

Module six:
how to save a life

Guidance notes

Module aim: to teach Guides vital first aid skills so they know how to react in an emergency.

Resources

- > Flipchart paper and pens for brainstorm activity.
- > Copies of 'spot the hazard'.
- > Copies of the three emergency response skills for each pair.
- > Card or paper and pens to make emergency cards and home safety plan.
- > Copies of the templates might be useful.

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Essential first aid kit contents

- > First aid manual.
- > 12 to 24 individually-wrapped plasters in various sizes (fabric or waterproof).
- > Adhesive tape, such as Micropore.
- > Six triangular bandages (for use as a sling to support an injured arm or shoulder).
- > Safety pins in a variety of sizes (for securing bandages).
- > Two crêpe bandages (to support sprains and strains, or to hold dressings in place).
- > Sterile, non-fluffy, absorbent gauze.
- > Round-ended scissors (for cutting tape or bandages).
- > Tweezers (for removing objects such as splinters).
- > Vinyl gloves.
- > Antiseptic wipes (alcohol free).
- > Emergency foil blanket.
- > Notepad and pencil.
- > Eyewash solution.
- > Thermometer.

Try it this way:

If you don't feel confident in your own first aid skills you can still do this module – just make sure that young people are aware that this is just to try out the techniques and practice, but they would need to have proper training to consider themselves a qualified life-saver.

If you are interested in getting first aid training please visit redcross.org.uk/firstaid

Making your home safe

- > Have smoke alarms on every level.
- > Test smoke alarms every month.
- > Make a fire escape plan by drawing out a floor plan.
- > Make sure all doorways and windows are easy to open and are not blocked.
- > Find two ways out of every room.
- > Select escape routes and map them on your floor plan.
- > Practise your fire drill.
- > Always stay in the kitchen while cooking.
- > Keep things that burn (towels, curtains, bags) at least one metre from the hob.
- > Use oven mitts and keep panhandles turned inwards to avoid knocking them.
- > Keep children and pets away from the cooker.
- > Store knives out of reach of children.
- > Post emergency numbers in a visible place.
- > Keep walkways and stairs free of clutter to avoid trips and falls.
- > Use a bath mat to prevent slips and trips.
- > Follow medication instructions clearly and keep medicines out of reach of children and pets.
- > Make sure medication is not out of date.

ORDER THE Life. Live it. First aid education kit

Ref: FFP3315

Price: £120

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