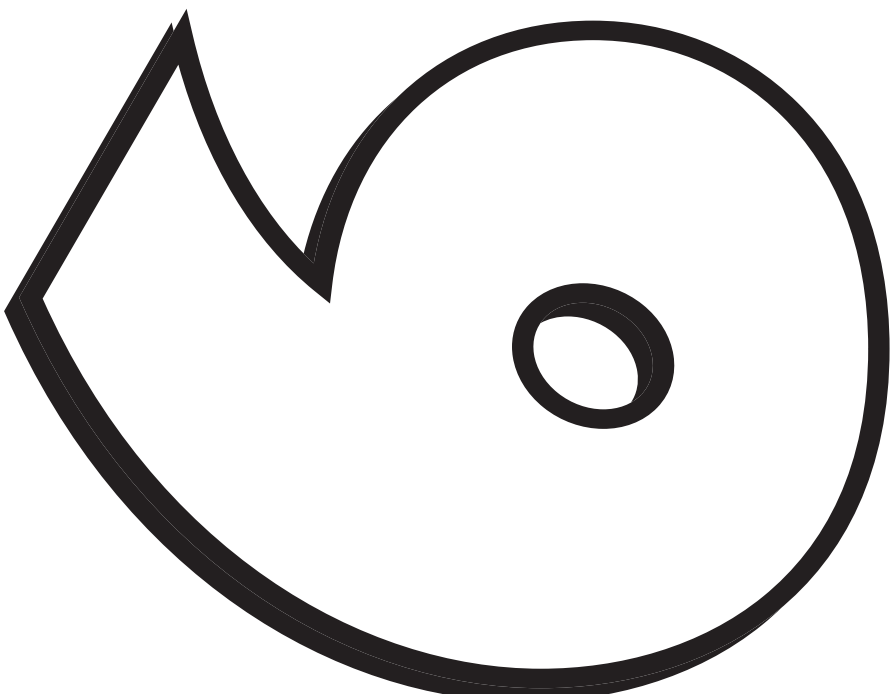
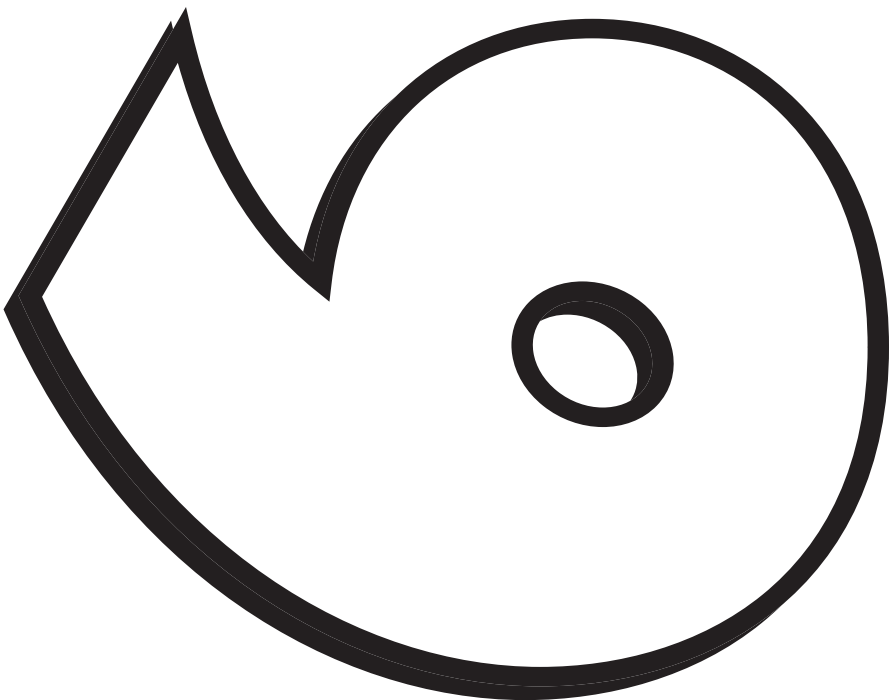
Spot the danger

Can you spot five dangers in this kitchen?
Circle each one, then colour in the picture.



Call for help

Colour in this important phone number to help you remember it. Make it as bright as you can!



REMEMBER!

In an emergency, you can call **999** or **112** for help.

