



1st Response Information Sheets

For use with the full 1st Response course.



Aims and objectives

The aim of 1st Response is to ensure Girlguiding/Scouting members are kept as safe as possible while they are in our care.

Objectives:

- To provide members (over the age of 14) with simple first aid information which is relevant to their role.
- To help members build confidence and skills in coping with emergency and first aid situations.
- To equip members with the knowledge needed to manage these emergencies.



Session 1

By the end of the session participants will have had the opportunity to

1. Find key policies and guidelines relating to 1st response on the website
2. Explore contents of the emergency file
3. Discuss their role in relation to duty of care for other people's children including giving medication
4. Explain how to manage and report an incident
5. List basic first aid equipment
6. State the principles of first aid and the role of a first aider
7. Explain what to do when you arrive at an incident

Key topics

- Policy
- Duty of Care
- Giving medication

What to do in the case of an accident or incident

- Stay calm.
- Keep everyone safe
- Call the emergency services if appropriate.

For Girlguiding: in case of a serious emergency you must then do the following.

- Tell your home contact what has happened.
- Call your Commissioner
- Call Girlguiding's insurance service on 0845 260 1053 or out-of-office hours 07508 032997.
- Call Girlguiding's emergency PR line on 020 7592 1733 or the out-of-office hours PR line on 07990 553 940.
- Do not admit liability.
- Get witnesses' names and addresses.

For Scouting: in the event of an accident:

- Alert the appropriate emergency services, if required.
- Alert your District Commissioner or their designate
- Alert the emergency contact of those individuals involved.
- If you are abroad, alert any agencies that you are required to by the insurers.
- In the event of a serious accident, incident or loss of life: Contact the Duty Media Officer on 020 8433 7100

Accident books

- A record should be kept of all accidents that occur.
- Follow the Data Protection Act.
- Accident records including Notification of Accident or Incident forms, Accident record books, health forms from events and witness statements need to be kept securely together in line with the data protection policy for 7 years unless the member is under 18 in which case they need to be held until the member's 21st birthday.

First aid kit

- Contents of a first aid kit

Link it to your risk assessment

Principles of first aid

Preserve life:

- Airway
- Breathing

Prevent deterioration:

- Stop bleeding
- Treat shock
- Treat other injuries

Promote recovery:

- Reassure
- Relieve pain
- Handle with care
- Protect from harm

Arrival at an incident

1. Assess the situation quickly and calmly
2. Protect all from danger
3. Prevent infection
4. Comfort and reassure:
5. Arrange for the right kind of help
6. Inform parents/ carers

Infection control

If possible, wear disposable gloves or improvise with polythene bags or consider whether the casualty can help by, for example, applying pressure to bleeding.

Remember:

Wash hands

Clean Surfaces
(bleach with water
1:10)

Cover minor
wounds

Resuscitation
face shield

Dispose of
soiled items
appropriately

Record keeping

Complete reports to include:

- Details of the incident
- Location
- Date and time of incident
- Who was involved
- What was done
- Who was notified

Session 2 Emergency life support

By the end of the session participants will have the opportunity to

1. Complete a primary survey using DR ABC
2. Manage a casualty who is choking
3. Place the casualty in the recovery position
4. Perform basic life support
5. Manage external bleeding



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Girlguiding

Primary survey

Danger

Response

Airway

Breathing

Circulation

- **Make the area safe**
- **Reassure casualty & bystanders**
- **Use bystanders**
- **Prioritise and respond to need**
- **Call for help**



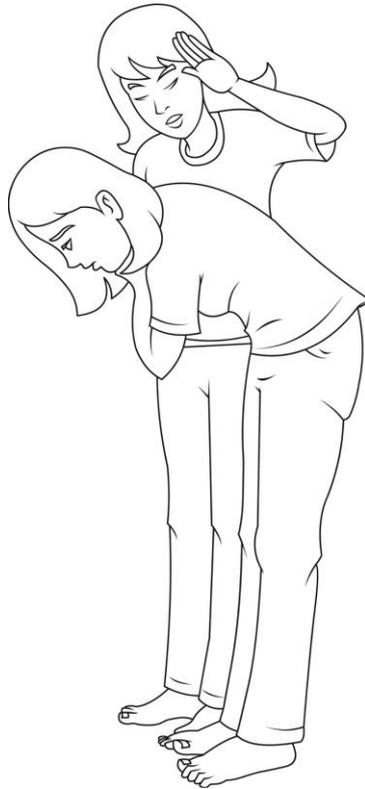
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Choking

