

First Response



Scouts

Ann Eden



House Keeping

- Building layout
- Break out rooms
- Fire exit and assembly
- Course format
- Emergency contacts

Training Code

- Turn off mobile devices
- Remember other people may learn in different ways
- Use suitable language at all times
- Be mindful of your responses to the subject
- Do not use the training space to air frustrations
- Maintain appropriate level of confidentiality
- Be open to learning from peers
- Be sensitive to others' experiences
- Engage in the learning
- Challenge yourself

Free first aid apps

Life saving knowledge at your fingertips.

First aid advice app

Available for Android™ and iPhone® mobile device users, our first aid advice app provides easy to follow advice on a range of first aid scenarios, including CPR , diabetic emergencies, choking and allergic reactions.

Share

1st Response





Aim

This course aims to cover the knowledge and skills necessary to enable members of the Scouts and Girlguiding to provide basic first aid and ensure safe management of a first aid incident.

Objectives

By the end of the training participants will have had the opportunity to be:

- provided with simple first aid information which is relevant to their role.
- helped to build confidence and skills in coping with emergency and first aid situations.
- equipped with the knowledge needed to manage these emergencies.

Learning outcomes

Participants will have the skills and knowledge to enable them to keep Scouts / Girlguiding members as safe as possible while they are in our care.



**How confident are you
about being a first aider?**

1 2 3 4 5

Session 1 -Life support

- Safe Approach
- Primary Survey and ABC assessment
- Adult CPR
- Child CPR
- AED
- Choking
- Unresponsiveness
- Recovery position



Incident management

- Assess the situation
- Dangers
- Cross infection
- Comfort and reassure
- Arrange the right kind of care
- Record keeping



Incident management

- Discuss scenarios



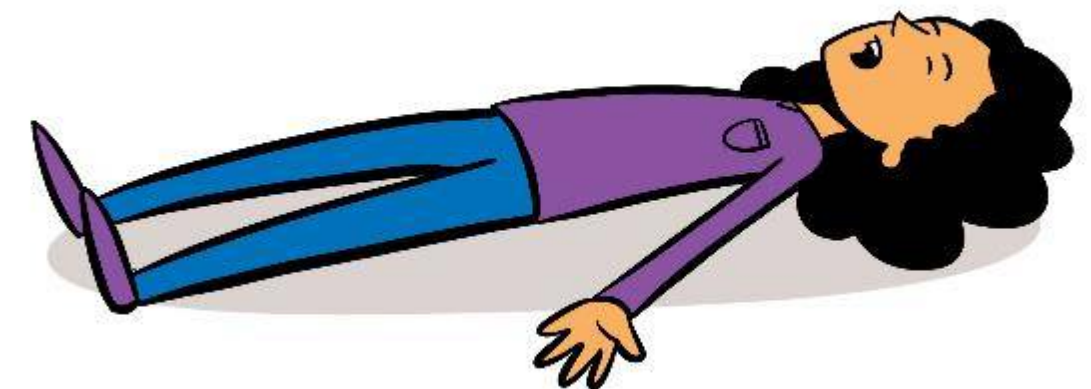
Check for a response

Alert

Voice

Pain

Unresponsive

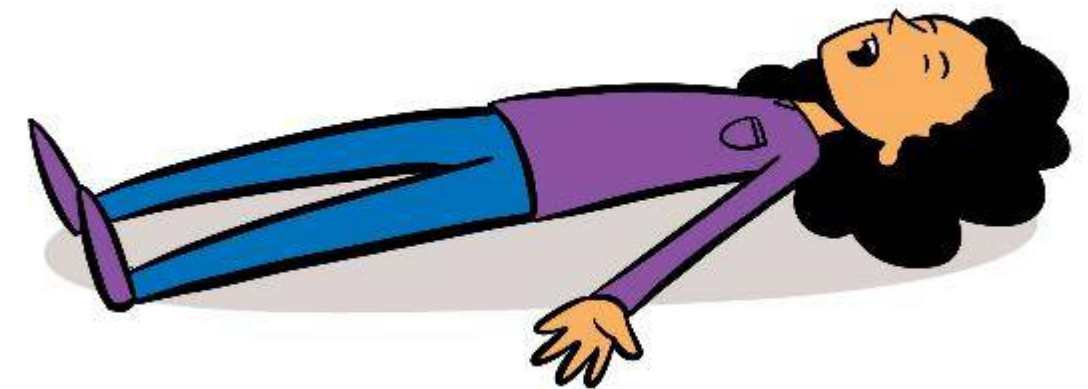


ABC assessment

A Is their airway open and clear?

B Are they breathing normally?
(yes)

C Are there any signs of severe bleeding?

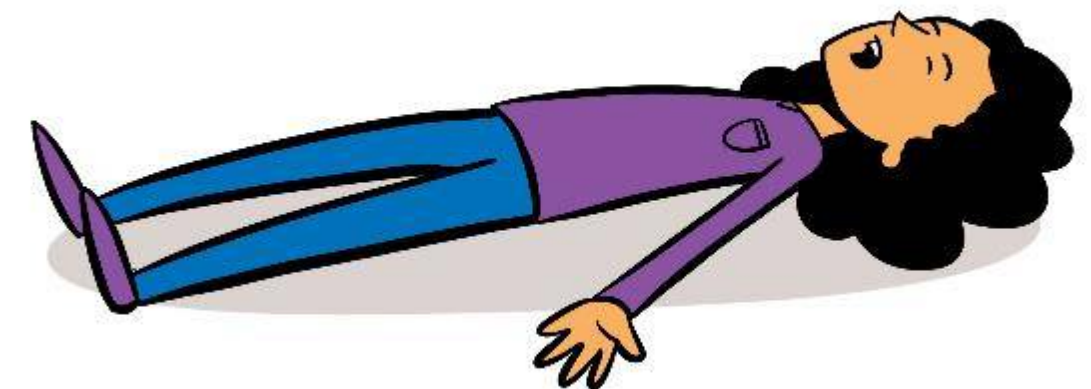


ABC assessment

A Is their airway open and clear?

B Are they breathing normally?
(no)

