

Lesson 3

PSHE LO: To know and put into practice basic emergency aid procedures (including recovery position) and to know how to get help in emergency situations.

SE LO: To know how to keep myself calm in emergencies.

ocabulary:

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y position
eaded

British Values



Democracy
Individual liberty
Mutual respect and tolerance

We are studying: *PSHEct*

We are learning about: *Healthy Me*

Last lesson we discovered:

Today we will learn:

We need to know this because:

Has anyone heard of the recovery position?

When would this need to be used?

Jigsaw™

With the person lying on their back, kneel on the floor at their side. Extend their arm nearest you at a right angle to their body with their palm facing up.





Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.





Use your free hand to bend the person's knee farthest from you to a right angle.





Carefully roll the person onto their side by pulling on the bent knee. Their bent arm should be supporting the head, and their extended arm will stop you rolling them too far. Make sure their bent leg is at a right angle.





Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway. Stay with the person and monitor their condition until help arrives.



The recovery position



#FirstAid #HowTo #RecoveryPosition

The Recovery Position - First Aid Training - St John Ambulance

It is only in certain situations that you would use the recovery position. The recovery position should be used if the person is breathing, on their back but unresponsive.

If the person has a major back or neck injury, the recovery position **SHOULD NOT BE USED**.

If there is any doubt, you should phone the emergency services and find an adult immediately to get help, without moving the injured person.

1. Your friend is skateboarding in the park, falls off and bangs their head on the concrete. They are breathing but not conscious. The park is empty of people but there are some shops nearby.

2. Your friend is knocked off their bike by a car. They are unconscious and have lots of bad cuts and bruises. The car driver who caused the accident gets out to help but is very upset and in a panic. The road is very busy with lots of other traffic and people around.

3. A 2-year old has wandered into the room where the washing (laundry) machine is kept. You find that the child has put a laundry tablet/pod in their mouth. It had been accidentally dropped on the floor and they thought it was a sweet. The rest of your family is outside talking to a neighbour.

4. One of your family suffers from epilepsy (or diabetes) and they sometimes collapse unexpectedly. You are out shopping together in town and they collapse.

5. An adult in your family is doing an outside job and they cut their finger on a sharp blade. It won't stop bleeding. You are the only other person at home.

6. You run down the stairs and accidentally twist your ankle. The rest of the family are outside and you're on your own inside.

7. Somebody is cooking you a meal. They accidentally pour boiling water on their hand and drop the meal all over the floor. You are the only other person at home.

8. You are at home playing a game when you smell burning coming from a cupboard/ closet in your bedroom. The rest of your family are in another room watching TV.

How would you help to resolve these situations? Discuss in your teams.