Ask the casualty to cough

Back blows

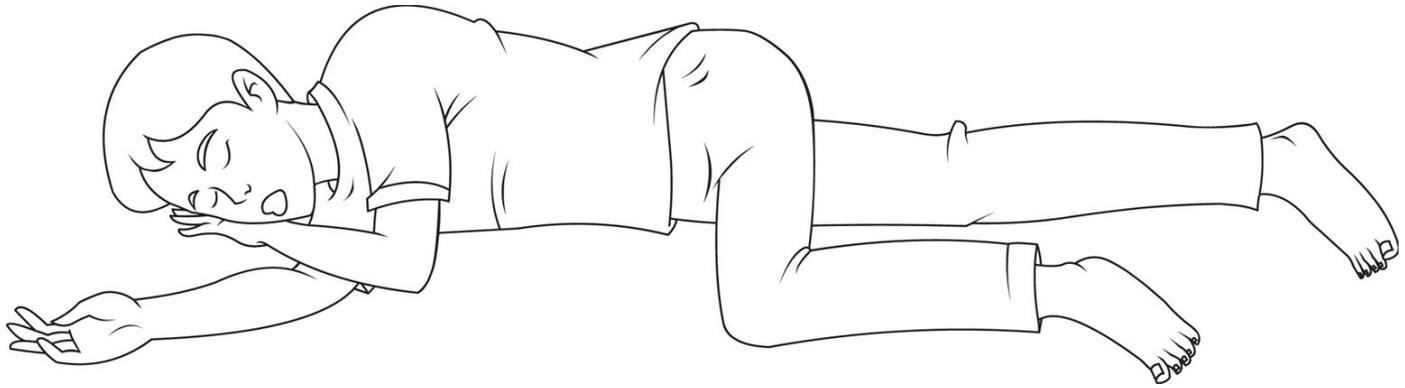


UP
to 5
attempts

Abdominal thrusts

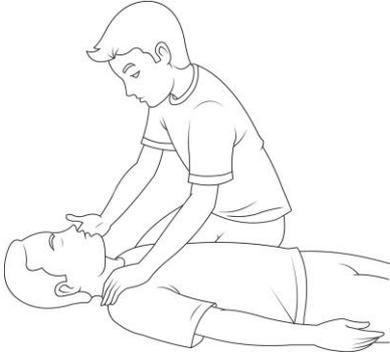


Recovery position



CPR flow chart for adults

DANGER

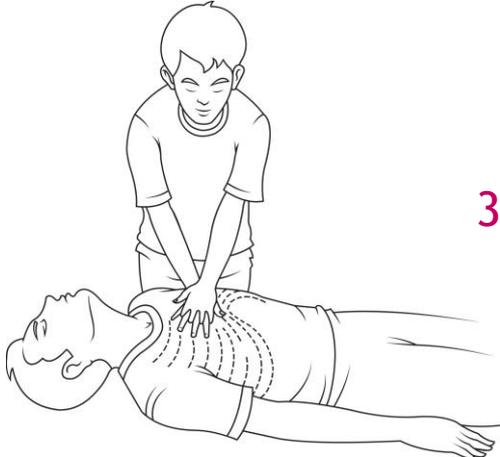


Danger

Response

Airway

Breathing



30:2



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CPR flow chart for children aged 1- puberty

