

# Module two: who responds to an emergency? Who can we call on in a crisis and what can we do?

Red Cross volunteers have different skills. Some have first aid expertise, while others work with elderly people in the community. Some volunteers have excellent language skills so they can talk to people who may not speak English, such as refugees.

Red Cross volunteers also work alongside the emergency services to help in a crisis. As a humanitarian citizen, you can gain the skills to help in an emergency too!

First though, it's really important to know who else is helping us change the world and how you can become part of it.

**Do you know how to help in an emergency?  
And do you know who to turn to when  
you can't help?**



# Introducing the Power of Humanity

**The Power of Humanity programme forms part of the Girlguiding UK: Changing the World project. The British Red Cross is working together with Girlguiding UK to demonstrate how everyone can contribute to changing the world.**

The objective of the Power of Humanity project is to mobilise people to become humanitarian citizens – people who are prepared to help others, able and willing to respond in an emergency. If everyone was a humanitarian citizen then we would be more able to cope when disasters strike. The Red Cross works alongside communities in the UK and across the world to help them prepare and recover from emergencies.

To take part in this project, all you have to do is download the four core learning modules and complete the activities; you can record your progress on your downloadable passport. When you have completed the core modules, you can celebrate with your very own award ceremony. You can then go on to choose from four further optional modules, which involve hands-on activities that enable you to act as a humanitarian citizen and show how you can do something practical to change the world.

By completing the first four modules and one optional module you will be eligible to register for one of our exciting regional events: a 'real life' emergency response workshop designed to help you demonstrate and explore your new-found humanitarianism with Red Cross employees and volunteers. Find out what they do and experience a day in their life!

See our website to register for the regional challenge events:  
[redcross.org.uk/powerofhumanity](http://redcross.org.uk/powerofhumanity)

Don't forget to tell Girlguiding UK that you are participating in the British Red Cross 'Power of Humanity' project by registering at [www.girlguiding.org.uk/changingtheworld/tellus](http://www.girlguiding.org.uk/changingtheworld/tellus)

When you have finished the project you will be a humanitarian citizen and you will be able to change the world every day by your actions, which could include:

- > saving lives through first aid
- > providing therapeutic care
- > fundraising
- > providing peer education.

**Module two will help you discover how you can help in an emergency – and who else can help you. If everyone knew they had the power to do something in an emergency, then we could all change the world by taking action to help. We call these people 'humanitarian citizens' and you can become one!**

# Activity one: whole group

10 minutes

## Emergency guess who?

Split yourselves into two teams and nominate someone to represent each team. Now look at the cards below. Your nominee must describe the person in the picture to their group without saying any of the words on the card. The winning team is the one that guesses the most in the quickest time. (If you say one of the words then you have to pass that card.)

<p><b>POLICE OFFICER</b></p>  <p><b>Police Crime 999</b></p> <p><small>Photo © Layton Thompson/BFC</small></p>	<p><b>FIREFIGHTER</b></p>  <p><b>Fire Water Engine</b></p> <p><small>Photo © Layton Thompson/BFC</small></p>	<p><b>AMBULANCE</b></p>  <p><b>Paramedic Emergency Vehicle</b></p> <p><small>Photo © BFC</small></p>	<p><b>SOLDIER</b></p>  <p><b>Army War Fight</b></p> <p><small>Photo © Boris Heger/CRC</small></p>	<p><b>RED CROSS VOLUNTEER</b></p>  <p><b>Emergency First aid Help</b></p> <p><small>Photo © Layton Thompson/BFC</small></p>
<p><b>NURSE</b></p>  <p><b>Hospital Medicine Help</b></p> <p><small>Photo © Thorkeil Thokelsson/IFRC</small></p>	<p><b>DOCTOR</b></p>  <p><b>Examine Injection Operation</b></p> <p><small>Photo © Virginie Miranda/IFRC</small></p>	<p><b>BROWNIE</b></p>  <p><b>Girl Us Six</b></p> <p><small>Photo © John Birdsall Photography</small></p>	<p><b>GUIDE</b></p>  <p><b>Girl Us Patrol</b></p> <p><small>Photo © Georgie Scott/BFC</small></p>	<p><b>SENIOR SECTION</b></p>  <p><b>Young woman Us Look wider</b></p> <p><small>Photo © Jonathan Banks/BFC</small></p>

# Activity two: on your own

45 minutes

## Create an emergency advice card

The Red Cross is changing the world by saving lives. When someone is involved in an accident, the Red Cross could save their life by giving them first aid treatment.

