

Module 2

The Unconscious Casualty



Learning Outcomes

Pupils will:

- learn how to shout for help;
- learn how to open an airway;
- learn how to check for normal breathing; and
- learn how to place someone in the recovery position.

Resources

- **Skills Cards: 2a What Should I Do if a Person Won't Wake Up?** and **2b Getting to Know the Recovery Position**
- **Activity Cards: 2a Looking for Signs, 2b Into Action, 2c Getting Help**
- **Milly's Day** clip and/or **Train Station** clip

Teaching Notes

- Introduction – Start by recapping the previous session. **Emphasise checking for danger and checking for a response.**
- Show **Milly's Day** clip and/or the **Train Station** clip.
- Ask pupils to explain what they have seen.
- What happened when the person tried to wake the casualty?
- How does the person know if the casualty is breathing normally? The casualty's breathing should be observed for ten seconds. In a ten second period, there should be at least two normal breaths. If there are no breaths, or the casualty gasps, this is not normal breathing.
- Then what do they do?
- Discuss the meaning of unconsciousness – when someone is breathing normally but can't wake up.
- Recap on calling for help with **Activity Card: 2c Getting Help.**
- Demonstrate shouting for help then ask pupils to practise shouting for help.
- Recap making an emergency call: act out the scenario with a pupil, then ask the class to shout out what you should do at each stage.
- Demonstrate a chin lift and head tilt on the manikin. Ask pupils to tilt their heads back as far as they can while remaining seated. Then ask them to try to swallow (this will demonstrate the effect of a head tilt and chin lift).
- Keeping the airway open, demonstrate looking, listening and feeling for normal breathing.
- Put pupils in pairs and ask them to practise the sequence you have just shown. You can use **Skills Card: 2a What Should I do if a Person Won't Wake Up?**
- Explain the recovery position: We place unconscious casualties into this position to keep them safe. **It's to stop their tongue falling back in their mouth and blocking their airway. They need a clear airway to keep breathing properly.**
- With a volunteer from the class, demonstrate putting someone into the recovery position.
- Ask your pupils to put each other in the recovery position. Use **Skills Card: 2b Getting to Know the Recovery Position** for reference.
- Put pupils into groups of three and ask them to take turns being the casualty, the lifesaver, and the person describing their actions. Emphasise the importance of the lifesaver role and the need to remain calm but take control of the situation and take URGENT, decisive action.
- Remind your pupils of the need for clear and brief instructions.
- Observe and correct, where necessary.

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NB: A large, clear floor space will be needed to practise the recovery position.



Extension Ideas and Cross-Curricular Links

- **Science and Technology (Biology)**
 - Reinforce the importance of having an open airway.
 - Explain how an airway works by asking pupils to put their hands in front of their mouths to feel their own breath.
- **The Arts (Art), Language and Literacy, Using ICT**
 - Encourage pupils to consolidate their learning by making posters explaining How to Help an Unconscious Casualty. They should write or draw each stage in order.

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DRS ABCD

This easy to remember mnemonic will help pupils remember what to do in an emergency situation.



DANGER

Check for danger.



RESPONSE

Can the person respond by saying 'Yes' or 'No'? Or, are they unconscious?



SHOUT

Call out for help.



AIRWAY

Tilt the casualty's head back and lift their chin to open.



BREATHING

Check if the person is breathing normally (check for 10 secs).



CALL 999

Ask for the ambulance. The first question you will be asked is 'is the person breathing normally?' Say 'Yes' or 'No'.

CPR

If the casualty is **not** breathing, start CPR by repeatedly giving 30 chest compressions, then two rescue breaths or chest compressions only if concerned about Covid or do not wish to do mouth to mouth. If the casualty is breathing, place in the recovery position.



DEFIBRILLATION

When a bystander calls 999 and asks for the ambulance, the EMD will ask if there is someone performing CPR, if they say yes they will then ask if there is someone who can go and retrieve a defibrillator. They will then give the bystander the location of the closest 'emergency ready' defibrillator.