C Start Compressions



CPR - Adult

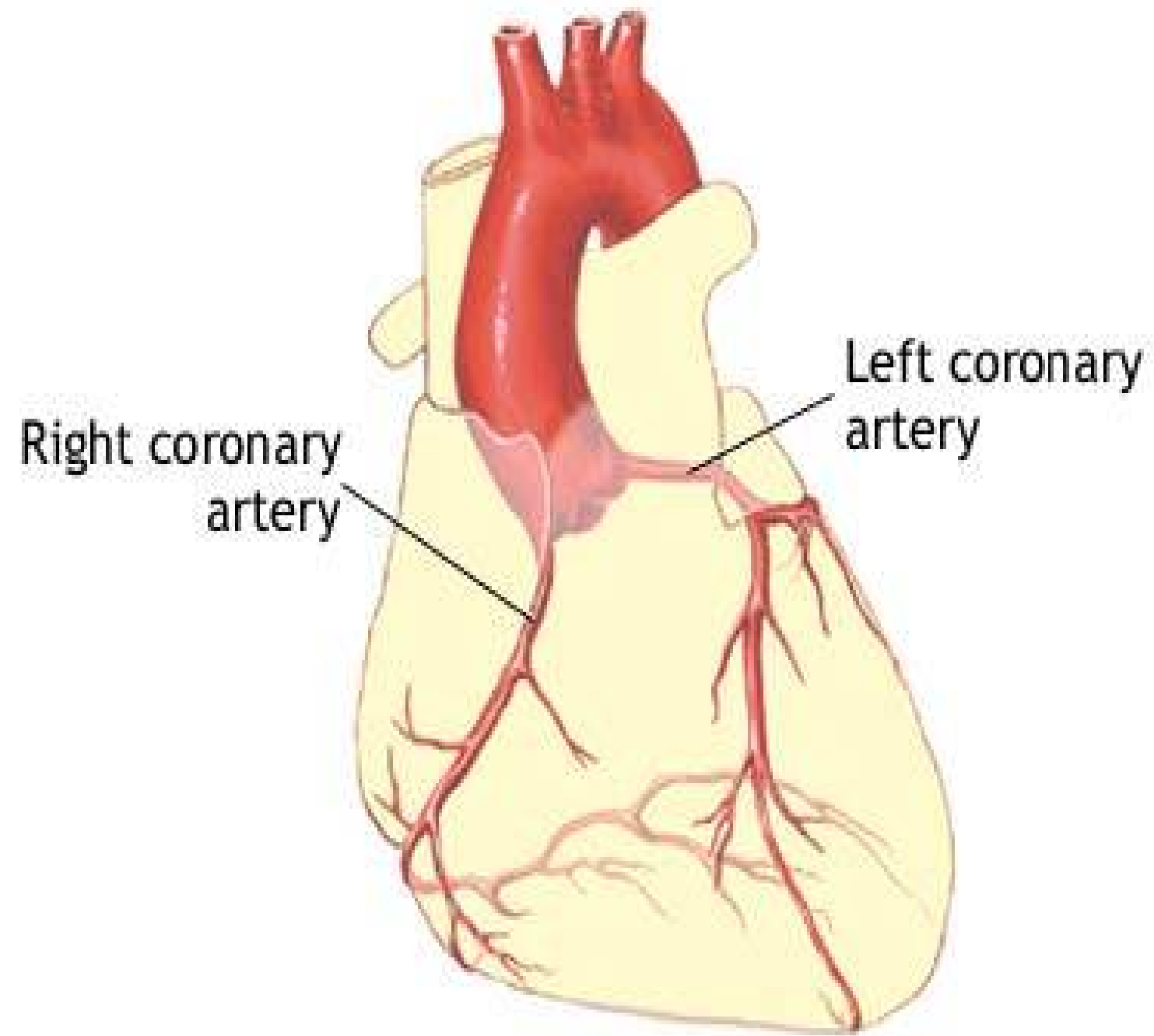


Chest compressions

- 30:2 Chest compressions to rescue breaths
- 1/3 depth of chest
- Rate of 100-120/min

Chest compression only CPR may be as effective as CPR with rescue breaths





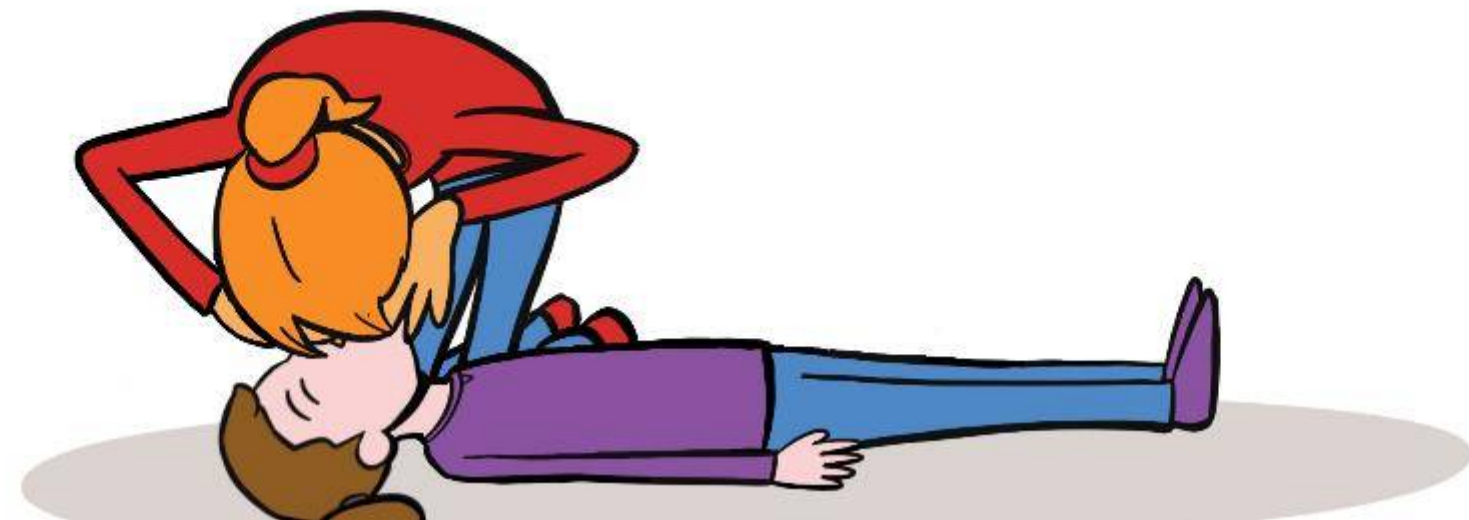


<https://www.youtube.com/watch?v=DUaxt8OIT3o>

Rescue breaths

Give if you are able or willing.

Use a face shield if available



CPR – Children (up to 18 or until they look like an adult)

- More likely to be a respiratory cause
- Give 5 rescue breaths first
- May need to use 1 hand only
- 30:2 compressions to rescue breaths

