

# Module six: how to save a life

Simple skills you need to help in an emergency

The Red Cross is changing the world by teaching people what to do in an emergency – **remember**, first aid can save lives!

If you were cut or choking, or if you fainted, you would want someone to help you. And if something happened to one of your friends or family, you would want to be able to help them.

**The Red Cross can teach you to change the world by saving lives**



# 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.

**Here's an opportunity to put your humanity into action and change the world by learning how to save a life! This module will teach you some simple techniques so you can respond in a medical emergency.**

**Once you have completed this module you are ready to register for our regional events. Why not go ahead and complete another optional module?**

# Activity one: whole group

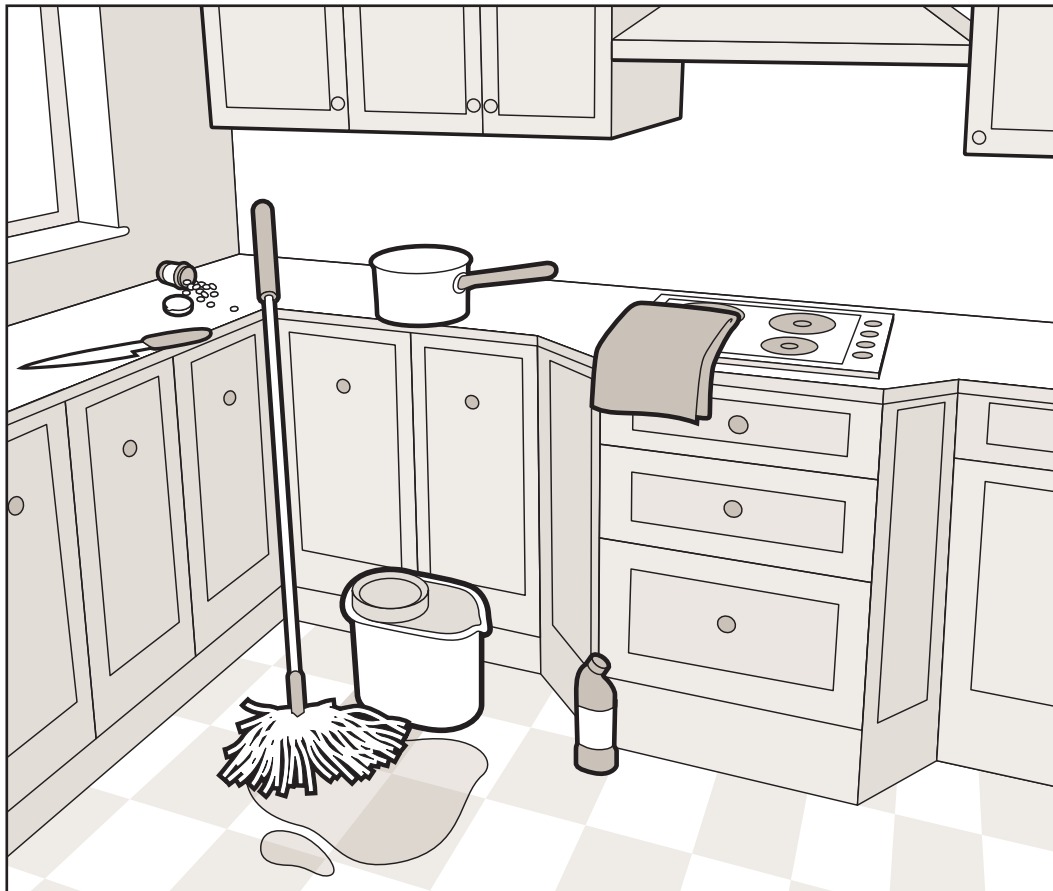
10 minutes

## Who is vulnerable to accidents?

**Nobody ever thinks they are going to have an accident, but they happen every day of the year, to all sorts of people.**

**Think about what sorts of accidents happen and to whom. Why are some people and places more likely to experience an emergency than others?**

**Spot the hazards:**



### Leaders' notes

Some people and places are more vulnerable to accidents than others: very young/elderly people, unsafe places, when we're tired, unprepared, in the home, at school or doing sport. Generate discussion by asking girls if they've ever had an accident. Be aware of any sensitive issues.