DANGER



Danger

Response



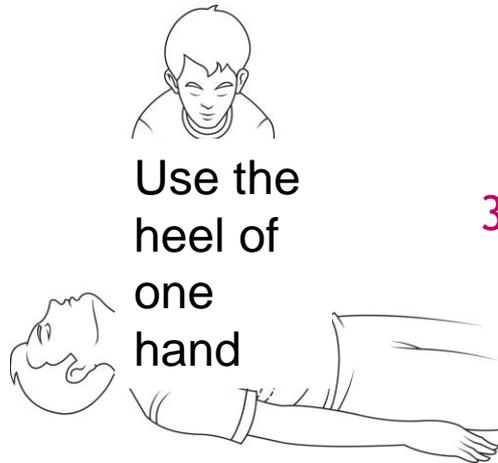
Airway

Give 5 rescue breaths



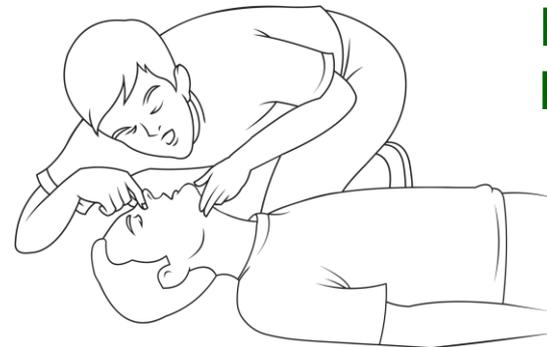
Breathing

Chest compressions



Use the heel of one hand

30:2



Rescue Breaths

Bleeding

- Direct pressure
- Dress the wound

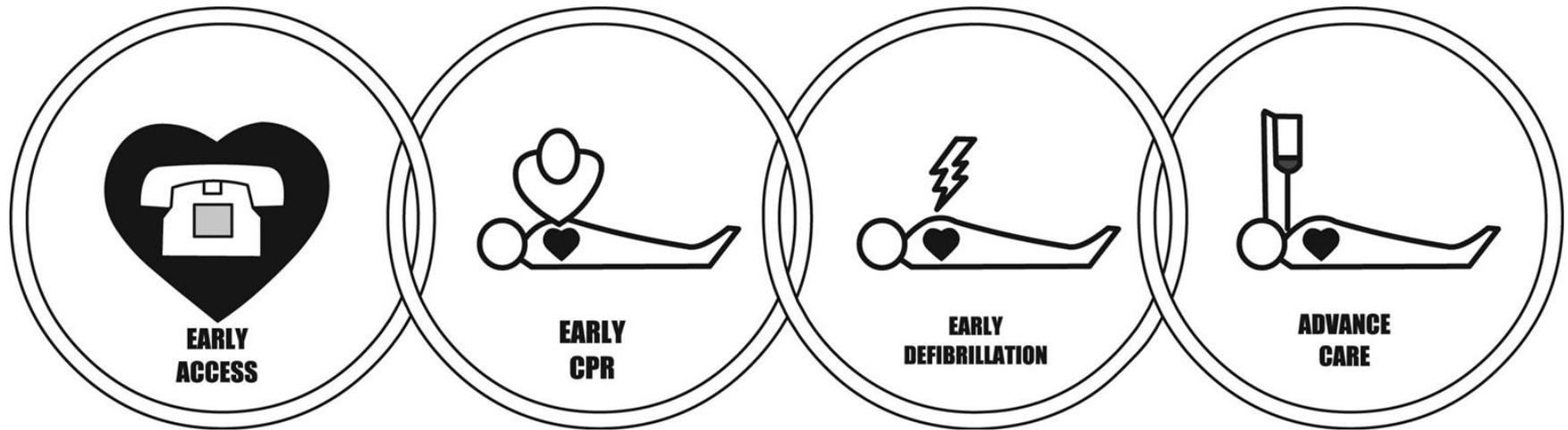


Apply direct pressure on external wounds with sterile cloth or your hand, maintaining pressure until bleeding stops

ADAM.

<http://www.firstaidreference.com/first-aid-bleeding-punctures-amputations-nosebleeds/164/>

Chain of survival



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Session 3 Identifying and managing life threatening injuries

By the end of the session participants will have the opportunity to

1. Identify injury
2. Assess levels of responsiveness
3. Discuss the signs, symptoms and initial treatment for all causes of unresponsiveness

Levels of responsiveness

Alert

(will talk but may be drowsy)

Voice

(responds to simple command e.g. 'open your eyes' or to simple questions)

Pain

(will react e.g. make a noise when you shake their shoulders)

Unresponsive

(there is no response at all)

Causes of unresponsiveness

- Fainting
- Imbalance of heat
- Shock
- Heart attack/Angina pectoris
- Stroke
- Head Injuries
- Asphyxia/hypoxia/near drowning
- Asthma
- Anaphylaxis
- Poisoning
- Seizures including epilepsy
- Diabetic emergencies