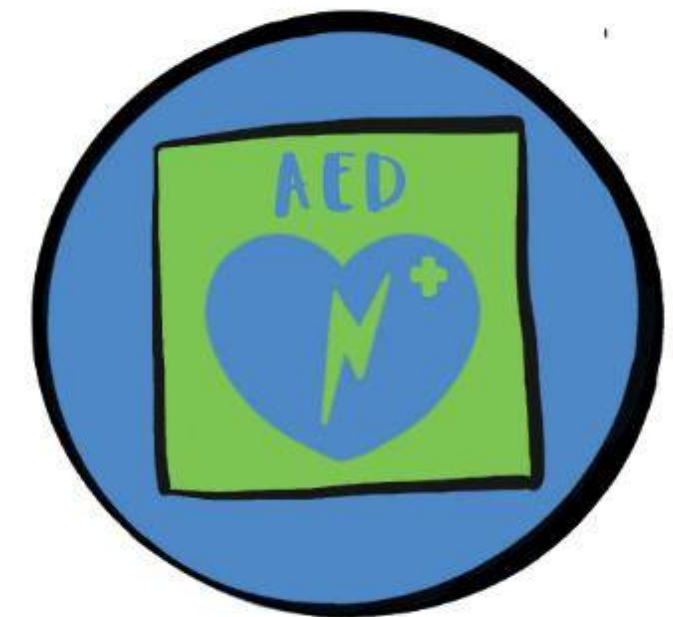


Use of AED



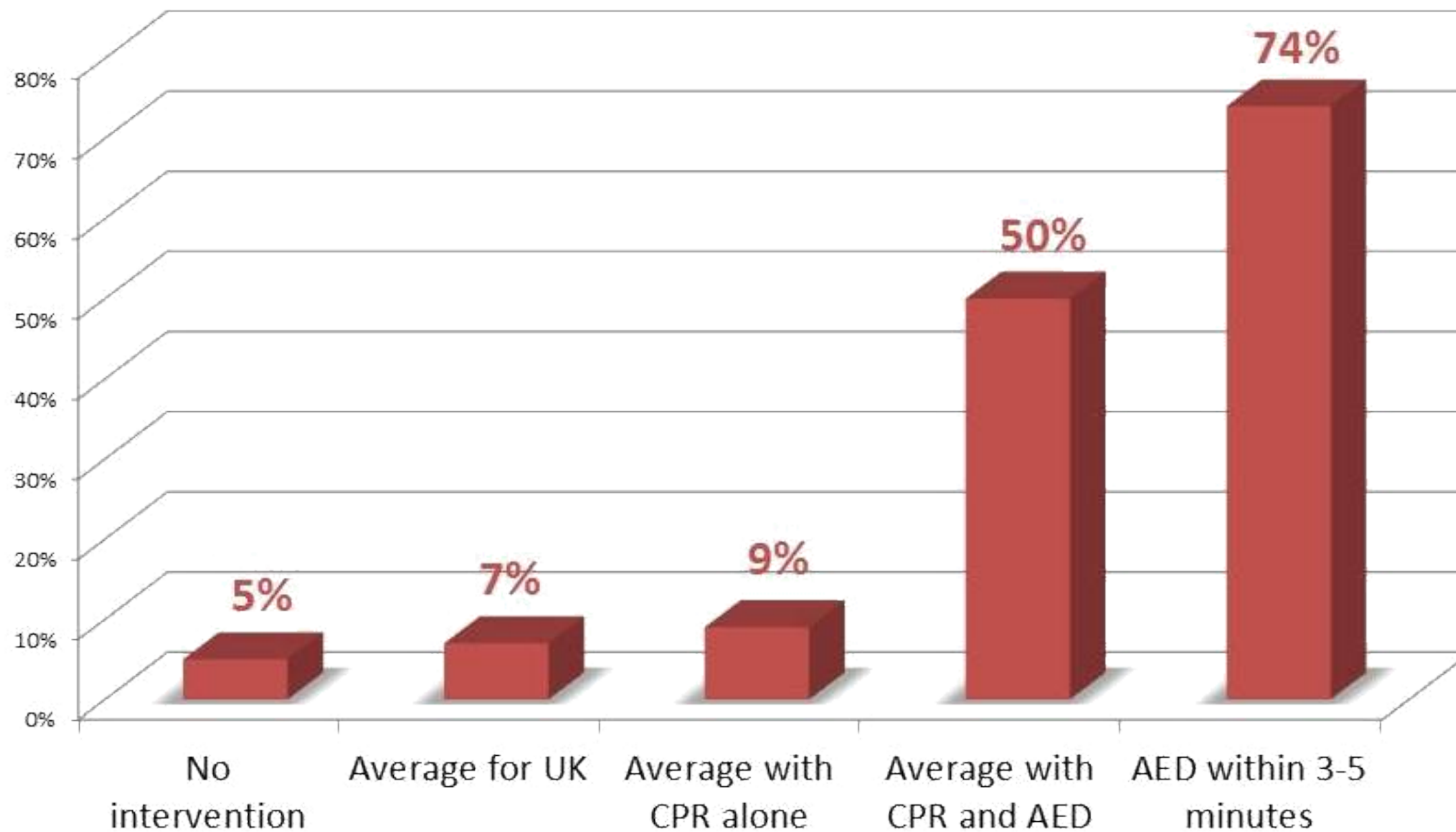
AED

- Really easy to use without training
- Listen to the verbal prompts
- Use at any point after confirming cardiac arrest
- These really do save lives!



The impact of public-access defibrillators on survival

Survival rates from sudden cardiac arrest





<https://www.youtube.com/watch?v=FSiDT5POZII>

Choking



Choking



Cough it Out

Slap it Out x 5

Squeeze It Out x5

What are the causes of unresponsiveness?



Causes of unresponsiveness

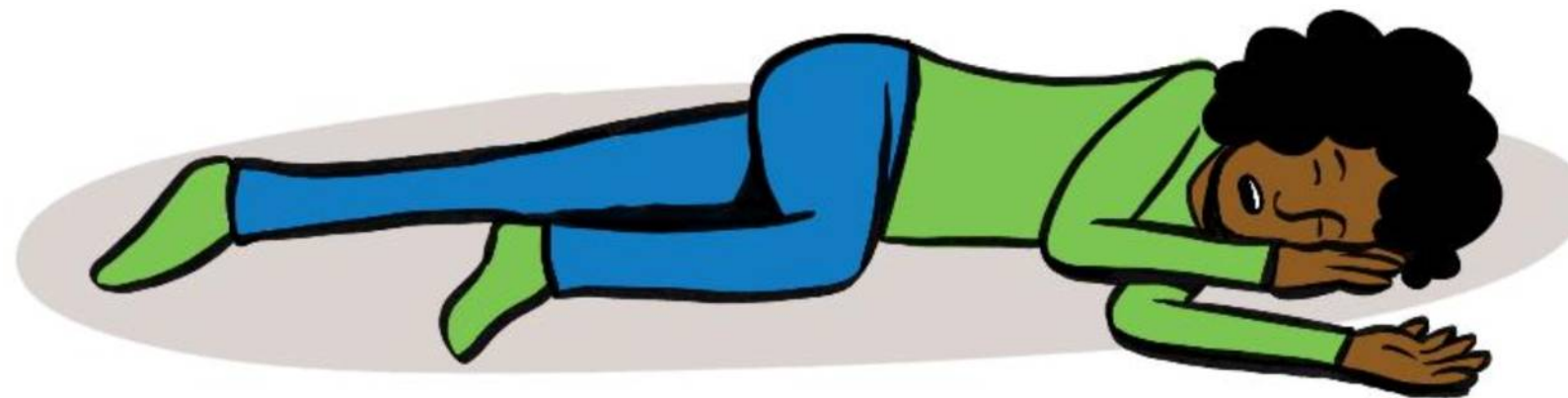
- Cardiac arrest
- Fainting
- Epilepsy
- Diabetes
- Meningitis
- Poisoning
- Anaphylaxis
- Sepsis
- Stroke
- Shock
- Head Injury
- Asphyxia
- Drowning
- Heat Imbalance

Recovery position

Safe airway position

Continue to assess

Keep warm



Q&A



Session 2 - Trauma and injury

- Shock
- Bleeding
- Fractures and sprains
- Head injury
- Dental incidents
- Burns



Objectives

Recognise the signs, and symptoms and understand what action needs to be taken when presented with:

- a) Shock
- b) Bleeding
- c) Fractures and sprains
- d) Head injuries
- e) Dental incidents
- f) Burns

Outcomes

Know where to seek advice and recognise what action needs to be taken when presented with one of the following traumas or injuries.

- a) Shock
- b) Bleeding *
- c) Fractures and sprains *
- d) Head injury
- e) Dental incidents
- f) Burns

Where to get help and how to get there



Think risk assessment

Scenario



Scenario in groups...

Scenario 1 (odd rooms)

- You are at your HQ running a games evening for your section.
- During one of the games, one of the young people falls to the floor and starts having a seizure.
- They remain unresponsive for a while and are incontinent.
- When the seizures finally stop they are very sleepy and confused.

What would you do:
(a) before the activities takes place?
(b) during the incident?
(c) afterwards

Scenario 2 (even rooms)

- You are leading a group of young people in the Macclesfield Forest on a hike.
- During the hike, one of the young people falls off a log and has a broken leg.
- The event takes place in October, the weather is mild and starting to rain. There is little mobile signal where you are

Please choose one person to feed back to the whole group

Before the activities take place

-
- Staffing & ratios
- Leader in charge
- Risk assessment (recorded), including briefing leaders
- First aid kit available
- InTouch
- Records of young people's medical conditions available on site

During the activity

-
- Make space around the person, one leader to take other members away from incident & reassure.
- Use PPE to clean up any incontinence
- Remove any dangers around the person & protect their head
- Note the time it starts & time if possible
- When seizure finishes, place in recovery position
- Call parents or next of kin
- Call 999 if:
 - **Repeated seizures**
 - **Seizure continues for longer than 5 minutes**
 - **Patient is unresponsive for longer than 10 minutes**
 - **First seizure**

After the incident

-
- Debrief with team and young people
- Inform Line manager
- Complete local accident report
- Inform Scout Information Centre / complete accident form online if medical help sought during or afterwards
- Review risk assessment

Before the activities take place

-
- Staffing & ratios
- Leader in charge
- Risk assessment (recorded), including briefing leaders
- Check Terrain Zero guidance / *POR* / Notify line manager
- First aid kit / equipment / kit check e.g. waterproofs
- InTouch
- Route plan left with responsible person

During the activity

-
- Suspected fracture – keep still, do not move, support with soft padding.
- Reassure, ask for pain score out of 10 (write down, with time)
- Rain/wet conditions – waterproofs, shelter needed?
- Ensure all group are keeping warm and dry if possible
- Use OS locate or What3Words to get location of incident & write it down
- Mobile signal – go uphill to get signal, try texting 999*, send two people to get help at place of habitation
- Inform parents when on way to hospital

* To use emergency SMS send 'register' to 999 to register your phone More information at www.emergencysms.net

After the incident

-
- Debrief with team and young people
- Inform Line manager
- Complete local accident report
- Inform Scout Information Centre / complete accident form online if medical help sought during or afterwards
- Review risk assessment



Shock

Shock is a life-threatening condition when the circulatory system fails and the vital organs fail to get an adequate supply of oxygen.

