

RRISK Lesson Plan – How to Save a Mate

Disclaimer

This is non-accredited first aid training and should not replace any accredited first aid training students have received.

Purpose

Looking after your friends is one of the key RRISK messages. The lesson will help students respond confidently to emergency situations, including placing someone into the recovery position.

Learning Objectives

- Students will learn how to assess and respond to someone who may be unconscious
- Students will learn how to effectively place someone into the recovery position from both lying on their front and back
- Students will learn the correct first aid response when someone is overheating, having a seizure or in shock.

Procedure

1. Ensure you have a room that is big enough to allow all students to work in pairs to practice placing each other into the recovery position. Venues like halls or gyms are better than small classrooms.
2. Ask students to raise their hand if they feel confident to place someone into the recovery position.
3. Read (or let one of the students read) the following scenario to the students

An emergency occurred at a twenty first birthday party on the north coast. Acquaintances of the guy turning 21 arrived at the party with bottles of spirits, they encouraged him to drink the spirits and he passed out. The acquaintances decided to leave the party and didn't tell anyone that he was passed out. Sadly, the young guy drowned in his own vomit and died as no one at the party knew he was unconscious.

The party was held only 5 minutes away from the local hospital. If someone had of simply placed this young guy into the recovery position, called an ambulance and stayed with him until the ambulance arrived he might still be alive today.

Say to the group: We are going to learn and then practice how to place someone in the recovery position. It is really important that each of you experience placing someone into the recovery position from both lying on their back and front. I am going to show you how to do it and then everyone will have a go.

4. Ask a student volunteer to lie on their back on the floor, demonstrate to students how to assess whether the volunteer is conscious utilising the DRSAB and COWS acronym (refer to guide for detailed instructions)
5. Using the same student volunteer demonstrate how to place someone into the recovery position from their back and also whilst lying on their front (refer to guide for detailed steps).
6. Ask students to break into pairs, each pair practices accessing whether their partner is unconscious and placing their partner into the recovery position from both their front and back.

*Please note you may need to correct students who are not following the steps properly.

Common mistakes include: not straightening the arm, rolling the person by yanking their top arm rather than from their back, rolling the person by pushing from their shoulder only. It is good to explain that rolling by pushing on both shoulder and hip gives them the best leverage.

7. Review as a group what DRSAB and COWS stands for and allow time for questions
8. Ask students to raise their hand if they feel confident to place someone into the recovery position.
9. Ask students to break into three groups. Provide each of the groups with one of the following scenario's and ask them to discuss what they would do in this situation.

Scenario 1 - You are a passenger in the car with your friend heading to the movies. Your friend is speeding because the movie is about to start. Suddenly your friend loses control of the car. It leaves the car hitting a tree on the driver's side. You notice that your mate is a little incoherent, distant and when you start talking about the accident he seems lost and light headed. His skin is cold and clammy. **Answers – call an ambulance, treat for shock and concussion**

Scenario 2- Last week one of my friends got a text whilst driving and when they grabbed their phone to check it the car went out of our lane. We yelled out and our car slid back across the road and hit a pedestrian. They were screaming in pain and we could see their leg bone had broken the skin and that they're leg was bleeding badly. The person also had a deep cut to their wrist which was bleeding quiet badly. **Answers – call an ambulance, control bleeding via pressure, try not to move the person, monitor for shock**

Scenario 3 – While dancing in a tent at a music festival; one of your friend's faints. She feels hot to touch, her skin is clammy and her breathing is rapid. **Answers – treat for overheating (see accompanying document) , call an ambulance if condition worsens**

10. Ask each group to read their scenario to the class and provide their responses. Discuss as a class the correct way to treat each of the conditions that rise ie. shock, bleeding, heat stroke