

Project Save-a-Life Syllabus



Module 1 Safety first and getting help

Making sure that it is safe to help
How to call an ambulance

Module 2 Helping an unconscious person

What is unconsciousness?
How to help someone who might be unconscious; checking the ABCs
Calling for help
How to put someone into the recovery position
Student practical: ABC, The recovery position

Module 3 How to save a life!

What is resuscitation and when do we need to do it?
How to resuscitate someone who is not breathing
Why you shouldn't be frightened to help
Student practical: Resuscitation

Module 4 Slings and bandages

What to do when someone is leaking!
How to put on an elevation sling and why it would be needed
Student practical: making an elevation sling
How to put on an arm sling and why it would be needed
Student practical: making an arm sling
How to put on a head bandage and why it would be needed
Student practical: making a head bandage

Module 5 Fifteen minutes of fun!

The session ends with a fun competition in which all of the children pair up and compete to make the fastest elevation sling. To date the record is **6 seconds**... Can any of YOUR children do it faster than that?

Badges are handed out at the end of the session when the competition ends.

Award: Special Project-Save-A-Life badge

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