Causes of shock

- Severe blood loss is most common cause.
- Loss of other fluids – diarrhoea and vomiting, burns.
- Heart attack or heart failure
- Septic shock – overwhelming infection
- Anaphylaxis
- Spinal Cord Injury – neurogenic shock



Symptoms of shock

- Pale, cold, clammy skin
- Weak, dizzy, light headed
- Nausea or vomiting
- Thirsty
- Yawning
- Rapid, weak pulse
- Anxiety or irrational behaviour
- Rapid, shallow breathing
- Dropping levels of responsiveness
- Cardiac arrest



A Guide playing football gets tackled by the opponent illegally and causes a significant laceration to their knee. The child is bleeding profusely from the wound.



Minor bleeding treatment



Severe bleeding treatment

Apply direct pressure where possible

Remember PPE





Internal bleeding



A 12 year old shouts from the kitchen area at camp and tells you help is needed. Another Guide/Scout has been burned by hot oil on his/her hand and wrist from the frying pan. The patrol are all screaming and the gas ring is still on.



Burns - causes



Burns - treatment



Burns

Seek urgent medical attention if:

- The patient is a child under 5
- The burn is deep
- The burn affects face, hands, feet or genitals
- All burns that go all the way around a limb
- Burns that are greater than the size of the patient's hand.



Fractures

Signs and Symptoms:

- Pain or difficulty moving the area/limb
- Tenderness around the area
- Deformity, swelling and bruising around the fracture area (a lump or bump)
- Shock
- Bone breaking through the skin
- Awareness of grating of bones together
- Shortening, bending and twisting of limb



Fractures: treatment

- support the injured area
- expose the site of the injury
- treat any wounds
- immobilize
- reassure and monitor

Moving may make it worse.

Which type of fractures would we transport to hospital rather than call an ambulance?



Fractures

It is easy to miss a fracture if the signs are subtle.
Have a low threshold for seeking medical advice and
getting an Xray.



Sprains

Causes

Signs and symptoms

Treatment

Sprains

R.I.C.E



Sprains

Rest

Ice

Comfortable support

Elevation



Head injury

Head injuries are very common but can become very serious.

For this reason, the casualty's parent/carer or person they live with must be informed of even an apparently minor bump to the head, since symptoms can be delayed.



Head injury

Seek medical help if

- Persistent headache
- Increasing drowsiness
- Confusion, loss of balance, loss of memory
- Difficulty speaking
- Difficulty walking
- Vomiting episodes after the injury has occurred
- Double vision or strange movement of the eyes
- Seizures
- Patient is aged over 65
- Patient has had previous brain surgery
- Patient is on anti-coagulation/anti-clotting medication



You are at the swimming pool. An adult leader is exiting the pool using the ladder, then slips and hits her mouth on the railing. When you approach the casualty, you notice that she is missing a tooth, which she is holding in her hand, and bleeding from the mouth.



Dental

Emergency 1st aid

How to get help



Q&A



Session 3 - Major illness

- Asthma
- Anaphylaxis
- Heart attack
- Stroke
- Seizures
- Diabetes
- Sepsis/Meningitis



Objectives

1. To be able to understand the symptoms and signs for:
 - a) Asthma
 - b) Anaphylaxis
 - c) Heart Attack
 - d) Stroke
 - e) Seizures
 - f) Diabetes
 - g) Sepsis / Meningitis
2. To understand the planning and preparation needed for members with known conditions / illnesses.
3. To know where to look for help and advice from other sources related to these conditions / illnesses.

Outcomes

Understand the symptoms and signs that mean you need to seek professional medical advice and know how to provide immediate First Aid treatment in particular, helping a patient to use their own emergency medication for:

- a) Asthma
- b) Anaphylaxis *
- c) Heart attack
- d) Stroke
- e) Seizures
- f) Diabetes
- g) Sepsis/Meningitis

Asthma

What is asthma?

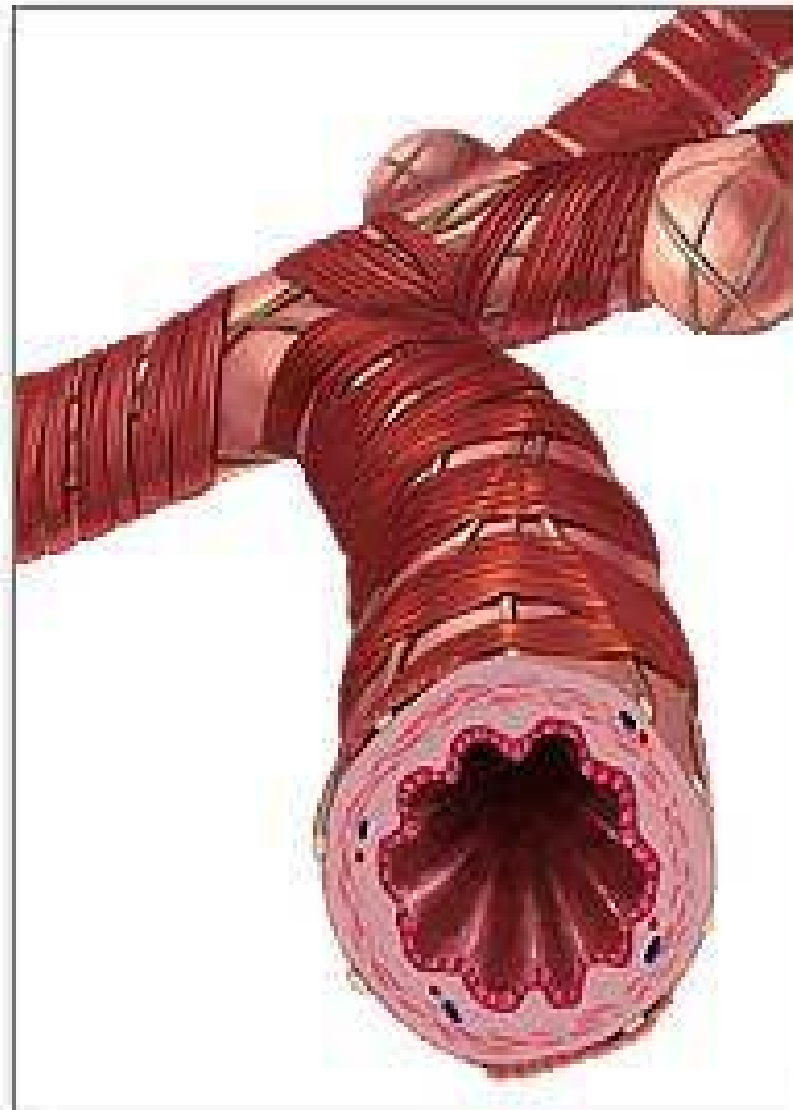
What are the signs and symptoms?

- Difficulty breathing - short sentences and whispering
- Wheezing
- Coughing
- Distress and anxiety
- Grey-blue tinge to lips, earlobes and nailbed
- Exhaustion in a severe attack



Asthma

Normal bronchiole



Asthmatic bronchiole





Asthma

If severe attack keep using inhaler 2 puffs every 2 minutes until they have had 10 puffs.

Reliever inhalers are very safe.

Asthma

Red flags

- Reliever inhaler not easing attack
- Patient is becoming exhausted
- Patient is too breathless to speak



Anaphylaxis

Anaphylaxis is a severe allergic reaction affecting the whole body.

It may develop within seconds or minutes of coming into contact with a trigger and can be fatal.



