Basic life support



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Course content

- Casualty care and communication
- Chain of survival
- Primary survey
- Recovery position
- CPR Awareness (only if +year 5)

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Learning outcomes

- I am able to do a primary survey
- I can place an unresponsive casualty, who is breathing normally, in the recovery position
- I know when and how to deliver CPR to an unresponsive casualty who is not breathing normally

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Casualty care A17

There are lots of things to remember when taking care of somebody.
Which three of these casualty care actions do you think are the most important?

Remain calm

Get help

Treat the casualty with dignity and respect

Reassure the casualty

No food or drink

Communicate well

Prevent the condition from worsening

Keep the casualty warm

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Calling for help

- If there is an **e**_ _ _ _ _ _ _ y you can dial **999 or 112** to get the emergency services
- The call operator will ask, “Which service do you require?” **F**_ _ _, **P**_ _ _ _ _ or **A**_ _ _ _ _ _ _ _ _?
- You will need to tell them which service you need
- It is really important that you give information to help them arrive at the correct location i.e. address





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Remember LIONEL

- **L**ocation. Tell them where the emergency is and where you want them to arrive
- **I**ncident. Tell them what has happened
- **O**ther services. Do you need more than one?
- **N**umber of people that are involved
- **E**xtent of the injuries. What types of injuries do people have?
- **L**ocation. Repeat again where they need to arrive

Question:

Do you know the correct addresses for two or three places you often visit?



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999/112 calls



Thumbs up
if the information is key to a 999/112 call



Thumbs down
if it is not relevant information

- What you had for tea last night
- What happened
- What football team you support
- Where you are
- What is wrong with the casualty

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When things go wrong A12

Think of something that may have happened to make someone unresponsive.



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Primary survey

Choose the correct word for each part of the primary survey

D	☐ don't	☐ danger	☐ dodge	☐ drive
R	☐ rescue	☐ run	☐ response	☐ repair
S	☐ silence	☐ summon	☐ slap	☐ shout
A	☐ automatic	☐ arm	☐ awful	☐ airway
B	☐ breathing	☐ back	☐ bruise	☐ belly
C	☐ catch	☐ cough	☐ circulation	☐ casualty

Challenge: **Why is it important we use DRsABC?**

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Primary survey

Choose the correct word for each part of the primary survey

D	don't	**danger**	dodge	drive
R	rescue	run	**response**	repair
S	silence	summon	slap	**shout**
A	automatic	arm	awful	**airway**
B	**breathing**	back	bruise	belly
C	catch	cough	**circulation**	casualty

Challenge: **Why is it important we use DRsABC?**

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Watch this video

https://youtu.be/lCMhuRM0cIU

Your turn: Primary survey



1. Check for danger

- Always make sure the area is safe

2. Response

- Check the casualty's response. Ask questions and gently tap shoulders. Say "open your eyes!"



3. Shout for help

- Anyone nearby can assist you

4. Airway

- If not clear, then open by tilting the head back, use one hand on forehead and two fingers under the chin

5. Breathing

- Check for normal breathing. Use look listen and feel to check. (Remember 10 seconds!)



6. Circulation (only if breathing normally)

- Check the casualty for bleeding

NB

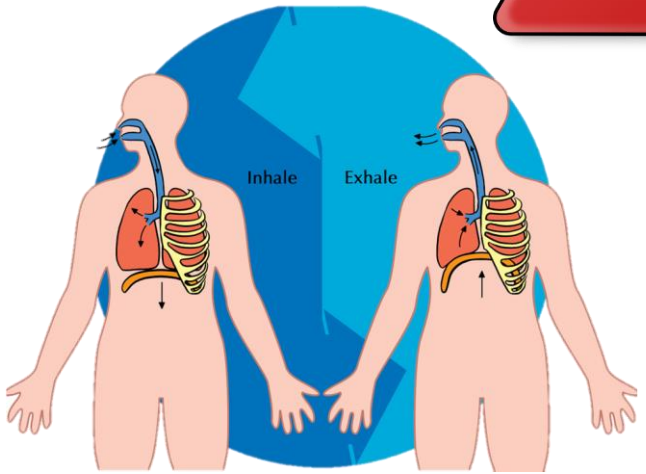
- If the casualty is not breathing normally call 999/112 then start CPR
- If the casualty is breathing normally place them in the recovery position then call 999/112

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Recap

- **D**anger
- **R**esponse
- **S**hout
- **A**irway
- **B**reathing
- **C**irculation





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https://youtu.be/ubbZU15-ETM

Your turn: Recovery position

1. Kneel

- By the side of your casualty



2. Angle arm

- Put the arm nearest to you to make a right angle. Palm facing upwards

3. Hand to cheek

- Bring the arm furthest away across the chest and place the back of their hand against the cheek nearest to you
- Hold it there



4. Knee bend

- With other hand, bend their far knee up so that the foot is flat on the floor



5. Knee pull

- Pull on the knee to roll the casualty towards you onto their side
- Adjust them as necessary



6. Ensure airway is open

- Recheck breathing
- Call 999/112
- Stay and monitor casualty until help arrives

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Watch this video

https://youtu.be/zZAlA7lqhyo

CPR

- If you are a young person , you may not be strong enough to do CPR. That's OK, you can tell someone else what they need to do
- It's important to know that sometimes even CPR cannot help someone if they are really poorly
- Anything you can do to help, even just calling for help, will be really useful
- Never do CPR on someone if they are awake and breathing normally