Hazards in the picture include knives, toxic products, cooking, slippery floor, hot hob etc. Discuss how we could make this a safer picture.

# Activity two: in pairs

10-15 minutes each

## Learn a life-saving skill

Choose one of the three emergencies shown here and work through the steps so you can change the world by saving a life.

### Role-play: calling 999

1

(Note: This number should only be called during a real emergency. Throughout the rest of Europe, the emergency services can be called on 112)

**Operator:** What emergency service do you require?

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**Caller:**

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**Operator:** What phone number can we contact you on?

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**Caller:**

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**Operator:** What is the problem?

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**Caller:**

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**Operator:** What is your location?

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**Caller:**

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### If someone is bleeding

2

Let the 'patient' decide why and where they are bleeding. Your main aim is to stem the flow of blood. If you have disposable gloves available, use them. It is important to reduce the risk of infection.

1. Check whether there is an object embedded in the wound (e.g. a piece of glass or metal).

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2. If there is nothing embedded, press on the wound with your hand, or find a clean dry cloth or bandage (ideally wrap a bandage around it).

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3. If you suspect there is something embedded, take care not to press on the object. Instead press firmly on either side of the object and build up padding around it before bandaging to avoid putting pressure on the object itself.

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4. If the wound is on an arm or leg raise the injured limb above the level of the heart.

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5. If the bleeding is heavy and does not stop, or there is an object embedded in the wound, call 999 for an ambulance.

## If someone is unconscious – start with the ‘casualty’ lying on their back.

3

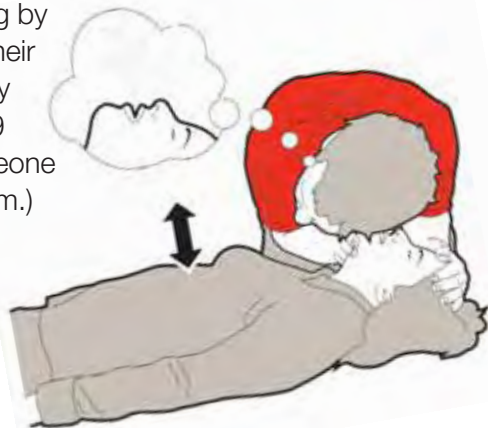
1. Check the casualty is really unconscious by asking a question such as ‘Can you hear me?’



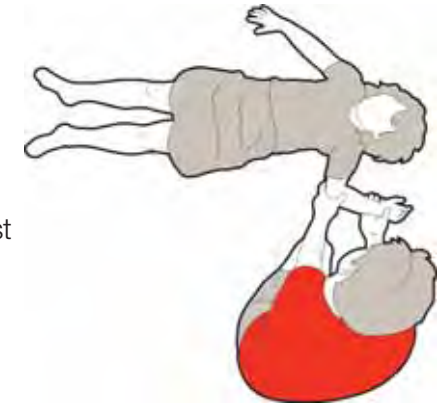
2. Open the casualty’s airway by tilting their head back; place two fingers under the chin and a hand on the forehead. Tilt the head backwards and the tongue will lift away from the back of the throat.



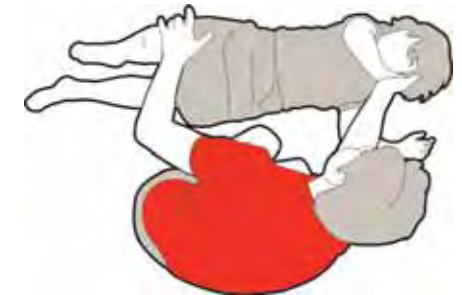
3. Check they are breathing by listening and watching their chest rise and fall. (If they aren’t breathing, call 999 immediately or find someone who can resuscitate them.)



