

MODULE 10

HOW TO DEAL WITH MAJOR BLEEDING

Know how to control the bleeding, prevent infection, prevent shock and get the casualty to hospital

To have this module signed off the young person will need to know the following info and procedures:-

1. If a lot of blood is lost it can be serious, so should be controlled as soon as possible.
2. IF NOT DEALT WITH QUICKLY, SHOCK WILL DEVELOP.
3. If you find a casualty who is bleeding a lot, examine the wound to check whether there is any object embedded in it. If there is you will need to apply pressure slightly differently to prevent the object being further embedded.
4. Apply pressure to the wound, by pressing on it with a sterile dressing or clean pad. If the casualty is able ask them to do this, while putting on disposable gloves. If there is an object embedded in the wound apply the pressure on either side of the wound rather than directly.
5. While applying the pressure raise the wound if possible above the heart, if it is a leg or arm this is relatively easy.
6. The wound will now need to be dressed using a wound dressing. This will need to be applied fairly tightly, you can check if it is too tight by pinching the skin below the dressing and checking how quickly the blood returns. If it is too tight redo the dressing slightly looser.
7. If blood seeps through the dressing apply another dressing. If blood seeps through the second dressing take both off and start again.
8. The casualty will need to be taken to hospital, so phone for an ambulance.
9. If the casualty becomes pale or faint lay them down and keep them warm.

Guidance for module Tutor

Use a prop e.g. model body part with embedded foreign object, discuss and practise applying pressure and dressing/bandage following the procedures in the order on the poster. Order of response cards could also be used as a relay type game.

AIDS REQUIRED

Body with something sticking out of it.

Correct order response cards & poster for answers.

CORRECT ORDER OF RESPONSE LIST FOR TREATMENT MAJOR BLEEDING

Lie casualty down and raise injured limb

Examine the wound

Check for embedded objects

Apply pressure to the wound

If there is something in the wound apply pressure either side of it

Raise and support the limb

Dress the wound

If blood seeps through put another dressing on it

If blood seeps through second dressing, start again

Call for the emergency services.

MODULE 11

KNOW HOW TO DEAL WITH BURNS & SCALDS

Know how to cool the burn, prevent infection, treat any shock and seek medical help

To have this module signed off the young person will need to know the following info and procedures:-

1. Burns are caused by touching a hot oven or iron, a scald is caused by boiling water or steam.
2. Signs of burns and scalds include a reddening of the skin, pain in the area and blisters
3. The burn or scald area will need to be under cold water for at least 10 minutes or until the burning feeling stops.
4. If there is not any water available, any cold liquid can be used instead.
5. Do not overcool burns as it may cause hypothermia.
6. If possible raise the area of burn to reduce swelling, you will also need to remove any clothing or jewellery in the area affected by the burn.
7. DO NOT REMOVE ANY CLOTHING STUCK TO THE BURN
8. Put on disposable gloves and cover the burn or scald with a non-fluffy sterile dressing or pad to reduce the risk of infection. You can also use a clean plastic bag, tea towel, sheet or kitchen film (don't use the first piece to make sure you use a clean piece)
9. If the wound is larger than the size of the casualty's palm or you are concerned about the casualty in any way take them to hospital or call them an ambulance.
10. Additional information
 - Do not put any lotions, creams, ointments or sprays on the burn
 - Do not put any dressings on the burn that may stick
 - Do not burst any blisters or touch the burnt area. If a small blister does burst, cover with a sterile dressing.

Guidance for Module Tutor

This module needs to be presented as it is - using the correct order of response poster & possibly cards - discuss the procedures and then practise treatment. A Quiz or word search could be used to enhance this module

AIDS REQUIRED

Something to look like a burn, perhaps make up.
Correct order response cards & poster for answers.
Quiz

Cool burn

Don't over cool – it can cause hypothermia

Raise limb if possible

Put gloves on

Remove rings, bracelets, watches etc.

Don't remove clothing stuck on burns

Cover the burn

**Call for an ambulance if
necessary**

MODULE 12

KNOW HOW TO DEAL WITH CUTS AND BURNS (PRACTICAL)

This module is a more realistic scenario and reinforces the need to wash hands, safety when using knives, and what to do if someone burns or scalds themselves.

To have this module marked off they will need to demonstrate they understand - why they need to wash their hands, how to treat a cut from a knife and how to treat a burn.

Possible scenario is to run a cooking base e.g. pancakes or simple stir fry, preferably something which requires preparation with a knife, a cooker and saucepan etc. – also reinforces the need to wash their hands before they start.

Then as they do the cooking, at various points an incident can be introduced which has to be dealt with.

Guidance for Module Tutor

Make sure base is up and running with whatever has been decided to cook etc. then introduce incidents e.g. cut finger (from knife), burn etc. as you wish.

AIDS REQUIRED

Whatever the base needs, e.g. cooker, saucepan, utensils, things to cook.