



23 - BASIC LIFE SUPPORT

Outcome	• To have an understanding of basic life support
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Preparation:	Flipchart paper Photocopy handouts
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Can be used with	√ Young people
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Total Time	40 minutes
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METHOD	TIME	TOOLS
1. Ask if any participants have been on a first aid course or know the recovery position. If someone does ask them if they would be happy to demonstrate to the rest of the group. (A volunteer to be the unconscious person will need to be found).	10 mins	
2. Split the flipchart in 2 by drawing a line.		Prepared flipchart
3. Word storm the 'do's' for an emergency first aid situation and write them on the flipchart.	15 mins	
4. Word storm the 'don'ts' for an emergency first aid situation and write them on the flipchart. Trainers present 'Do's and Don'ts' slide to compare and contrast with participants word storm Give out handouts Trainer note: If none of the participants know the recovery position ask for a volunteer and demonstrate the final position using the handout to help you. Explain that this isn't a qualified first aid course. The important thing is the final position.	15 mins	Do's and Don'ts PowerPoint slide Handouts



Emergency first aid general 'Do's and Don'ts'

Do's	Don'ts
Stay with the young person	Don't leave the young person alone
Ask someone else to get help (unless you are on your own, but return to the young person as soon as possible)	Don't assume that drugs are the cause of the collapse
Keep talking (even if you don't get a response) Explain what's happening.	Don't try to move the person to another place (unless staying where they are would pose a greater risk)
Keep any evidence that may be helpful to the emergency services. (e.g. drugs/vomit)	Don't try to give the young person anything to drink, eat or smoke. If thirsty moisten their lips.
Check that breathing is not inhibited; loosen any tight clothing that may be causing difficulties.	Don't try to make them sick
If the young person is breathing put them in the recovery position	Don't attempt to do mouth to mouth or chest compressions on a person who is breathing.



Basic life support hand out

Injuries that are most likely to require attention are those concerning various levels of consciousness. For example jumpy, drowsy and unconscious.

Jumpy

If you are faced with a young person who is uptight and jumpy:

- Move them to a quiet, dimly lit room.
- Keep talking quietly and calmly to them reassuring them.
- Encourage the young person to breathe normally.
- Stay with them until they are calm.

Drowsy

If you are faced with a young person who is drowsy, but awake:

- Ensure they are in a safe place.
- Remember to talk quietly and reassuringly so as not to overwhelm or alarm the young person.
- Find out some details about them (their name and age).
- Try to establish what they may have taken.
- Try to find out what's happened.
- Calmly ask someone to call an ambulance, so as not to frighten the young person.
- Don't let them go asleep.

Unconscious

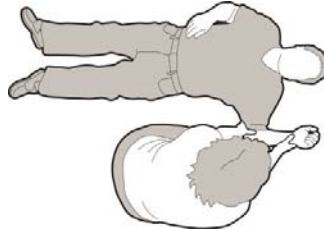
If you find a young person who is unconscious,

- Use the **A,B,C** checklist
- **A** is for airway. Check the mouth and throat and remove any objects that may be obstructing breathing.
- **B** is for breathing. Look at the chest rising and falling. Listen for breath. Feel for breath against your cheek.
- **C** is for circulation. Check the young person's pulse to see if there's a beat. The pulse can be found in the wrist, neck or groin. (The neck is an ideal location to check for a pulse, but be aware that if the young person begins to regain consciousness this may be frightening for them, so keep talking all the time).

If the person is breathing place them in the recovery position to prevent them choking on their own vomit.

The recovery position handout

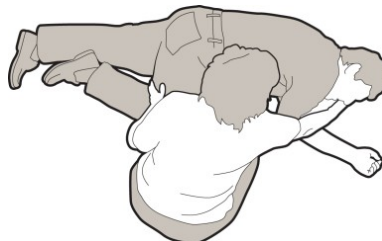
1. Place arm nearest you at a right angle.



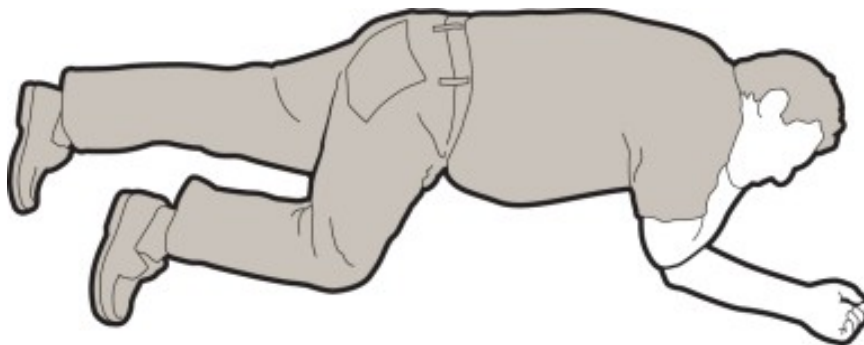
2. Move the other arm, as shown, with the back of their hand against their cheek. Then get hold of the knee furthest from you and pull up until foot is flat on the floor.



3. Pull the knee towards you, keeping the person's hand pressed against their cheek, and position the leg at a right angle.



4. Make sure that the airway remains open by tilting the head back and lifting the chin. Check breathing.



5. Monitor the casualty's condition until help arrives.