Shock: signs and symptoms

Pale, cold, clammy skin

Weak, dizzy, light-headed

Nausea or vomiting

Thirsty

Yawning

Rapid, weak pulse

Anxiety or irrational behaviour

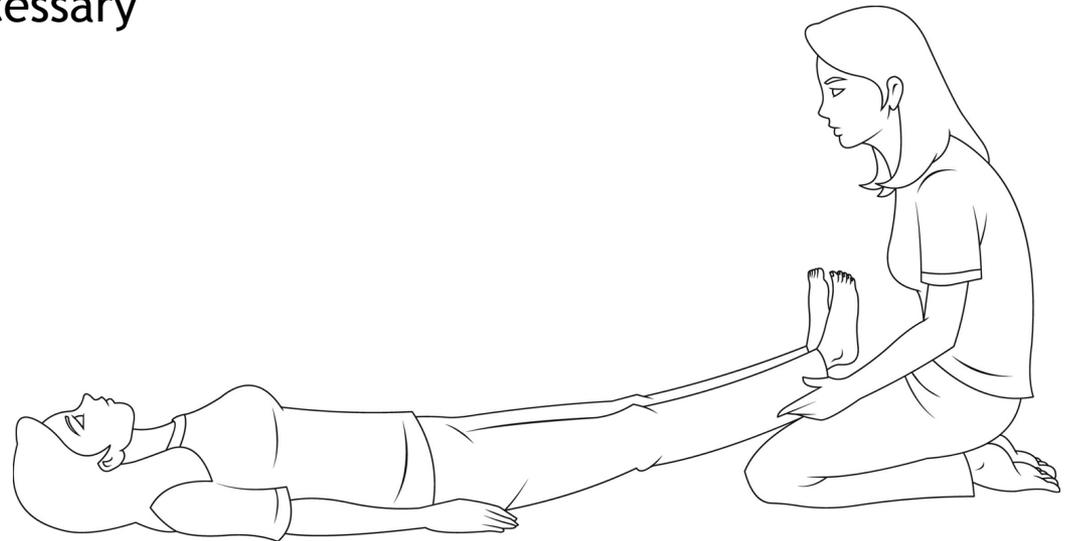
Rapid, shallow breathing

Dropping levels of responsiveness

Shock: treatment

Treat the cause and prevent the condition from getting worse by:

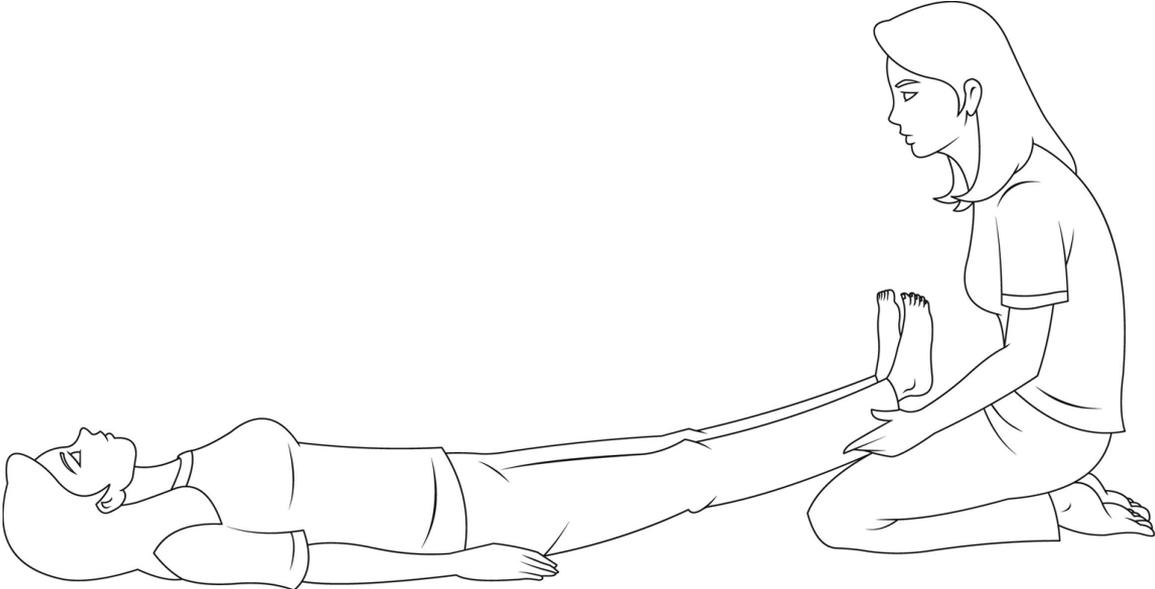
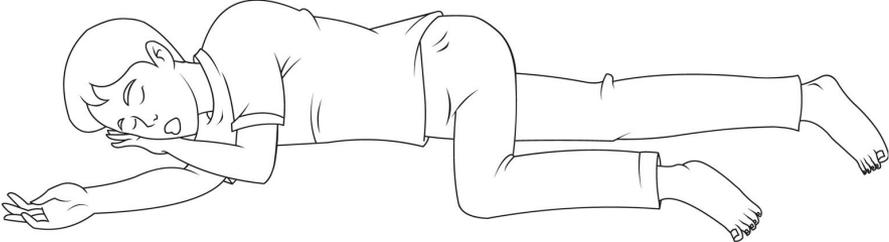
- Correct positioning of casualty
- Reassurance
- Maintaining the casualty's normal temperature
- Monitoring breathing if necessary