Anaphylaxis Signs and Symptoms

- Red itchy rash
- Red itchy eyes
- Swelling of hands feet or face
- Abdominal pain, vomiting and diarrhoea
- Wheezing and difficulty breathing
- Swelling of tongue or throat
- Agitation and feeling of terror
- Shock



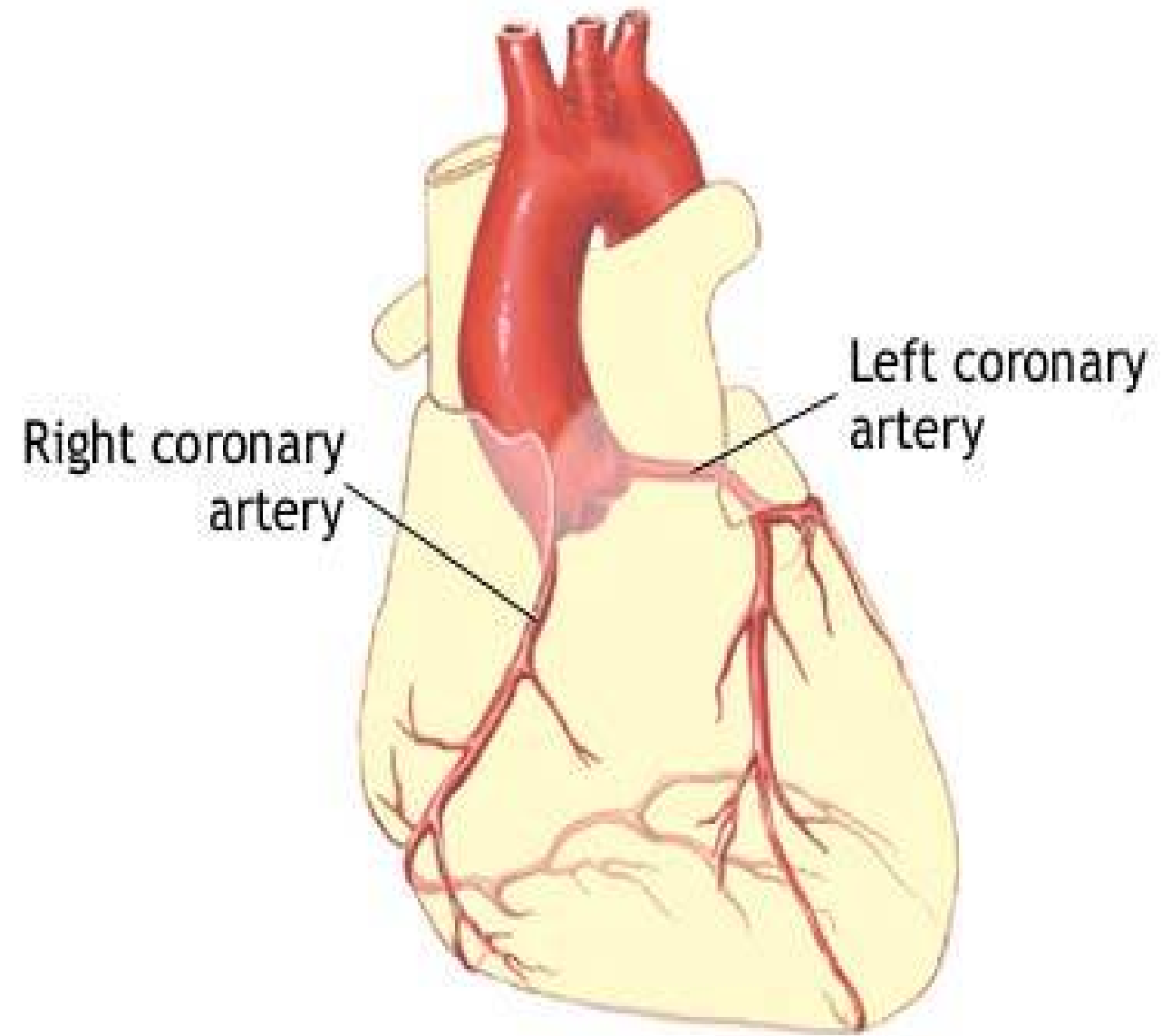
Anaphylaxis

Treatment

- Patients need emergency treatment with adrenaline
- Call for help – 999/112
- If the patient has an adrenaline auto-injector – help them to use it
- Anaphylaxis is a severe allergic reaction affecting the whole body. It may develop within seconds or minutes of coming into contact with a trigger and can be fatal.

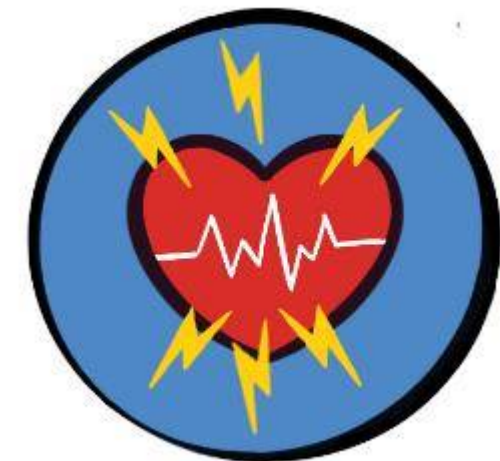


Heart Attack



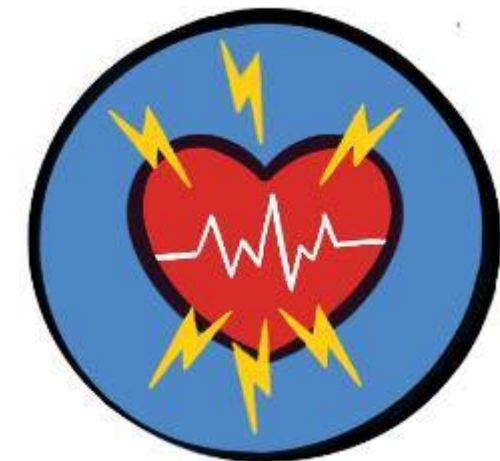
Heart Attack Signs and Symptoms

- Chest pain or pressure in the centre of the chest, jaw or arm
- Feeling lightheaded or dizzy
- Sweating
- Shortness of breath
- Feeling sick (nausea) or being sick (vomiting)
- An overwhelming sense of anxiety (similar to having a panic attack)
- coughing or wheezing



Heart Attack Treatment

- Dial 999
- ‘W’ Position
- Assist the casualty to chew 300mg aspirin tablet
- Assist the casualty with angina medication
- Get an AED if available
- Stay calm
- Monitor and be prepared to start CPR



Scenario A

A member who has asthma participates in a game of basketball but forgets to take their medication before the game. During the game the player becomes very distressed, has difficulty breathing and begins to cough and wheeze.

Scenario B

A 12 year old scout is brought to the camp First Aid tent after being stung by a bee. She had been well until she was stung on the arm when trekking in the hills. She initially complained of pain and swelling. Fifteen minutes later she began to complain of shortness of breath and her patrol noticed her to be wheezing. She also said that she felt very weak and dizzy.



