

**TRAINING DAY: Silver and Gold DofE Lesson plan:**  
**Health and safety, first aid and emergency procedure**



**Learning outcomes:**

By the end of the session all participants should be able to:

- Have knowledge of basic first aid
- Know what emergency procedures to follow when on expedition
- How to stay safe when in the countryside

**Equipment needed:** First aid kit

(First aid training is based on the current edition of the Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association or The British Red Cross) <https://www.sja.org.uk/sja/first-aid-advice/get-a-free-first-aid-guide.aspx> (free first aid app available) or <http://www.redcross.org.uk/What-we-do/First-aid/Everyday-First-Aid>

	<u>Objective</u>	<u>Teaching and key questions</u>	<u>Timings</u>
First aid and emergency procedures	The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters.	<ul style="list-style-type: none"> <li>• Clean the wound by rinsing it under running water or using alcohol-free wipes.</li> <li>• Pat it dry using a gauze swab and cover it with sterile gauze. If you don't have these, then use a clean, non-fluffy cloth.</li> <li>• Raise and support the part of the body that's injured. If it's a hand or arm, raise it above the head. If it's a lower limb, lay them down and raise the cut area above the level of the heart. This will help stop the bleeding.</li> <li>• Remove the gauze covering the wound and apply a sterile dressing.</li> <li>• If you think there's any risk of infection then suggest they see a health care professional.</li> </ul>	8
	The treatment of wounds and bleeding.	<ul style="list-style-type: none"> <li>• If there is an object in the wound do not remove the object. This will make the bleeding worse. Instead put pressure either side of the wound with a pad (such as a clean cloth) until a sterile dressing is available. When you dress the wound ensure pressure is not put on the object pushing it further in.</li> <li>• If there is no object follow these steps:               <ul style="list-style-type: none"> <li>• Apply direct pressure using a sterile dressing if this is possible. If blood shows through the dressing add another layer.</li> <li>• Raise the injured part of the body so it is above the heart. Treat them for shock raising their legs.</li> <li>• Call a leader and 999.</li> </ul> </li> </ul>	8
	Recognition and treatment of hypothermia and heatstroke.	<ol style="list-style-type: none"> <li>1. Headache, dizziness and discomfort</li> <li>2. Restlessness and confusion</li> <li>3. Hot flushed and drv skin</li> </ol>	10

		<p>4. A fast deterioration in the level of response</p> <p>5. A full bounding pulse</p> <p>6. Body temperature above 40°C (104°F)</p>	
	Action in an emergency - resuscitation, airway, breathing and circulation.	<p>Explain what CPR is,</p> <p>Find out how many people have done CPR and explain the process although no demonstrations can take place..</p> <p>Calling 999 is key as they will lead you through the process</p>	8
	The recognition of more serious conditions such as sprains, strains, dislocations and broken limbs. Treatment for shock.	<ul style="list-style-type: none"> <li>• If you think someone may have strained or sprained a muscle, ligament or tendon, these are the three key things to look for: <ul style="list-style-type: none"> <li>• Pain and tenderness</li> <li>• Difficulty moving</li> <li>• Swelling and bruising</li> </ul> </li> <li>• To treat strains and sprains follow: <ul style="list-style-type: none"> <li>• Rest</li> <li>• Ice</li> <li>• Comfortable support</li> <li>• Elevation</li> </ul> </li> </ul>	8
	<p>-Knowing what to do in the case of an accident or emergency.</p> <p>-Summoning help - what people need to know, telephoning for help, written message.</p> <p>-Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.</p>	<p>Participants should understand the importance of not going anywhere alone. If they need to go to get help they must go in pairs. Understand when to call their instructor and when to phone 999. They should always have their instructor's number/ BXM number (there may be wristbands available on expedition). They must know how to look after someone. When/if calling for help- knowing location on map or clear landmarks they can see.</p>	10
Awareness of health and safety issues	Expedition fitness.	Walking fitness is different to Swimming and even running fitness. This is sustained slow burning energy with a rucksack on. Having a nicely fitted rucksack is important but the fitter you are the more you will enjoy it.	2
	Telling people where you are going and keeping together.	The importance of route planning and not going off another way without telling your instructors is a big NO	2
	Identifying and avoiding hazards.	Using common sense and constantly assessing dangers. We manage risk in the outdoors, we don't take risks.	2
	Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.	Always check before your expedition and explain how.	2