You might have seen the Red Cross giving first aid treatment at football matches, festivals or events. They also teach people what to do in a crisis, so that everyone can start changing the world by saving lives.

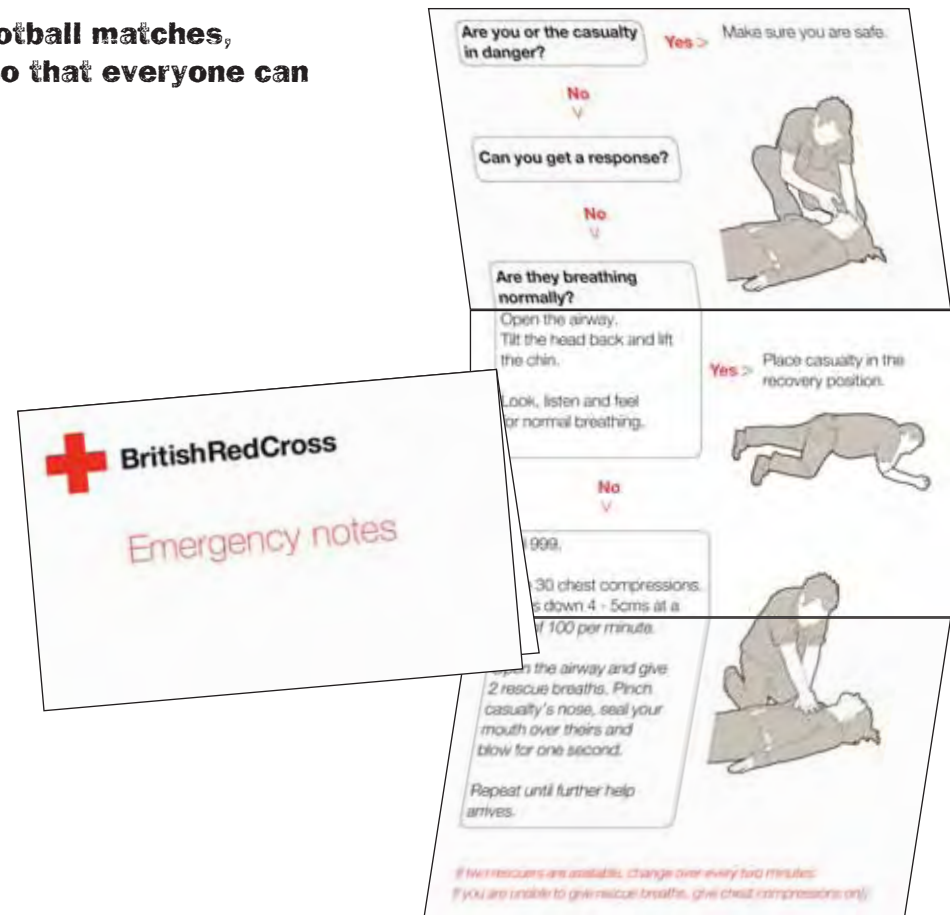
The Red Cross makes emergency cards for people to keep in their wallets or purses to remind them what to do in an emergency.

You can also start changing the world around you by knowing how to help in an emergency.

### Leaders' notes for discussion

Talk through the steps in each scenario on page 4.

What is the best thing to do and why? Discuss other emergencies or crises that might happen and what you should do.



## Make your own emergency card!

Here are some different emergencies and the steps to solving them. Design a card to go in your wallet, showing the steps to solving one of these emergencies. You can use the template to help you plan your card. Alternatively, you could use drawings, words or cut pictures out of magazines to decorate your own emergency card. Look at the emergency card to give you some ideas.

### 1. If you are locked out

- > Check in all your pockets and bags for your keys.
- > Check all the doors to see if any are open.
- > If you have a mobile phone, call your parents/carers or a family friend.
- > If you know your neighbour, go and ask if they have a spare key or if you can wait with them until your parents or carer come home.
- > If you don't know the neighbour or if it is getting dark, then find a payphone and call 999 and ask for the police.

### 2. If you are lost and your mobile phone battery runs out

- > Go to a payphone.
- > Return to the last place where you saw your friends and family.
- > Wait for them to come back for you.
- > Have you memorised your address and parents'/carers' mobile numbers so you can tell an appropriate adult such as the police? Don't speak to strangers.
- > Go into a nearby public place that is safe (café/ police station/doctors' surgery) and ask for help.
- > If you are waiting more than an hour or if it gets dark, call 999 and ask for the police.

### 3. If you burn yourself

- > Immediately run the burn under cold water for 10 minutes.
- > Cool the area down with an ice pack wrapped in a cloth for as long as necessary.
- > Do not cover it with a plaster or bandage.
- > If it is very serious, call 999 and ask for an ambulance.