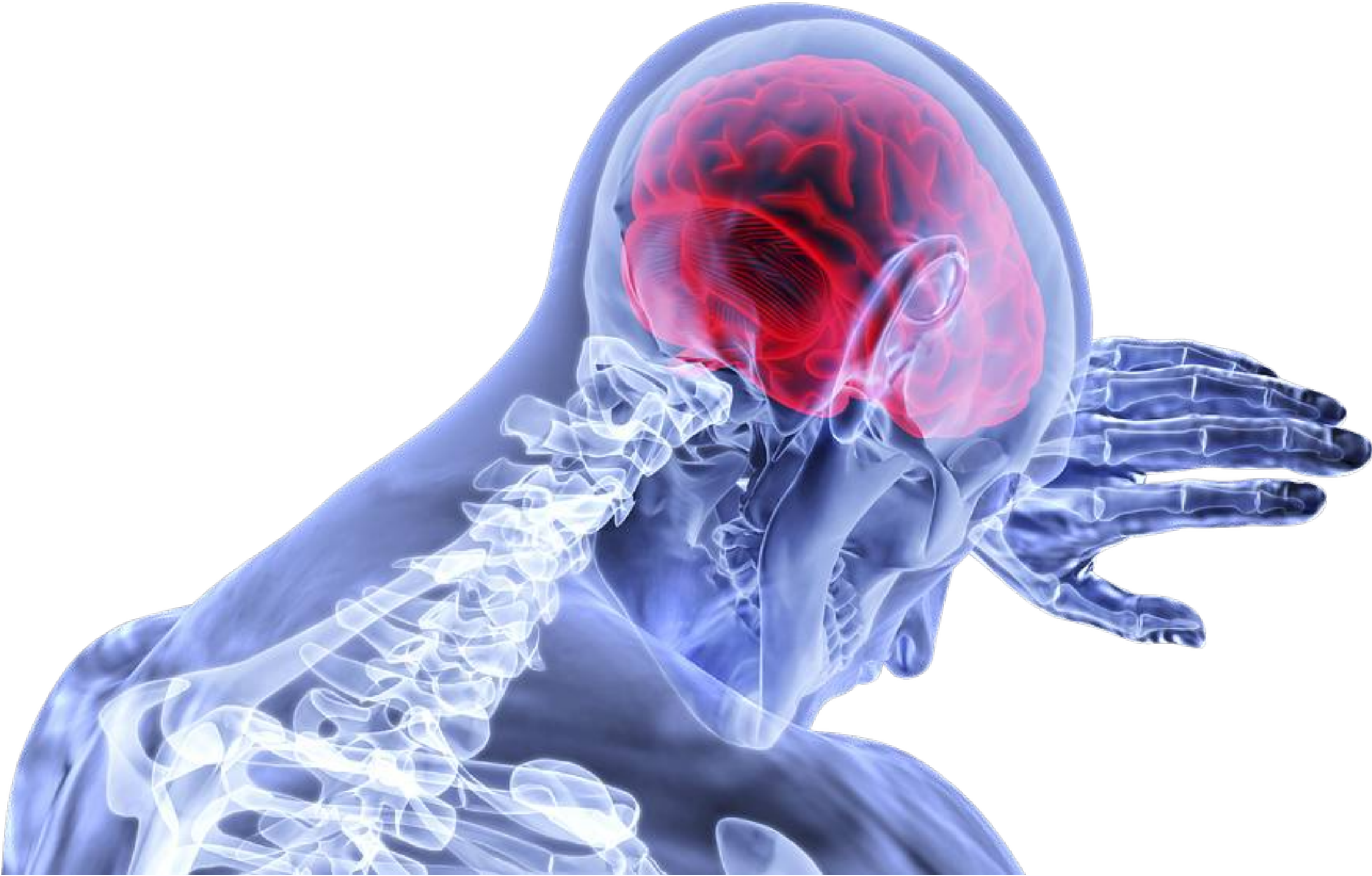
Scenario C

At the district fun day an eight year old runs to tell you that there is an adult in the bathroom complaining of chest pain and going blue.

What do you do?

All the other leaders are at the camp fire circle at the other side of the site.





Stroke

Act **FAST** and call 999.



Facial
weakness



Arm
weakness



Speech
problems



Time
to call 999

Seizures

- Seizures can affect people in different ways, depending on which part of the brain is involved.
- Possible symptoms include:
 - Uncontrollable jerking and shaking, called a "fit"
 - Losing awareness and staring blankly into space
 - Becoming stiff
 - Strange sensations, such as a "rising" feeling in the tummy, unusual smells or tastes, and a tingling feeling in your arms or legs
 - Collapsing
 - Sometimes you might pass out and not remember what happened.



Seizures - Treatment

epilepsy
society

Remember the 3 'C's and
make sure you're #seizuresavvy



Calm

1. Stay calm and take control of the situation



Cushion

2. Cushion their head with something soft



Call

3. Call an ambulance if it lasts longer than five minutes

seizuresavvy.org.uk



Diabetes

A chronic (long-term) condition in which the body fails to produce sufficient insulin, which is a hormone that controls blood sugar level. This can result in higher than normal blood sugar (hyperglycaemia) or lower than normal blood sugar (hypoglycaemia or hypo)



Diabetes - Treatment

Hypoglycaemia is the emergency. If a patient with diabetes is unwell giving them sugar will rapidly restore blood sugar, and is unlikely to do harm in hyperglycaemia. The need is to act urgently rather than trying to decide.



scenario

A cub you know well approaches you looking vague and a bit confused. She is behaving uncharacteristically oddly and is slow to respond to your questioning. She admits to missing a meal during the day's hike. You notice she looks pale, cold and sweaty and is breathing rapidly.





The 65 year old caretaker of your unit meeting place calls to test the fire alarm during your session. A young person who is returning from the store cupboard, runs over stating the caretaker has collapsed in the corridor.

When you approach the caretaker, all the young people are following behind you to see what is going on.

When you approach and talk to the caretaker he is unable to make sounds or talk to you. You notice his face is drooping to one side. His left arm and leg appear flaccid and he appears unable to move this side of his body.

Scenario

Place: All-day hike in open country

Time: Late morning in June

Numbers: 10 explorers 2 adults

Incident: The day has turned out wet and windy. You stop for a rest before lunch but then decide to have a ball game to help dry off. One person is more interested in their book and when you go to speak to them they look pale and listless and are shivering

Hypothermia – signs and symptoms

- Shivering
- Slurred speech
- Very cold pale skin
- Clumsiness, irritability
- Slow breathing
- Weak pulse
- Lethargic
- Loss of consciousness

Hypothermia – treatment

- Rewarm casualty
- Shelter casualty
- Give warm drink
- Check for frostbite
- Get casualty to hospital

Meningitis

Signs and symptoms

- raised body temperature
- vomiting
- feeling very unwell
- severe headache
- photophobia (dislike of light)
- stiff or rigid neck
- a lowering level of consciousness if untreated
- rash of small purple spots or bruises (when pressed against a glass they do not disappear).

Sepsis



Sepsis - what is it?

It is a life threatening reaction to an infection

The immune system over reacts

Can result in multiple organ failure

You cannot catch it from someone else

Sepsis

- S** – slurred speech or confusion
- E** – extreme shivering or muscle pain
- P** – passing no urine (in a day)
- S** – severe breathlessness
- I** – it feels like you're going to die
- S** – skin mottled or discoloured

Just ask – could it be Sepsis?

Sepsis

A child may have sepsis if they:

1. are breathing very fast?
2. have a "fit" or convulsion
3. look mottled, bluish or pale
4. have a rash that does not fade when you press it
5. are very lethargic or difficult to wake
6. feel abnormally cold to touch