On the phone

You're at home when your mum falls over and breaks her leg. You phone for help and the operator asks you these questions:

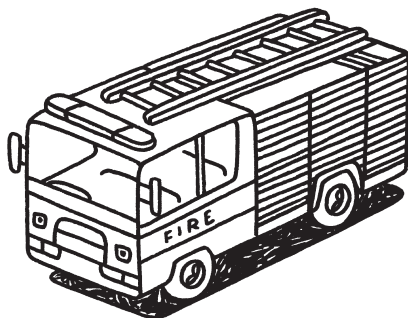
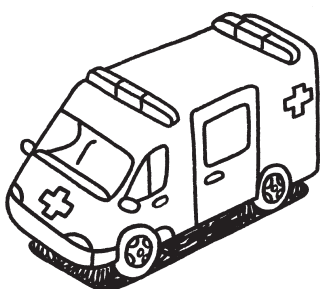
1 Which service do you need?
Circle the correct picture.

I need

an ambulance

a fire engine

a police car



2 Where are you? What's your telephone number? Write in your answers.



My address is

.....

My phone number is



3 What has happened to your mum?
Write in your answer.

.....

Looking for signs

Janaka is lying on the pavement and he won't wake up. He is unconscious. Read the list of words in the panel. Then, on the clipboard, write the four things that describe him best.



eyes closed

not moving

crying

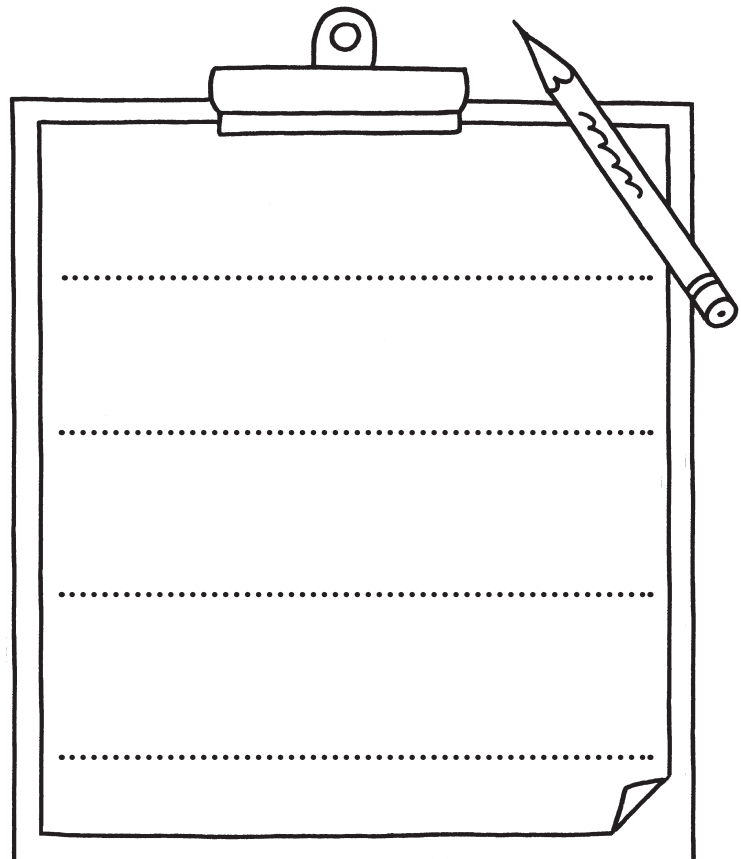
not speaking

eyes open

coughing

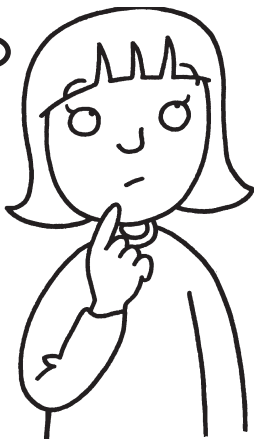
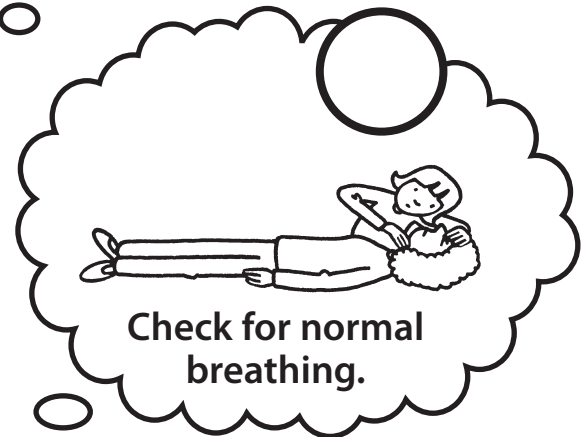
not awake