### 4. If you are dehydrated

- > Stop and rest.
- > Ask a friend if they have any water.
- > If you have money buy a bottle of water.
- > You can go into any restaurant or café and ask for a glass of tap water. By law, they have to give you water for free.
- > Wait until you feel better before moving on.

### 5. Calling 999

- > Lift up the handset and press the '9' button three times.
- > Someone will answer and ask: "Which service do you require? Fire, police or ambulance?"
- > If it is a medical emergency or someone is hurt, say "ambulance". If there is a fire, say "fire". If it is any other emergency, say "police".
- > You will then be transferred to someone in the right department who will ask you for more information.
- > They will ask you for the phone number you are calling from so make sure you have learnt it off by heart.
- > Tell them your location.
- > Tell them what has happened and who is involved.

### 6. Simple steps to prepare for flooding, loss of power or loss of water

- > Find out how to turn off your gas and electricity.
- > Keep a list of useful numbers (including your insurance telephone and policy number).
- > Make an emergency kit i.e. torch, drinking water, chocolate, matches, candles – what else do you think?
- > Think about the needs of other children, babies, elderly and the disabled at home and ensure they know what to do in an emergency.

# Activity three: in small groups

15 minutes

## How will you survive?

**The Red Cross saves lives by providing people in crisis with the things they need to keep them alive! Sometimes this can be basic supplies like a blanket, soap and matches or just clean water. In disasters, people might lose their home and/or family and be hurt, so they may need these things to help them survive through the first few days.**

You have five minutes and a single large black plastic bag each. In your group, suggest as many different useful items as you can to help you survive in a disaster.

Think about what you would need if you lost everything (e.g. you could use the plastic bag to bandage a cut, collect drinking water, trap food, carry food, protect feet from the wet, sit on, shelter from rain or collect firewood).

Discuss in your groups what else you would need that you can't make from a bin bag.

> What items might come in useful in a disaster? (Other than plastic bags.)

- > Do you think the black bags would provide much shelter or protection if there were a thunderstorm and torrential rain?
- > What would you do for food?
- > What would you need in the long term to rebuild your lives?



## Take it further

- > Photocopy your emergency cards and distribute them to others in your unit.
- > Find out what the Red Cross emergency response unit does by looking at our website: [redcross.org.uk](http://redcross.org.uk)
- > Watch the news to see if you can spot a crisis or emergency. Can you identify what things have been lost or damaged and what needs to be done to rebuild the livelihoods of the people affected?

## Competition

**Enter your emergency card into our competition and see if it wins!**

**The best entry will be printed as a professional emergency response card and distributed at all our Power of Humanity events!**

**Email yours now for a chance to win!**  
[powerofhumanity@redcross.org.uk](mailto:powerofhumanity@redcross.org.uk)

**Or send your entry by post to:**

**The Power of Humanity  
Emergency card  
competition  
British Red Cross  
44 Moorfields  
London EC2Y 9AL**

# Extension activity one

## Solving your own emergency

Look at the scenarios below then think of a different emergency of your own. Research the steps to solving each emergency – what would you do, who would you go to for help?

For each of the five emergencies listed below, decide how they could have been prevented in the first place? How can you protect yourself from these emergencies occurring or better prepare yourself?

**1**

**you are  
locked  
out**

**2**

**you are  
lost**  
and your mobile  
phone runs out of  
battery

**3**

**you burn  
yourself**

**4**

**you are  
dehydrated**

**5**

**your home  
is flooded**  
you have no power  
or water

# Extension activity two

## Creating a temporary shelter

**For this you will need a lot of outdoor space, dry weather and adult supervision to ensure that you stay safe.**

**As a group, look around to see what you could use to make a temporary shelter for a family that has been made homeless by a natural disaster, such as a cyclone (e.g. you could use bin bags, sticky tape, cardboard, wood, benches and walls). Make your temporary shelter for a family of four and see if you can all fit inside. Remember to think about what you will sit on, how you will be protected from the rain and what natural resources you can use. Your Leader will give you guidance on how to stay safe and what rules you need to follow.**



**completed!**

## **Module two: who responds to an emergency?**

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**You have now completed module two and you should feel confident to say:**

**“I can help in an emergency and I know  
who to turn to when I can’t”**

**If everyone could say this, then we could really change the world because everyone would be a humanitarian citizen. Now you need to move on to the next module and find out what else it takes to be a humanitarian citizen!  
Only three more modules and you can register for one of our regional events!**