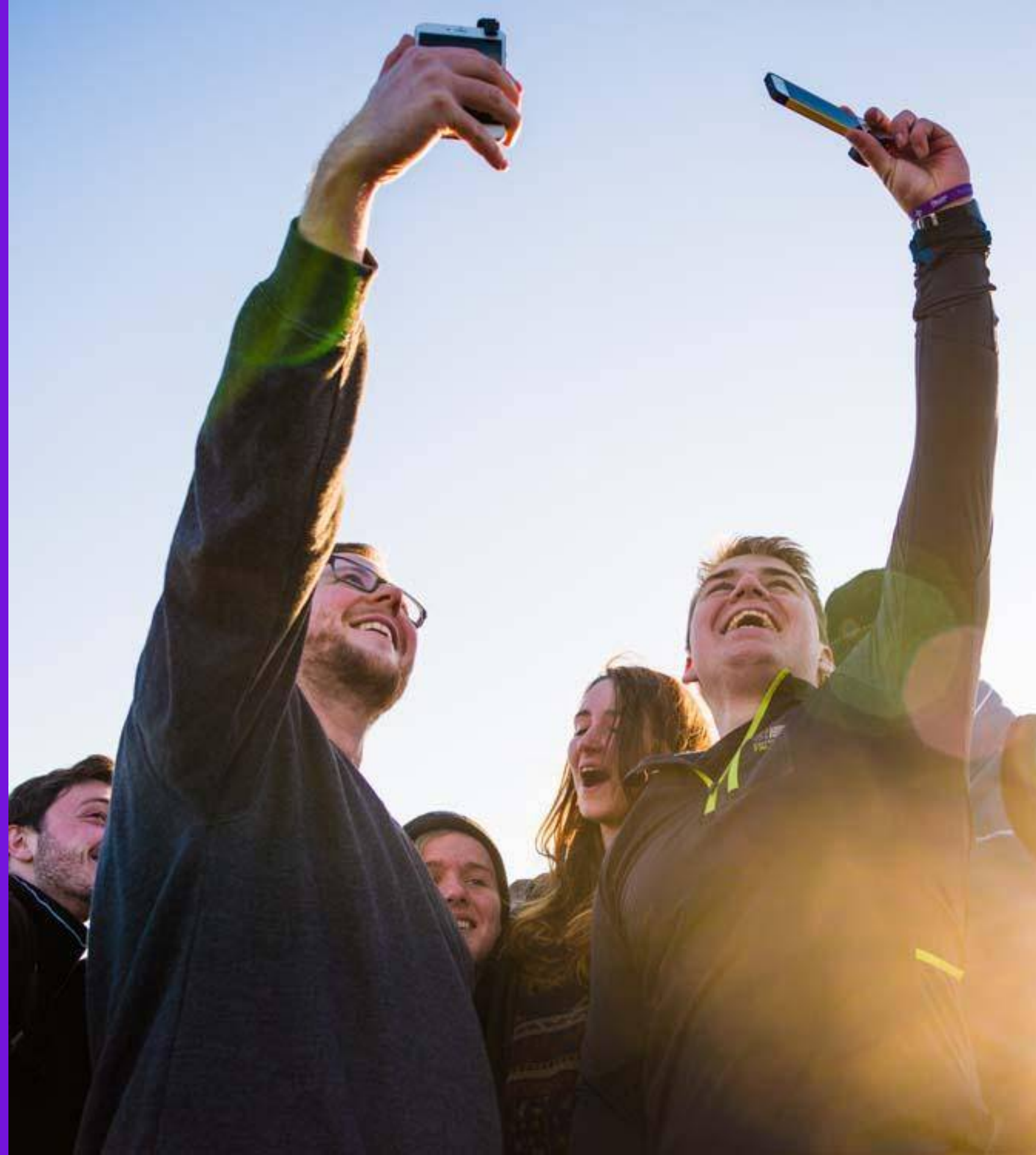
Call 999 or go straight to A +E

Just Ask –could this be sepsis?

Q&A



Quiz – refresher from the e-learning



Question 1

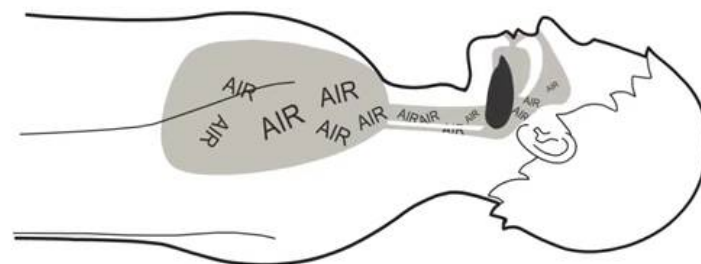
What does DR ABC stand for?

- A) Danger Response Airway Breathing Circulation/CPR
- B) Danger Response Airway Breathing Call 999
- C) Don't Remember Always Be Cool

Question 1

What does DR ABC stand for?

- A) Danger Response Airway Breathing Circulation/CPR**
- B) Danger Response Airway Breathing Call 999
- C) Don't Remember Always Be Cool



Question 2

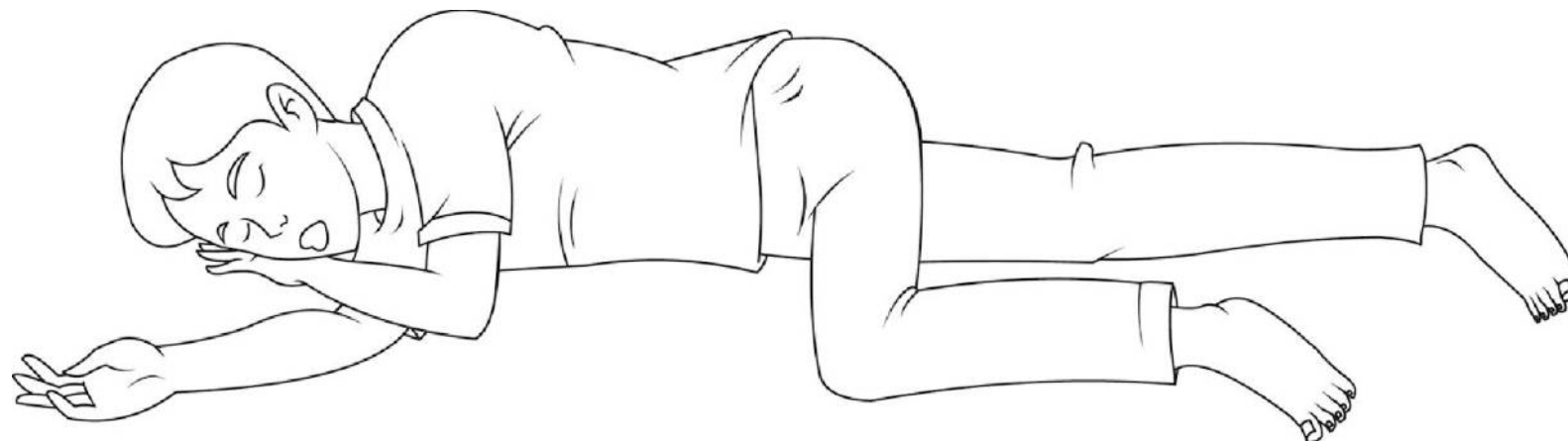
What is the treatment for an unresponsive, breathing casualty?

- A) Call 999, place them on their side in the recovery position
- B) Place them in the recovery position, call 999
- C) Call 999 then start CPR

Question 2

What is the treatment for an unresponsive, breathing casualty?

- A) Call 999, place them on their side in the recovery position
- B) Place them in the recovery position, call 999**
- C) Call 999 then start CPR



Question 3

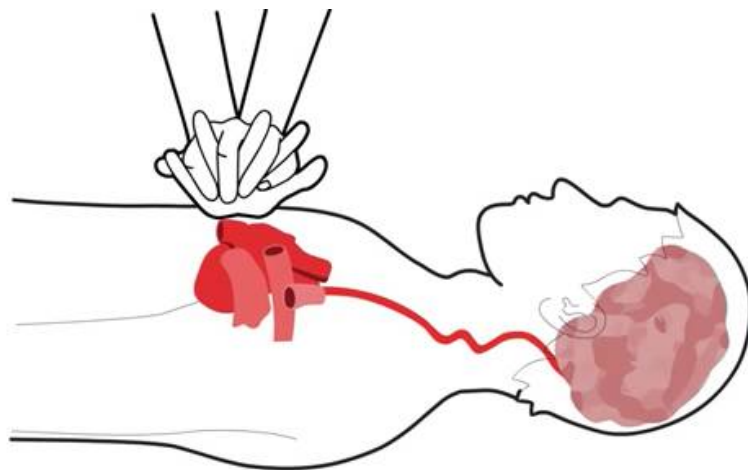
What is the treatment for an unresponsive, non-breathing adult casualty?

- A) Call 999, place them on their side in the recovery position
- B) Start CPR for a few minutes then call 999
- C) Call 999 then start CPR (30 compressions : 2 breaths)

Question 3

What is the treatment for an unresponsive, non-breathing adult casualty?

- A) Call 999, place them on their side in the recovery position
- B) Start CPR for a few minutes then call 999
- C) Call 999 then start CPR (30 compressions : 2 breaths)**



What would you do if they were making gasping / wheezing breathing sounds?

Question 4

Which of the following would be different for a child aged 1 to 18?

- A) Give 5 initial rescue breaths
- B) Use one hand to do the compressions
- C) Both A & B

Question 4

Which of the following would be different for a child aged 1 to puberty?

- A) Give 5 initial rescue breaths
- B) Use one hand to do the compressions
- C) Both A & B**

- *Press down 1/3 of the depth of the chest at a rate of 100-120 times per minute*

Question 5

What would you do first if you suspect someone is choking?

