

SECONDARY SCHOOL GROUPS

Objectives

The learner will know how to use the **citizenAID** app/pocket guide in an emergency situation and have the practical skills to save a life.

Content

There are 8 core skills in **citizenAID**

1. Using the **citizenAID** app/pocket guide to determine appropriate actions to take in the event of active shooter/knife attacker
2. Using the **citizenAID** app/pocket guide to determine appropriate actions to take in the event of a suspect or exploded bomb
3. Using the **citizenAID** app/pocket guide to give an incident report (SLIDE message)
4. Using the **citizenAID** app/pocket guide to handover a casualty to the emergency services (MIST message)
5. Using the **citizenAID** app/pocket guide to carry out triage (sorting patients into priorities for treatment)
6. Control of bleeding with direct pressure +/- elevation
7. Control of severe bleeding with wound packing and pressure, or the use of a tourniquet (improvised or commercial)
8. Recovery position to protect an airway

Curriculum

PERSONAL, SOCIAL, HEALTH AND ECONOMIC

"citizenAID as part of good citizenship"

National Curriculum

TBC

Introduction and setting the scene

- Highlight the recent events in the news that the learners may have seen.
- Society has been under attack before, eg the second world war and IRA bombing campaign: civilian resilience was promoted during the WW2 Blitz through public information and empowerment to take action through improvised first aid to save lives.

- Emergency services respond in a predetermined way. Police will secure the scene and try to remove the threat before others, including the Ambulance Service, can approach.
- The things that kill quickly after injury (less than 5 mins) are loss of the airway and massive bleeding. **citizenAID** focuses on these two major aspects.
- **citizenAID** provides skills that are transferable to all situations where there are injured, not just those from a deliberate attack. These are life skills.

Teaching activities

A. Teacher-led discussion using cartoon storyboard

Use the cartoon storyboard of your choice (Lion on the loose, an allegory, or School shooter) to prompt student discussion:

- "What can you see happening?"
- "How do you think those involved are feeling?"
- "How does it make you feel?"
- "What actions do you think each character you can see *will* take or *should* take?"
- "Do you feel more confident now if you were ever in such an unlikely situation?"
- "Can you see how the skills you can use in this situation might also be used in other everyday situations?"

Time: Estimated 45-60 minutes

B. Didactic presentation of citizenAID materials (you can select parts of this as time allows)

1. Using the **citizenAID** app/pocket guide to understand appropriate actions to take in the event of an active shooter/knife attacker
 - a. Use the app projected onto screen
 - b. Use the slide set
 - c. **KLP: Discuss 'Run, hide, tell' then 'Treat when safe to do so'**
 - d. **Discussion (10 mins)**
2. Using the **citizenAID** app/pocket guide to understand appropriate actions to take in the event of suspect or exploded bomb
 - e. Use the app projected onto screen
 - f. Use the slide set
 - g. **Discussion (5 mins)**

3. Using the **citizenAID** app/pocket guide to practice an incident report (SLIDE message)
 - h. Use the slide set
 - i. **KLP: SLIDE messages must be kept short**
 - j. **Discussion and practice (15 mins)**
4. Using the **citizenAID** app/pocket guide to hand over the casualty to the emergency services (MIST message)
 - k. Use the slide set
 - l. **KLP: MIST messages must be kept short**
 - m. **Discussion and practice (10 mins)**
 - n. Skills video (citizenAID_MIST Hand Over_210417)
5. Using the **citizenAID** app/pocket guide to carry out triage
 - o. Use the slide set
 - p. **KLP: triage saves lives by identifying the most injured to treat first**
 - q. **Discussion and practice (10 mins)**
6. Control of bleeding by direct pressure +/- elevation
 - r. Practice by applying pressure to a fake wound (you can improvise this if you do not have a training aid)
 - s. **KLP: these simple actions stop most bleeds**
 - t. **Practical (10 mins)**
7. Control of severe bleeding with wound packing and pressure
 - u. Use a cupped hand to act as the wound bowl and get the student to pack this and apply direct pressure.
 - v. **KLP: wound packing only works effectively if pressure is *into* (not over) the wound.**
 - w. Skills video (citizenAID_Wound Packing_210417)
 - x. **Practical (15 mins)**
8. Control of severe bleeding with a tourniquet (improvised or commercial)
 - y. **NEVER ALLOW PRACTICE ON EACH OTHER:** always use a training device
 - z. Use a rolled towel stuffed down a cut off trouser leg or a broom handle cut in half and wrapped in foam pipe insulation then covered with a piece of tubigrip (learners can make these as ice-breakers for the session)
 - aa. **KLP: a tourniquet is ONLY applied for life-threatening limb bleeding that cannot be controlled by other means [for public safety purposes, this is a GOLDEN MESSAGE]**

bb. **KLP: applying a tourniquet will hurt**

cc. **KLP: turn the windlass until the bleeding stops - fix in place / or hold**

dd. Skills video (citizenAID_Improvising a Tourniquet_210417)

ee. Practical (20 mins)

9. Recovery position to protect an airway

ff. Use each other to practice this

gg. **KLP: clear pockets if practical before turning to stop casualty lying on keys/mobile phone etc.** *[During practice you are preventing students from lying uncomfortably or damaging items such as a phone in their pockets]*

hh. Skills video (citizenAID_Recovery Position_210417)

ii. Practical (10 mins)

Time: Estimated 2 hours [with questions] An expansion room may be needed for practical components

Resources & Learning Materials

Provide learners with pocket guides at the beginning of the session and/or allow use of the mobile phone free APP.

Provide learners with equipment to control bleeding:

- Replica wound
 - If you do not have a training aid, a cupped hand can be used to replicate a wound cavity
- Equipment for improvised wound packing (scarf, sock, t-shirt) and pressure
- Equipment to improvise a tourniquet (e.g. scarf, tie, belt plus a windlass such as a fork, screwdriver, or short piece of wood)
- Commercial dressings for wound packing (not mandatory, a picture will do, or a demonstration of the school's first aid kit)
- A commercial tourniquet (not mandatory, a picture will do, for demonstration purposes)

Skills videos (SV) are here:

<https://www.dropbox.com/sh/ec42hlj7cfysx0z/AAAs4klbDn67KpFrX6HsMqTa?dl=0>

Password: moggy2017

Training Venue

The training venue must meet acceptable health and safety standards and be conducive to learning, with sufficient size, floor surfaces, seating, writing surfaces, toilet facilities, ventilation, lighting, heating, access, exits, cleanliness, and absence of distracting noise.

Online activities:

Visit the website www.citizenAID.org

Worksheets:

- Fill in a citizenAID MIST handover sheet
 - Available in Dropbox 'AT MIST LIVE'.
 - Print this off or use a smartboard to annotate
- Practice triage of a number of casualties (from the slide set)

Extension/Homework

- Research what communities did in WW2 to look after themselves and others
- Talk to parents/significant others at home about citizenAID