smiling



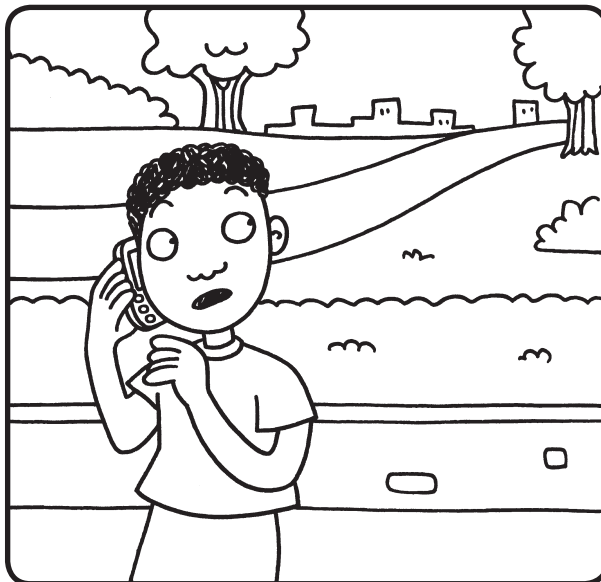
Into action!

Jill's aunt is unconscious and won't wake up. Jill knows which steps to take, but she can't remember the right order! Can you number Jill's actions in the correct sequence?



Getting help

Look at the story of Oliver and his brother below. Cut out the pictures and the words. Then, match them together. Put the story in the right order, then glue it on a piece of paper to create your own comic strip.



I need an ambulance!

Wake up! Can you hear me?

I'll put him into the recovery position...

Oliver checks for normal breathing.

Help! I'm choking!

Decide which of these statements give the correct steps for back blows and abdominal thrusts. Then write the letters next to the numbers in the right order below each picture.

REMEMBER!

When a person is choking, always encourage them to cough first.

back blows



abdominal thrusts



1

2

3

1

2

3

a Place your arms just below the person's ribs.

b Lean the person forwards.

c Clench your fist and grab it with your other hand.

d Give up to five back blows.

e Find the point where the person's ribs meet.

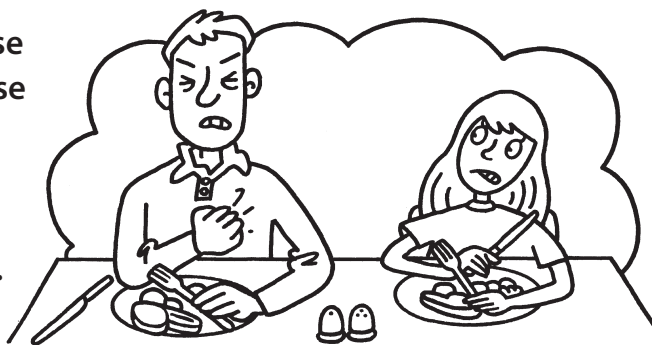
f Lie the casualty on the floor.

g Pull in and upwards sharply.

h Place your hand between the person's shoulder blades.

A suspected heart attack

You're eating dinner at your uncle's house when he starts to feel unwell. No-one else is around. He becomes worse and you suspect he is having a heart attack. Write the answers to the questions in the spaces below. Describe your actions.



1 What signs and symptoms make you think that your uncle is having a heart attack? Give three examples.

.....

.....

.....

2 Your uncle is sitting at the dinner table in pain. What do you do next?

.....

.....

.....

3 There is a phone in the hallway. What number do you call and which service do you ask for?

.....

4 You describe your uncle's condition to the operator. What do you say? What other important information do you give?

.....

.....

.....

5 You return to your uncle. What do you say to reassure him?

.....

.....

.....

Rescue breathing

Look at these photos. Can you describe what is happening in each one and explain how to give rescue breaths clearly, step by step? Try to use all the words in the panel.

AIRWAY	NOSE	LIFT	CHIN	PINCH	MOUTH
CHEST	RISE	FALL	TWO	BREATH	OPEN



1

.....

.....

.....

.....



2

.....

.....

.....

.....



3

.....

.....

.....

.....

Now try this!

In pairs, act out an interview explaining how you saved the life of a famous person. One of you should play a news reporter at the scene, and the other is the person being interviewed. Describe clearly how you carried out all the steps in the procedure, including rescue breathing.



