

# Ethics and Values

Year 8 Blended Booklet – Autumn 1

# Ethics and Values – Year 8

## Lesson 2: First Aid Kit and basic skills

Learning intent: To tackle personal safety and basic first aid

### Connection phase

Can you recall the pedestrian tips

### Pedestrian Safety Tips

- Walk on the sidewalk.
- Cross at the cross walk.
- Stop before crossing the street.
- Obey all traffic signals.
- Look left, then, right, then left before crossing the street.
- Wear bright clothing.
- Watch for turning traffic.
- Watch for vehicles turning out of driveways.



### Activation phase

- 👍 I can identify the contents of a first aid kit
- 👍 I can describe basic first aid skills
- 👍 I can demonstrate these skills in an emergency situation

What would you find in a first aid kit?

Contents in a first aid kit:

An up-to-date first-aid manual.

A list of emergency phone numbers.

Sterile gauze pads of different sizes.

Adhesive tape.

Adhesive bandages (Band-Aids) in several sizes.

Elastic bandage.

A splint.

Antiseptic wipes.



<https://www.youtube.com/watch?v=gn6xt1ca8A0>



# New Information

## Strains and sprains

Soft tissue injuries.

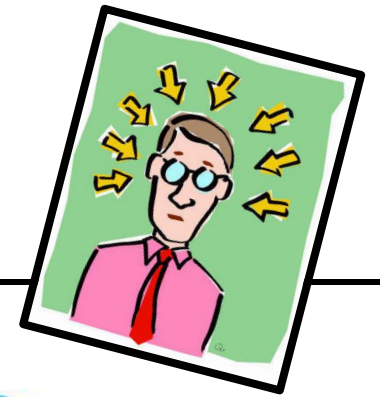
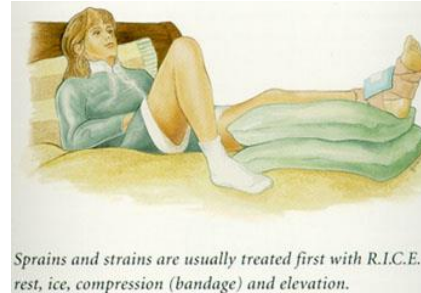
Strains - ligament stretches or tears.

Sprains - tendon or muscle stretches or tears.

Symptoms - Swelling, pain, bruising, loss of movement.

Treatment - RICE. Rest, Ice, Compression, Elevation.

Common in ankles and wrists.



## Cuts and grazes

Minor - wash under running water to remove dirt, pat dry, then apply a sterile plaster.

More serious - apply pressure with a clean towel, for example, and elevate above heart where possible, to reduce flow.

Do not try and remove anything embedding in wound, and treat the person for shock where appropriate

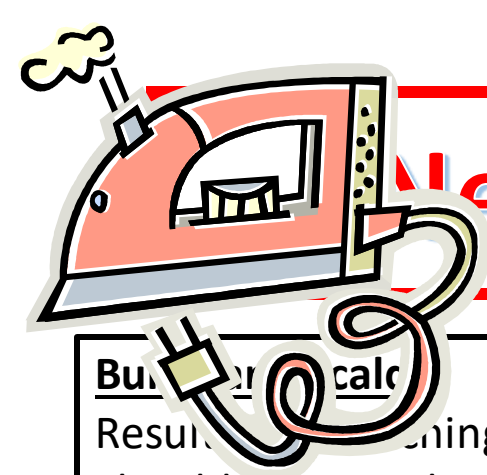
Take patient to hospital if bleeding does not cease.



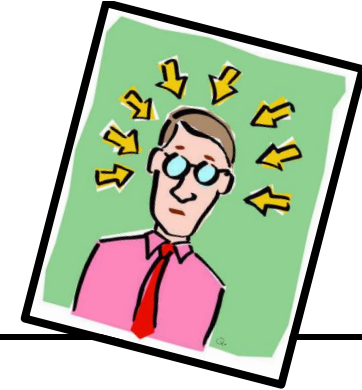
<https://www.youtube.com/watch?v=iQ6OesdfWSk>



<https://www.youtube.com/watch?v=4e7evinsfm0>



# New Information



## Burns

Result of touching hot objects, or spilling hot liquids, etc.

Should be immediately placed in cold water to cool the skin down again, for at least 10mins.

If very large, or patient loses consciousness, phone ambulance.

Do not pop any blisters, put anything onto the burn, or try to remove any clothing stuck to the wound.

