

Year 8 Unit 3 – Keeping Safe

Lesson 1 Road Safety

Task 1: What dangers are associated with roads? Make a list of as many as you can think of...

Task 2: Create a map of your journey to school (this can be real or made up)

On the map identify, the safe ways, dangers, how to get to school.

E.g. Zebra crossing, traffic lights, lollipop people, not crossing between parked cars, where to ride your bike?

Task 3: Try this game : https://www.think.gov.uk/games/take_the_lead/take_the_lead.html

Lesson 2: First Aid

Task 1: You are going to look at 4 images of life-threatening events. Imagine you are a witness to the events.

1. What would you would do for each?

A:

B:

C:

D:



A



B



C



D

Task 2: The Recovery Position:

Many of the scenarios in task 1 could possibly require the recovery position. Let's look at how to do this. Write down the steps that need to be taken.

[\(3\) The Recovery Position - First Aid Training - St John Ambulance - YouTube](#)

Steps:

Task 3: List the events that could happen to make someone unresponsive. Use the images to help you.



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Task 4: Watch the clip and start to complete the table

<https://youtu.be/ICMhuRM0ciU>

Who is unresponsive?	How does the first aider make sure she is safe? Why is this important?
What steps does the first aider need to do?	D R S A B C

Lesson 3: How to use a defibrillator.

Task 1: Watch the clips and complete the table

Emergency	What would you do?
Fainting Fainting Causes & Treatment - First Aid Training - St John Ambulance - YouTube	

Severe Bleeding How to Treat Severe Bleeding - First Aid Training - St John Ambulance - YouTube	
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Task 2: CPR on an infant

List the steps that are taken to perform CPR on an infant.

[How to Give Baby CPR - First Aid Training - St John Ambulance - YouTube](#)

List the steps taken to perform CPR on a child.

[How to do Child CPR - First Aid Training - St John Ambulance - YouTube](#)

Task 3: How to use a defibrillator

List the steps taken to use a defibrillator.

[How to Use a Defibrillator \(AED\) - First Aid Training - St John Ambulance - YouTube](#)

Task 3 How to use an AED.

Read the information and answer the questions.

AED stands for automated external defibrillator. This is an emergency life-saving device used in the event of sudden cardiac arrest. The device analyses the heart rhythm and administers an electrical charge to the heart if needed to establish a regular heartbeat.

- Turn the AED on
- Follow all the AED voice prompts
- Ensure no one is touching the casualty when it is analysing
- Ensure no one is touching the casualty before pushing the shock button

Connecting the AED pads

- Ensure that the chest is dry
- Consider shaving the chest if it is hairy

- Use the pre-prepared pads that come with the AED, they are ready to use.
- Stick the pads onto the chest as indicated on the pads.
- Ensure each pad is securely attached

Public Access Defibrillators

You can find AEDs in many public places, including: offices, schools, shopping centres, supermarkets and airports. It is important that public places have AEDs because in the event of a cardiac arrest these would need to be accessed quickly; the sooner an AED is attached the sooner it can restart the heart.

2. **What is an AED?**
3. **When is an AED used?**
4. **What must you ensure the chest is when applying the pads?**
5. **Where can you find an AED?**
6. **In your own words, write 3 full bullet points summarising key information.**

Extension Task: Create a poster that could be put up in public areas to inform people about defibrillator use OR how to administer CPR both need information about the primary checks.

This should include:

A title

How to carry out the primary checks

Where to find a defibrillator-(if you choose defibrillator)

How to use it/ administer it

Explain why it is important

Colour to attract peoples attention