KS4 Scenario cards 1-10

## 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.
* 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 still bleeding pinch 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 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?

CASE STUDY 4

**Links to bleeding session**

At a festival 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 3

**Links to bone, muscle & joint session**

While on a youth expedition Hannah is putting her heavy rucksack back on, she drops it and screams in pain. Jamal notices their arm is hanging at an odd angle and the joint looks funny.

What should a first aider do?

* Advise the casualty to keep still and support the injured arm in the position they find most comfortable
* Immobilise the injured arm with a sling
* Arrange to take or send the casualty to hospital or dial 999 or 112 for emergency help.
* You should be careful not to slip over as well
* Help the casualty to sit down. You should support the ankle with coats and jumpers to keep it in a comfortable position
* You should put up a tent or emergency shelter to protect the group from the rain
* You should dial 999 or 112 for emergency help or Mountain Rescue depending on the location.

CASE STUDY 2

**Links to bone, muscle & joint session**

It is raining and Maya and Lilly are outdoors and walking down a slippery hillside.

Lilly friend slips and rolls on their ankle. The ankle is swollen and appears painful.

What should a first aider do?

* Call 999 or 112 for emergency help and say that you suspect a heart attack
* If there is no phone signal, ideally two people should go for help and stay together if you are in a remote area. It is important that you do not leave the casualty by their self
* Suggest that the casualty sits down in a supported half-sitting position which is often the most comfortable position
* If you or the casualty have an aspirin 300mg then the he should chew it slowly
* If they have any angina medication advise they take some
* Monitor and reassure the casualty until emergency help arrives
* Consider putting up an emergency shelter if it is cold and wet.

CASE STUDY 6

**Links to chest pain session**

Jasmine is on a hike when she comes across another group of walkers.

They have stopped because one of the men is suffering from pains in his chest and looks pale and sweaty. They don’t know what to do.

What should a first aider do?

CASE STUDY 7

**Links to basic life support session**

## At a music festival Elliot walks into his tent and finds one of his group lying on their inflatable sleeping mat not moving. He can't wake them up.

What should a 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.
* 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 too tight to 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.

CASE STUDY 9

**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 a first aider do?

CASE STUDY 10

**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 a first aider do?

* Advise the casualty to keep still and support the injured arm in the position they find most comfortable
* You should try and support it using coats and jumpers or a sling if you have one
* 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 bone, muscle and joint injury session**

Amara is walking the dog with her friend when they come across a stile. Her friend trips over the top and lands heavily on her arm. She screams out in pain.

What should a first aider do?

* Shout for help
* Do a primary survey (DR ABC)?
* If they are breathing normally put them in the recovery position. Call 999/112 for emergency help
* If they are not breathing normally commence CPR
* If they are not breathing normally 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.