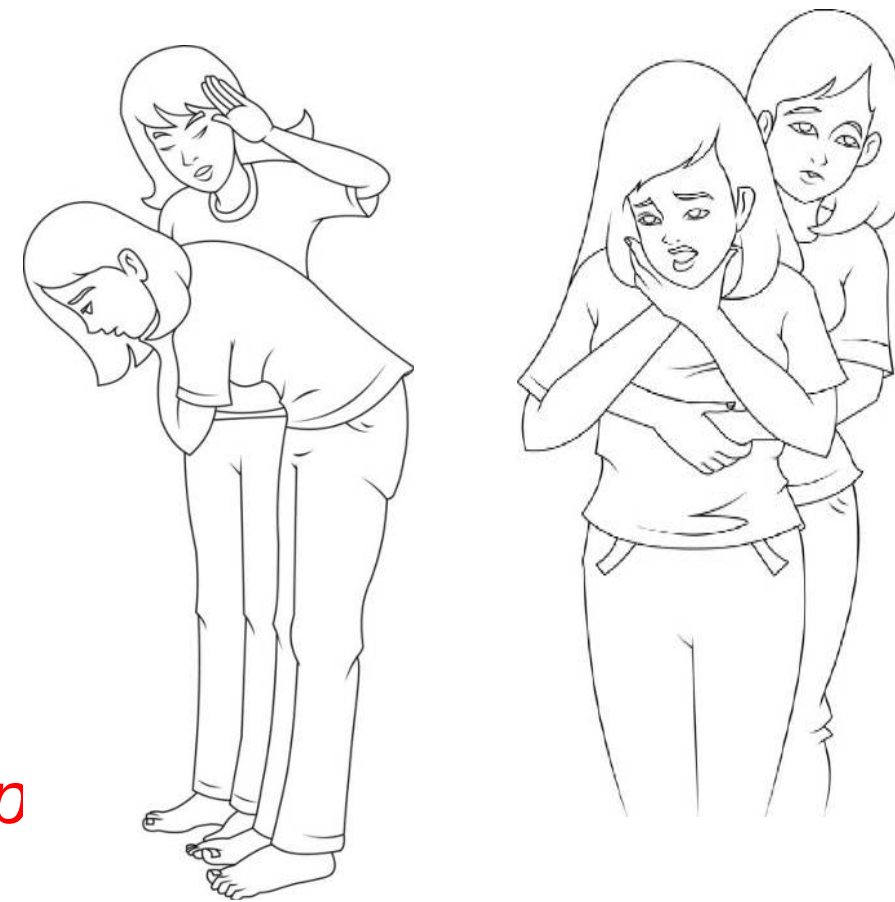
- A) Give up to 5 back blows
- B) Give up to 5 abdominal thrusts
- C) Ask them if they can cough

Question 5

What would you do first if you suspect someone is choking?

- A) Give up to 5 back blows
- B) Give up to 5 abdominal thrusts
- C) Ask them if they can cough**

- *Cough it out – can they cough?*
- *Slap it out – up to 5 back blows*
- *Squeeze it out – up to 5 abdominal thrusts – rep*
- *What if they go unconscious?*



Question 6

How would you treat a cut to a finger?

- A) Clean it, dry it & put a dressing on it
- B) Give them a tissue to act as a pad and hold it in place with an elastic band
- C) Apply a plaster

Question 6

How would you treat a cut to a finger?

- A) Clean it, dry it & put a dressing on it**
- B) Give them a tissue to act as a pad and hold it in place with an elastic band
- C) Apply a plaster

Question 7

What is the primary treatment for severe external bleeding to the arm?

- A) Elevate the limb
- B) Apply pressure to the wound
- C) Apply a tourniquet (tie something tight at the top of the arm)

Question 7

What is the primary treatment for severe external bleeding to the arm?

- A) Elevate the limb
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Question 8

How would you treat a nosebleed?

- A) Pinch the nose for 10 mins, tilt the head forward
- B) Pinch the nose for 10 mins, tilt the head backwards
- C) Put a cold compress at the top of the nose and at the back of the neck to help the blood clot

Question 8

How would you treat a nosebleed?

A) Pinch the nose for 10 mins, tilt the head forward

B) Pinch the nose for 10 mins, tilt the head backwards

C) Put a cold compress at the top of the nose and at the back of the neck to help the blood clot

- *If still bleeding after 30 minutes, seek medical attention*

Question 9

How would you deal with a wound that has glass in it?

- A) Apply pressure over the top of the glass with a bandage
- B) Pull the glass out, apply pressure to the wound
- C) Leave the glass in and apply pressure around it

Question 9

How would you deal with a wound that has glass in it?

- A) Apply pressure over the top of the glass with a bandage
- B) Pull the glass out, apply pressure to the wound
- C) Leave the glass in and apply pressure around it**

Question 10

How do you ensure your own safety when dealing with blood and bodily fluid? **Put your answers in the chat**

- ***Wear gloves***
- ***Improvise***
- ***Wash hands***
- ***Get casualty to apply pressure***

Question 11

Name at least five things that would help you recognise a fracture?

Pain, loss of movement, angulation, swelling, tender, irregular, crepitus (grinding bones).

What are the main principles of treatment for a suspected fracture?

Keep still, support & seek medical attention (call 999 if needed)

Question 12

How do you treat a burn or scald?

- A) Cool it for at least 20 mins under cold running water, cover with cling film or a clean plastic bag
- B) Apply an ice pack or cold compress to the burn
- C) Apply a clean dressing and then run under cold water for at least 10 mins

Question 12

How do you treat a burn or scald?

- A) Cool it for at least 20 mins under cold running water, cover with cling film or a clean plastic bag**
- B) Apply an ice pack or cold compress to the burn
- C) Apply a clean dressing and then run under cold water for at least 10 mins

Question 13

When should you seek medical attention for a burn?

Put your answers in the chat

Seek urgent medical help if:

- ***The patient is a child under 5***
- ***The burn is deep or larger than the casualty's palm***
- ***The burn affects the face, hands, feet, genitals or goes around a limb***
- ***The burn is caused by chemical or electricity; or they are in Shock***

Question 14

What is shock?

Put your answers in the chat

Shock is a life-threatening condition when the circulatory system is unable to meet the demand of the vital organs fail to get an adequate supply of oxygen.

How would you treat it?

Treat cause, lay down, raise legs, keep warm, call 999.

Question 15

When would you send someone with a head injury to hospital?

Put your answers in the chat

- **Call 999 if** they are less responsive; have weakness or numbness in any part of their body; have clear fluid or blood coming from their ears or nose; suffer a seizure; or have had a serious blow to the head.
- **Seek medical attention if** they are over 65; have had a previous brain injury; take blood thinners; have taken alcohol or drugs or there is no-one to look after them.

Question 16

What do these mnemonics stand for and when would you use them? **Put your answers in the chat.**

RICE

Rest, Ice, Comfortable Support, Elevation – Sprains and strains

CPR

Cardio Pulmonary Resuscitation – Unresponsive, not breathing

FAST

Face, Arms, Speech, Time - Stroke

AVPU

Alert, Voice, Pain, Unresponsive – Levels of Responsiveness

Question 17

How should you record first aid incidents?

- A) In an accident book with tear out pages
- B) On an accident form
- C) In a notepad that stays in the first aid kit

Question 17

How should you record first aid incidents?

- A) In an accident book with tear out pages**
- B) On an accident form (stored securely)**
- C) In a notepad that stays in the first aid kit

Question 18

When do you need to notify the Scout Information Centre or Girlguiding HQ of an accident?

- A) Only if a Leader organised professional medical treatment.
- B) If anyone organises professional medical treatment
- C) If it is reportable under RIDDOR (Reporting of injuries, Diseases and Dangerous Occurrences regulations)

Question 18

When do you need to notify the Scout Information Centre or Girlguiding HQ of an accident?

- A) Only if a Leader organised professional medical treatment.
- B) If anyone organises professional medical treatment**
- C) If it is reportable under RIDDOR (Reporting of injuries, Diseases and Dangerous Occurrences regulations)** – this would probably have needed medical treatment as above.

Question 19

What is the non-emergency number for medical advice?

- A) 101
- B) 111
- C) 105

Question 19

What is the non-emergency number for medical advice?

- A) 101 – Police
- B) 111 – NHS advice line**
- C) 105 – Power cut or emergency

Question 20

If someone in your section may have an anaphylactic reaction to nuts, what things would you have in place?

Put your answers in the chat

- ***Young Person information form, treatment plan, briefing from parents, medication.***
- ***Risk assessments – ensure 'nut free' environment***

**How confident are you
about being a first aider?**

1 2 3 4 5



Summary