## Head injuries

Are usually a result of a knock to the head.

External - Visible cut or bruising

Internal - Not necessarily visible, bump where swelling occurs.

Symptoms - Bleeding, dizziness, loss of consciousness, bruising, nausea, double vision.

Treatment - Cut should be treated as a serious cut described earlier, and the patient taken to hospital in case of internal injury.

Ice should be applied to place of bump, to reduce amount of swelling.

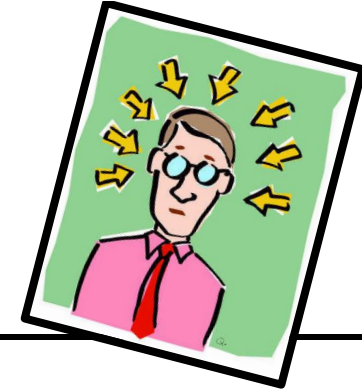


<https://www.youtube.com/watch?v=EaJmzB8YgS0>



<https://www.youtube.com/watch?v=a4clFZx1f2E>

# New Information



## Shock

Caused by the circulatory system failing to maintain enough oxygen-rich blood flowing to the vital organs of the body. Could be from loss of blood, seeing an accident and usually does not occur immediately, often hours later.

Symptoms - Anxiety, fainting, nausea, pale and clammy skin, weak pulse.

Treatment - Keep patient warm, lie down and raise their legs above their heart to increase blood flow to organs. Seek medical help.

## Choking

Caused by a small object, food or small toys for example, lodged in the throat, so obstructing the airway.

Calm patient down and encourage to try and cough to dislodge the object.

If a baby, lie it face-down on your lap and give sharp hits to the back, around the place of the shoulder blades.

If patient is conscious, perform Heimlich Manoeuvre.

If patient is unconscious, call ambulance, lie them on their back and open their mouths. If the object can easily be removed, do so, if not, leave it and try mouth to mouth resuscitation.

<https://www.youtube.com/watch?v=61urGQrmeNM>



<https://www.youtube.com/watch?v=PA9hpOnvtCk>

# Demonstration Phase

## Main Activity



Design an information fact sheet in your book covering the important first aid techniques

**Success criteria:**

### Strains and sprains

- Symptoms - Swelling, pain, bruising, loss of movement.
- Treatment - RICE. Rest, Ice, Compression, Elevation.

### Cuts and grazes

- Minor - wash under running water to remove dirt, pat dry, then apply a sterile plaster.
- More serious - apply pressure with a clean towel, for example, and elevate above heart where possible, to reduce flow.

### Burns and Scalds

- Should be immediately placed in cold water to cool the skin down again, for at least 10mins.

### Head injuries

- Symptoms - Bleeding, dizziness, loss of consciousness, bruising, nausea, double vision.
- Treatment - Cut should be treated as a serious cut described earlier, and the patient taken to hospital in case of internal injury.
- Ice should be applied to place of bump, to reduce amount of swelling.

### Shock

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- Caused by a small object, food or small toys for example, lodged in the throat, so obstructing the airway.
- Calm patient down and encourage to try and cough to dislodge the object.
- If patient is conscious, perform Heimlich Manoeuvre.
- If patient is unconscious, call ambulance, lie them on their back and open their mouths. If the object can easily be removed, do so, if not, leave it and try mouth to mouth resuscitation.

- ✓ Make it easy to read
- ✓ Colourful
- ✓ Check your spellings
- ✓ Include pictures

Show your information fact sheet to your partner:

**What went well – WWW**

- ✓ Has the information be included for each first aid technique?
- ✓ Are spellings correct – see keywords
- ✓ Is it easy to read?
- ✓ Have they included pictures or made it colourful and interesting

**Even Better If – EBI**

Correct any spelling and give them a target from the list above, if they have missed something or you can come up with something



## *Multiple Choice Questions*

Create a multiple choice question based on your learning. Write you question on your post it note. Your teacher will read out a few and get different people to answer them.

**Keywords:**

Anxiety	Fainting	RICE. Rest, Ice, Compression, Elevation
Bleeding	First Aid	Scalds
Bruising	Grazes	Shock
Burns	Head injuries	Sprains
Choking	Heimlich Manoeuvre	Sterile plaster
Circulatory system	Medical	Strains
Consciousness	Nausea	Swelling
Cuts	Pulse	Symptoms
Dizziness	Resuscitation.	Treatment



## Ethics and Values – Year 8

### Lesson 3: First Aid – CPR/recovery position

**Learning intent:** To learn how to get help in different types of emergency situation and be able to carry out basic first aid and life-saving skills.

