



Safety in Schools Week June 13th to 17th 2005

St John Ambulance Australia

Agency Contact person: Dirk Sunley
Phone: (08) 9334 1406
Fax: (08) 9334 1224
Mobile: 0404 820 757
Email: dirk.sunley@ambulance.net.au
Address: PO Box 183
 Belmont WA 6984
Website: www.ambulance.net.au



Activity Title BUMPS, BRUISES, STRAINS AND SPRAINS

Curriculum Framework Activity Outcomes

| Learning Area | Learning Outcome | Specific Learning |
|--------------------------------------|--|--|
| Health and Physical Education | ○ Knowledge and Understanding | ○ First Aid Injury and Prevention. |
| | ○ Attitudes and Values | ○ Recognising and valuing safe playing environments. ○ Exhibit safe practice in all activities. |
| | ○ Self-management Skills | ○ Make and communicate decisions relating to injury management. |
| Society and Environment | ○ Investigation, Communication and Participation | ○ Students investigate possible hazards in their school. |
| Technology and Enterprise | ○ Enterprise | ○ Apply creativity and boldness. ○ Accept personal responsibility. |

Phases of Development Middle Childhood

Activity Resources Required Soft Tissue Injuries Information Sheet available from St John Ambulance.
 Ice, wrapping material for ice eg. Chux cloths, scrap material, tea towels.
 Roller Bandages either 7.5 or 10cm width. Stickers or Blue/Red or Purple crayon to simulate bruising.

Procedure

- 1) Discussion about potential hazards in the school and home that may cause falls eg. trip and slip hazards from untidy environments, spills on floors, uneven ground on ovals and play areas etc.
- 2) Explanation on what is a Bruise, Bump (haematoma) Strain, Strain.
- 3) Teacher to show how to prepare an ice pack use the R.I.C.E. technique.
- 4) Divide class into two groups (A and B).
- 5) Group A is sent out outside to wait while Group B is made up and briefed on how to act. Use the crayons or stickers to create simulated injuries. Tell the Group B "casualties" a story as to why they have a bruise – using a fall based incident. Vary amongst the group.
- 6) Group A to enter room, find a person with an injury and manage using R.I.C.E technique.
- 7) Teacher to come around and check each pair at completion of scenario for correct management.
- 8) Swap over and reverse roles (Teacher to again check each pair at completion).
- 9) Debrief whole class on their performance.
- 10) Discussion on "Do Nots" for soft tissue injury management.
- 11) Discussion on when to seek medical aid.

Community Links

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

- Students could make a list of all potential hazards that may cause a person being injured and display lists at local libraries etc.

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

- First Aid tips and course brochures (provided by St John) could be sent home to parents or via Parents and Citizens Association or Parents and Friends Association.
- Provide first aid tips/contents for kits in school newsletter.

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Education Department's Risk Management Policy
- Visit the Kidsafe WA Website for guidelines www.kidsafewa.com.au

Do you have safety structures and procedures in place?

- Does the school have a first aid person? (Structure)
- How to access the first aid person? (Procedure)
- Is there a designated quiet play area?

Other Resources Available

Contact St John Ambulance for First Aid course and kit brochures or nationally accredited first aid publications.

Visit the St John website at www.ambulance.net.au