



CASE STUDY 1

Links to choking session

Alice was sucking a boiled sweet when she tripped on a tree root. She clutches her throat and can't talk.

What should a first aider do?

- ▶ You should ask them: "Are you choking?"
- ▶ You should encourage them to cough if they can
- ▶ You should remove anything obvious from their mouth
- ▶ If still choking, you should give them up to five back blows. You need to stop if the obstruction clears
- ▶ If the obstruction doesn't clear, you need to give up to five abdominal thrusts
- ▶ If they are still choking you should dial 999 or 112 for emergency help. Repeat back blows and abdominal thrusts until the obstruction clears. If they become unresponsive prepare to start CPR
- ▶ If you used abdominal thrusts, they must seek medical advice.



CASE STUDY 2

Links to bites and stings session

Joanne was walking her dog in the park. Her friend suddenly cried out in pain and pointed to her arm, a bee had dropped to the floor and a sting was sticking out of the skin of her forearm.

What should a first aider do?

- ▶ You should reassure the casualty and help them to sit or lie down
- ▶ Then remove the sting. If a sting is visible, brush or scrape it sideways with the edge of a card or your fingernail
- ▶ Raise the affected area and apply a cold compress to minimise swelling.
- ▶ Keep the cold compress in place for at least 10 minutes
- ▶ Monitor vital signs and watch for signs of an allergic reaction e.g., wheezing and/or itchy, swollen, red skin
- ▶ Call 999 or 112 if casualty shows signs of severe allergic reaction
- ▶ Remember: Your casualty could become unresponsive. Be prepared to perform CPR.



CASE STUDY 3

Links to bleeding session

On a camping trip Thea and friends finally get the tent up. A friend is running around without shoes on, they step on a tent peg that was left in the ground and it gets stuck in their foot.

What should a first aider do?

- ▶ Everyone should be careful not to cut themselves on any other tent pegs and put their boots back on
- ▶ You should not try to remove the tent peg but apply pressure on both sides of the peg. Drape a piece of gauze over the wound and object
- ▶ If you can, build up padding on either side of the peg until it is high enough for you to be able to bandage over the top of the object without pressing it further into the wound
- ▶ Call 999/112 for emergency help. Monitor circulation in the foot. Treat for shock if necessary.



CASE STUDY 4

Links to bleeding session

It is a hot day, and a member of a youth group starts having a nosebleed while they are out walking.

What should a first aider do?

- ▶ Sit the casualty down
- ▶ Tilt the head forward and ask them to breathe through their mouth. Get the casualty to pinch the soft part of their nose to stop the bleeding
- ▶ After 10 minutes check to see if still bleeding
- ▶ If it is still bleeding, pinch the nose for another 10 minutes. If bleeding has not stopped after a maximum of 30 minutes call 999/112 for emergency help
- ▶ Clean around the nose with water.



CASE STUDY 5

Links to head injuries session

Walking down a gravelly path Nathan is on his way to meet the group, the person in front of him trips over and bangs their head on a large stone.

What should a first aider do?

- ▶ Sit the casualty down and apply a cold compress to the injury
- ▶ Assess their response using the AVPU scale and note if they are confused.
- ▶ Treat any scalp wounds
- ▶ Monitor and record vital signs and watch especially for changes in their level of response
- ▶ Advise them to seek medical advice if their condition worsens and if they are over 65, have had brain surgery, are taking blood-thinning medication or the injury was a result of alcohol or drug intoxication. Call 999/112 for emergency help
- ▶ When the casualty has recovered, ensure a responsible person can look after them and seek medical help if their condition worsens.



CASE STUDY 6

Links to basic life support session

On a school camping trip, Elliot walks into his tent and finds one of his classmates lying on their inflatable sleeping mat not moving. He can't wake them up.

What should the first aider do?

- Shout for help
- Do a primary survey (DRABC)
- If they are breathing normally, put them in the recovery position. Call 999/112 for emergency help
- If they are not breathing commence CPR
- If they are not breathing, ask a bystander to call 999 or 112 for emergency help and bring an AED if available
- If alone make the call yourself, then commence CPR.



CASE STUDY 7

Links to asthma session

A member of a group fears cows so decides to run to the other end of the cow field to stay away from them. When someone catches up with them, they are wheezing and having difficulty breathing.

What should the first aider do?

- You should reassure them and tell them to try to keep calm
- You should ask them whether they have their reliever inhaler and tell them to use it
- You should help them to sit in a position that feels comfortable, removing their backpack
- If they do not improve within a few minutes, they may take one or two more puffs from the inhaler every two minutes until they have had ten puffs
- If the inhaler has no effect, you should dial 999 or 112 for emergency help
- If in a remote area, consider asking for Mountain Rescue and erecting an emergency shelter.



CASE STUDY 8

Links to basic life support session

Ezra is walking along a riverbank and sees an upturned canoe floating in the water. He then notices someone being pulled out of the water. They are lying on the bank, soaking wet and unresponsive.

What should the first aider do?

- Take care to avoid putting yourself in danger when working near water
- Carry out a primary survey, if they are breathing normally put them in the recovery position, remove wet clothing and keep them warm
- If not breathing normally shout for help and call 999/112 for emergency help
- Open the airway and begin CPR starting with 5 initial rescue breaths.



CASE STUDY 9

Links to bleeding session

Two friends are walking ahead of the group, mucking about. One of them slips and slides down the side of the path. It is not steep, so it is safe for someone to make their way to them. The friend is crying and in pain, there is a lot of blood on their leg.

What should the first aider do?

- If there is nothing in the wound, you should apply direct pressure to the wound to try and stop the bleeding
- Ask a bystander to call 999 or 112 for emergency help
- Secure the dressing with a bandage that is firm enough to maintain pressure but not so tight it will stop the circulation
- Call 999/112 for emergency help if this has not already been done
- Treat for shock by lying the casualty down on something to protect them from the cold and raise their legs.