#### Connection phase

<https://www.youtube.com/watch?v=nxpYuVr53zQ>



#### Activation phase

- 👍 I can describe how to help in different types of emergency situations
- 👍 I can identify a range of first aid skills e.g. CPR, recovery position
- 👍 I can explain who to contact, when, how and what information to give in an emergency

[https://www.youtube.com/watch?v=fTb\\_jCnbutk](https://www.youtube.com/watch?v=fTb_jCnbutk)



**What will he be asked next?**



Hello?

Which service do you require?

Ambulance

Connecting you now...





# New Information



<https://www.youtube.com/watch?v=BQNNOh8c8ks>

Cardio Pulmonary Resuscitation – CPR for short.

## Remember – DR ABC

Check for **D**anger

Try to get a **R**esponse

Open the **A**irway

Check for **B**reathing

Get ready to do **C**ompressions

**D**anger

**R**esponse

**A**irway

**B**reathing

**C**ompression

**Look** along the body to see if the chest is moving up and down.

**Feel** for breath on your cheek.



**Listen** for breathing. Put your ear close to unconscious person's mouth and nose.

Check for **ten** seconds

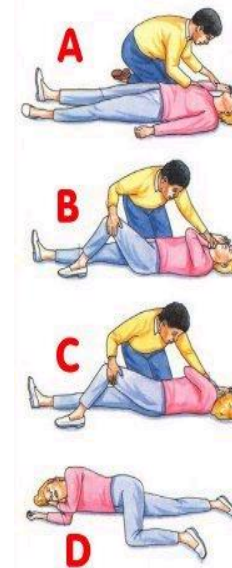
## Recovery position

Used when the casualty is breathing and has a pulse, but is unconscious.

Helps the casualty breathe more easily as it opens the airways, and lets fluid drain from nose and throat to reduce risk of choking.

Person is on their side, not on back, and head should be tilted backwards to open throat, with their bent leg supporting their body from rolling over.

Roll the casualty towards you to keep control of them, and stop them rolling away!



<https://www.youtube.com/watch?v=GmqXqwSV3bo>

# Demonstration Phase

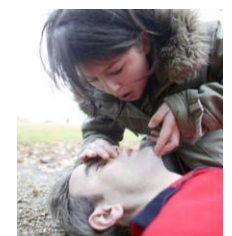


<https://www.youtube.com/watch?v=ea1RJUOInfQ>

## Main Activity

Read the scenario below and discuss with the person next to you the steps you need to take

- **Jasmine's story**
- "Me and my mates were in the park when this jogger collapsed. He was running along one moment and the next he was lying on the ground..."
- "It was a scary situation. But I just concentrated on doing the right thing and that kept me calm..."
- "It seemed safe enough and I was with my mates. I tried shaking the man's shoulders and spoke to him, but got no reaction so I knew he was unconscious, so we shouted for help.
- My mate called 999
- I tilted his head back and lifted his chin to open the airway so I could check to see if he was breathing..."
- I then started CPR – 30 chest compressions on the chest and mouth to mouth
- We stayed with him until the ambulance arrived



## Demonstration phase

### **What to say and do if you make an emergency call**

What is the postcode of the incident?

What's your name?

What number are you calling from?

What has happened?

How many people have been hurt?

Is anyone unconscious?

Has anyone stopped breathing?

Is anyone bleeding – if so, how badly?

Are there any other hazards or dangers around?

You will have approximately **10 minutes** to prepare

✓ **A 3 minute presentation about your particular first aid topic**

**Choose from the list →**

✓ **You must carry out a role-play involving how to help somebody,**

✓ **including a narrator who says what is happening (this can be verbal or write a script)**

✓ **You must speak about how to treat someone with that injury and explain to the rest of the class**

Recovery  
Position  
CPR  
Strains and  
Sprains  
Cuts and  
Grazes  
Head Injuries  
Choking  
Burns  
Shock

## Consolidation phase

**Can you remember DR ABC?**

**Write these in your book**

### **Remember – DR ABC**

Check for **D**anger

Try to get a **R**esponse

Open the **A**irway

Check for **B**reathing

Get ready to do **C**ompressions

**D**anger

**R**esponse

**A**irway

**B**reathing

**C**ompression

You have 2 minutes to write about the key themes discussed in this lesson. Your teacher will choose who needs to address the whole class...