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First aid positions



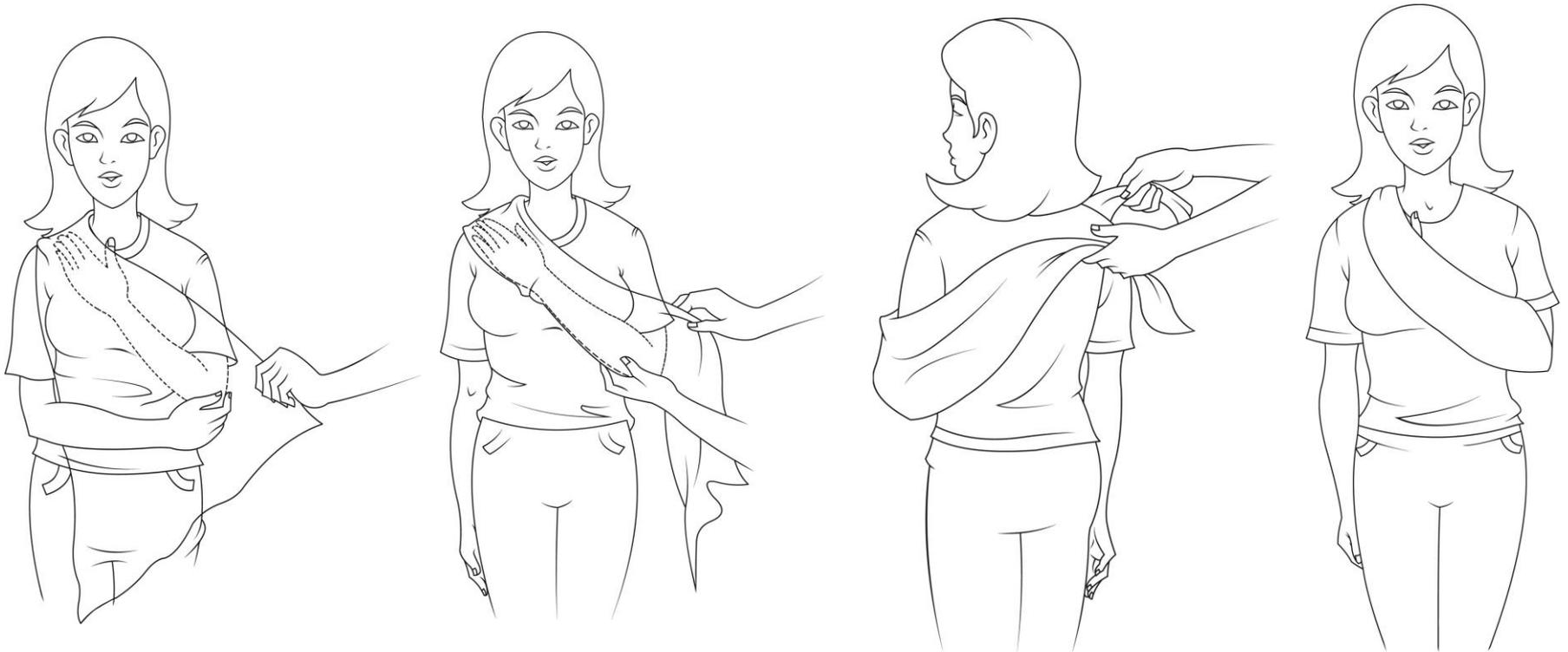
Session 4 Other injuries and conditions

By the end of the session participants will have the opportunity to

1. Discuss the signs, symptoms and initial treatment for BONE AND MUSCLE injuries
2. Discuss the signs, symptoms and initial treatment for SKIN injuries
3. Discuss the signs, symptoms and initial treatment for injuries involving the HEAD
4. Discuss the signs, symptoms and initial treatment for key ailments
5. Explore additional opportunities for Training in relation to subject

Slings

Elevation sling



Slings

Arm sling