Emergency action

Play this game in pairs to help you remember the correct actions and sequence for when a person goes into cardiac arrest.

CHECK FOR NORMAL BREATHING	PUT THEM INTO THE RECOVERY POSITION
SHOUT FOR HELP	SUPPORT THEIR HEAD
GIVE 30 CHEST COMPRESSIONS AT A RATE OF 100-120 PER MINUTE	GIVE 50 CHEST COMPRESSIONS AT A RATE OF 200 PER MINUTE
GIVE ONE RESCUE BREATH	OPEN THE AIRWAY
CHECK FOR DANGER	CHECK FOR RESPONSE
ALTERNATE 30 CHEST COMPRESSIONS WITH 4 RESCUE BREATHS	IF NOT BREATHING NORMALLY, CALL 999/112, and also ask at the location if there's an AED
ALTERNATE 30 CHEST COMPRESSIONS WITH 2 RESCUE BREATHS	GIVE TWO RESCUE BREATHS
	CLOSE THE AIRWAY

Instructions

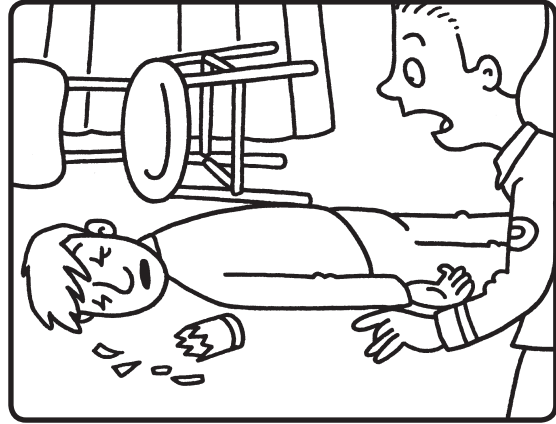
- 1 Cut out these statements and place them face down on the table. Make sure they are mixed up. Not all of them are correct.
- 2 Take turns to turn each one over and decide whether you need to keep it or discard it. Then you have one minute between you to organise the relevant statements into the correct order.
- 3 When you have done this, give them to your partner. Try to remember the whole sequence and say it out loud while your partner checks against the statements. You should both have a go.

Act it out!

Divide into groups and pick one of the situations below. Discuss what might happen, then decide what you're going to do and in which order. Discuss how everyone would feel. Bring all your ideas together and act out the scene.

Scenario 1

You're in a cafe with a friend when a person collapses onto the floor. There is a broken glass next to the casualty. You remove it, then try to help. You discover that the casualty isn't breathing normally...



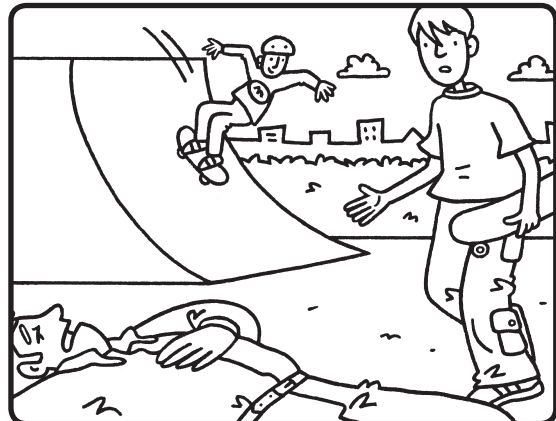
Scenario 2

You're at home on your own and think your mother has fallen asleep in front of the TV. When you try to wake her up, she doesn't respond. She is unconscious and isn't breathing normally. You think she has gone into cardiac arrest...



Scenario 3

You're at the skate park with your best friend. When you stop for a break, you notice a man nearby who doesn't feel well. He starts sweating and develops breathing problems. Then he loses consciousness...



Action checklist

Give this checklist to another person and ask him or her to watch you carry out the sequence of actions for dealing with a cardiac arrest. Ask the person to tick each action you perform correctly and mark with a cross any that you get wrong or forget.

Write your name here

ACTION	✓ or ✗
D – Check for danger	
R – Check for response	
S – SHOUT for help	
A – Open the airway	
B – Check for normal breathing .	
Ask someone to call 999 or 112, and also ask at the location if there's an AED	
C – Start CPR	
Give 30 chest compressions	
Give 2 rescue breaths	
Continue CPR: 30 chest compressions alternating with 2 rescue breaths	