



Safety in Schools Week June 8th to 12th 2009

AGENCY ACTIVITY

Agency

St John Ambulance WA

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Activity Title Management of External Bleeding

Activity Outcomes

Learning Area	Link to K-10 Syllabus	Outcome
Health and Physical Education	<p><u>Middle Childhood (4-7)</u></p> <p>Context: SAFETY Topic: First Aid</p> <ul style="list-style-type: none"> Treating cuts and wounds Managing an injury 	<p>Knowledge and Understanding</p> <ul style="list-style-type: none"> The meaning and dimensions of health Ways to keep healthier and safer <p>Interpersonal Skills</p> <ul style="list-style-type: none"> Communicating Co-operating and collaborating in groups Leading, initialising and facilitating <p>Self-management Skills</p> <ul style="list-style-type: none"> Reviewing the situation Planning before deciding Monitoring and evaluating

Phases of Development

Middle Childhood (4-7)

Resources Required

Per Pair - 2 triangle bandages and a red ribbon or red marker to indicate where the wound is on the patient. Bandages can be purchased from the St John Shop. Alternatively a clean cloth, scarf, t-shirt, etc can be used.

Approx. Time Required

Approx. 30 minutes to demonstrate and then practice

Procedure



1. Teacher to ask students to share what they know about bleeding: eg. What causes bleeding, knowledge of circulatory system, different types of bleeding.
 - Bleeding happens when blood escapes from the arteries, veins or capillaries.
 - External bleeding happens when there is a wound to the surface of the body and the blood escapes outside the body.
 - Internal bleeding happens when there is a wound inside the body and blood escapes into body hollows and tissues.
2. Teacher to explain that the management of bleeding is all about:
 - Direct Pressure – helps to keep blood inside the body
 - Elevation – needs to be higher than the heart which reduces blood flow to the area
3. Teacher to ask students for examples of elevation
Eg. Ask students to raise one arm straight in the air and count to twenty while the other hand remains hanging down. Now look at the colour of the palms of each hand. The hand in the air is paler because it is harder for the blood to move up the arm, than down the arm.
4. Teacher to demonstrate how to treat external bleeding. Visit: www.stjohnambulance.com.au and click on 'Fact Sheets' in the top menu bar and then click on 'Severe Bleeding'. Demonstrate up to point four on the fact sheet:
 - press fingernail or toenail (wherever wound is located) until it turns white, then release – if colour returns within 2 seconds, blood flow is unrestricted
5. Students then practice treating external bleeding in pairs, supervised by the teacher. Each pair can be given a different injury scenario so they can apply the principles of direct pressure and elevation to different situations.

Community Links

How could the school involve the local community in Safety in Schools Week?

The students could make a collage of first aid drawings and display them in shopping centres or public libraries.

How could the school involve parents and seniors in Safety in School Week?

The students could be given an exercise to teach one person in the family how to treat external bleeding.

Policy and Procedures

Are you aware of the School's written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education and Training's Risk Management Policy and Occupational Safety and Health Policy

Do you have safety structures and procedures in place?

Insert additional safety structures and procedures that link to your activity

- Does the school have a first aid person? (Structure)
- Is there a plan of how to access the first aid person? (Procedure)

Other Resources Available

Further Reading

- 'Australian First Aid' Manual 4th Edition – St John Ambulance Australia
 - Available from the St John Shop. The St John Shop is located in Lapage Street, Belmont. Hours 8:30am – 4:30pm Monday to Friday. Phone 9334 1479, Fax 9334 1208, Email supplies@ambulance.net.au