



Safety in Schools Week June 9th to 13th 2008

Celebrating 10 Years

Agency

St John Ambulance (Western Australia) Inc

Contact Person: Sasha Anderson
Phone: 08 9334 1377
Fax: 08 9334 1368
Email: sasha.anderson@ambulance.net.au
Address: St John Ambulance Australia
(Western Australia) Inc.
PO Box 183 BELMONT WA 6984
Website: www.stjohnambulance.com.au



Activity Title

Recovery Position

Activity Outcomes

Learning Area	Outcome	Link to K-10 Syllabus
Health and Physical Education	Knowledge and Understanding Attitudes and Values Self Management Skills	Context: Safety Topic: Responding to emergency Situations Personal safety – making good choices Basic First Aid Resuscitation and emergency care

Phases of Development

Middle Childhood (4-7)

Resources Required

A blanket or a tarp to lie on. If carpeted floor then the blanket could be used to cover the casualty after being placed in the recovery position.

Procedure

1. Teacher demonstrates to students what to do in an event of an emergency and if required how to put someone in the recovery position.
Visit: http://www.stjohn.org.au/quick_ref.html.
Click on 'Handling an Emergency' and 'Recovery Position'
2. See Point 9 for possible casualty responses in this emergency scenario
3. Students to practice the recovery position in pairs, talked through by the teacher
4. Remind students to remove glasses and clear the pockets of the casualty so they don't roll onto anything.
5. Divide class into two groups (A and B).
6. Send Group A to wait outside the room where they can't see or hear the preparation of the scenario.
7. Tell the members of Group B that for the scenario they are unconscious. Give them a history that sets the scene eg. "You were riding your bicycle and fell off and you were knocked unconscious."
8. Space casualties (Group B) far enough apart on the floor so that no one is stepped on or otherwise injured.
9. Brief Group A about what they will see when they enter the room. Tell them to imagine a bicycle by the casualty and remind them of the following process (part of DRABCD):
 - Look for **danger** – No danger
 - Look for a **response** – No response, casualty unconscious
 - Tell someone to call for an Ambulance – 000 or 112 on the mobile
 - Check casualty's **airway** for obstructions – No obstructions
 - Tilt head back and look, listen and feel for **breathing** for 10 seconds. Casualty needs to breath at least twice, gasp is not suffice – casualty is breathing.
 - Place casualty in the recovery position.
 - Cover casualty with blanket (if one available) in case of shock.
10. Stop the scenario when complete and ask the group to contribute thoughts and observations.
11. Swap groups and repeat.

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?

Students could be given an exercise to show their parents and grand parents the recovery position. They could also draw a picture or take a photo of them showing their relatives the recovery position. This could then be put together in a collage/display to put up in a classroom/library along with some other basic first aid information.

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
- 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?
- How to access the first aid person?
- Who to contact in case of an emergency?

Other Resources Available

Further Reading

- 'Australian First Aid' Manual 4th Edition – St John Ambulance Australia
 - Available from the St John Shop, located in LaPage St Belmont (at the southern end of the St John car park)
Hours: 8:30am – 4:30pm Monday to Friday
Phone 9334 1479 Fax 9334 1208