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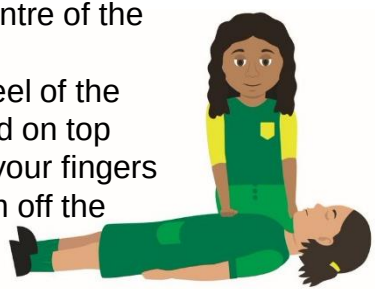
Your turn: CPR

1. Call 999/112

- Kneel by the side of your casualty
- Send a bystander for an AED if one is available

2. Place one hand..

- On the centre of the chest
- Put the heel of the other hand on top
- Interlock your fingers to lift them off the chest



3. Begin chest compressions

- Lean over with your arms straight
- Press downwards on breastbone 30 times

4. Press down

- To a depth of about 5-6cm
- Release the pressure but leave hands in place
- Try to press at a rate of 100-120 times per minute



5. Breathe into casualty

- open the airway and pinch the nostrils together
- take a breath and blow into the mouth until the chest rises
- repeat to give two breaths

6. Start compressions again

- repeat 30 chest compressions with two breaths until help arrives

NEVER do this on someone if they are awake!

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CPR sorting A15



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CPR sorting A15a



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Recap

Primary Survey



Breathing normally

Recovery position

Make sure help is coming and give the casualty care

Not breathing normally

Call for help and send a bystander for an AED if available

CPR

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Check your learning



I am able to:

- **I am able to do a primary survey** ☐ ☐
- **I can place an unresponsive casualty, who is breathing normally, in to the recovery position** ☐ ☐
- **I know when and how to deliver CPR to an unresponsive casualty who is not breathing normally (+year 5)** ☐ ☐
- **I can get help and tell someone else how to deliver CPR to an unresponsive casualty who is not breathing normally (-year 5)** ☐ ☐

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Thank you!

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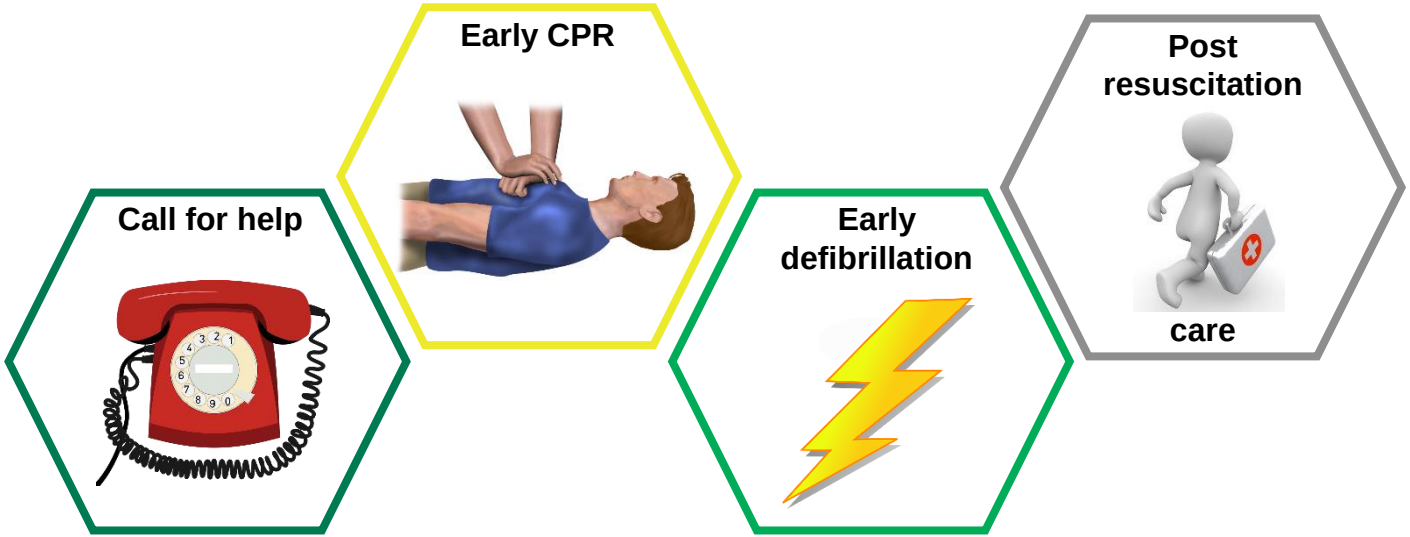
Casualty care A17

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Which three of these casualty care actions are the most important?

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Optional activity A13
Chain of survival



Discuss: Describe each link of the chain of survival

Challenge: Can you explain why it is important to follow these links?

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Optional activity
Roll the dice



1. Name something you have learnt from this session
2. Tell me why you think what you have learnt is important
3. Explain the chain of survival
4. Tell me the first thing you would do if you found an unresponsive casualty, who is breathing normally, and why?
5. How confident are you now at dealing with a casualty who is unresponsive and not breathing normally, compared to before?
6. How could you tell if someone required resuscitation?

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Optional activity A16
The human body

You now have the option to learn more about the human body and how it works. Use activity sheets A16 'the human body' for both students and teacher to find instructions on what to do next. Downloadable worksheets can be found on the St John Ambulance website.

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CPR sorting A15



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CPR sorting A15a



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When things go wrong A12

Think of something that may have happened to make someone unresponsive.



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