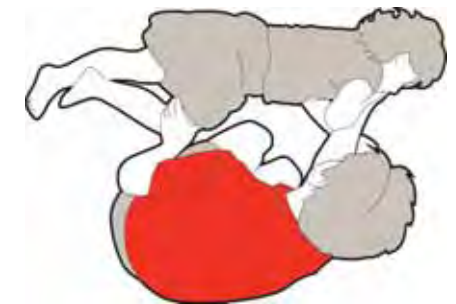
4. Prepare the casualty to roll onto their side by telling them what you plan to do and then removing bulky items like keys and glasses from pockets. Then move the arm closest to you out of the way of their body, with the palm facing upwards.



5. Take the arm furthest to you and place the back of that hand against the cheek closest to you. Bend the leg furthest from you until the foot of that leg reaches the knee of the leg closest to you.



6. Use the same leg to help you pull them over onto their side, facing towards you. Make them comfortable by resting their arms and legs on the ground and ensuring their head is in a comfortable position.




**This is called the recovery position. It is important to be in the recovery position so that you won’t roll onto your back, your airway will stay open and you are less likely to choke.**

# Activity three: individually

15 minutes

## Make an emergency card

An emergency card:



**In an emergency**

**My details are:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**In case of an emergency, please contact:**

**Name:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

(Cut out and stick the two sides together to make yourself a card that can fit easily into your pocket or wallet)

# Activity four: individual

20 minutes

## A home safety plan

	Kitchen	Outside and entrances (garden/pathways/ doors and windows)	First aid cupboard	Bathroom
<p><b>What needs to be done?</b> (Think about what needs to be done in each room to ensure it's safe.)</p>				
<p><b>Who is going to do it?</b> (Think about who would be able to do this? What can you help with?)</p>				

### Take it further:

- > Fill three large bottles of water and store them somewhere cool in case your water supply is cut.
- > Put together a first aid kit for your house (use the guidance notes to help with this).
- > If you have a mobile phone put an ECN (emergency contact number) or ICE (in case of emergency) into the address book so your next of kin, family, carer or relative can be contacted from your mobile phone if you are in an emergency.
- > Find out if there is a basic first aid course near you. (Our website might be a useful place to start searching.)

# Extension activity one

## Life. Live it.

If you are interested in learning more first aid you can order a Life. Live it. pack, which has all the training material that you need, plus equipment and information to teach yourselves and others the basic first aid treatments.

Life. Live it. is the ultimate resource for teaching first aid to 11- to 14-year-olds and no previous first aid experience is required.

Life. Live it. won the 2008 Charity Awards for excellence in education and training.



**ORDER ONE NOW!**

**Life. Live it. First aid education kit**

**Ref: FFP3315**

**Price: £120**

Just visit the Red Cross website at [redcross.org.uk](http://redcross.org.uk) and click on 'in the UK' then 'first aid'. Next click on 'first aid products' and then select 'Life. Live it.'

**20% discount offer!**

To pay only £100 – use the discount code when ordering:

**PT08691**



# Extension activity one

## What's the treatment?

Learn which treatment is best for different medical situations, for example:

- > Burn
- > Splinter
- > Sprain
- > Deep cut
- > Choking
- > Someone who has collapsed

You could use the internet ([redcross.org.uk](http://redcross.org.uk)), a medical book/encyclopaedia at home or ask a nurse/doctor or first aid expert for help. Keep a record of your findings so you will be prepared if any of these things should happen to you or someone that you could help.



**completed!**

## Module six: how to save a life

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**So now you know how to save a life.**

**Remember to keep practising the skills because you never know when you might have the opportunity to change the world in an emergency!**

**You are also now qualified to register for a regional event, so speak to your Leader or check out our website for details. Don't forget there are more optional modules to choose from, so keep going!**