3. Keeping safe

**Group size**



Small groups



**Suggested timing**

20 minutes

**Method**



Discussion

**What you need**

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PowerPoint

Learning objectives

* Learn about different factors to consider when keeping ourselves and others safe
* Learn how to assess safety in a situation

## Overview

In this activity, consider the factors involved in keeping safe whilst helping someone who needs first aid. Then explore what is happening in a photograph and how to keep safe.

## Preparation

Ensure you can print out or display a photograph in the PowerPoint.

Ground rules should be in place and referred to throughout the session. Assure learners are provided with opportunities to ask questions and have a space to ask anonymously if they wish to. For more details on making a class agreement and anonymous question boxes look at the guidance on [creating a safe, inclusive and supportive learning environment](https://firstaidchampions.redcross.org.uk/secondary/guidance-and-support/).

## Delivering the activity

1. Discuss with young people what they might need to think about in terms of safety when helping someone who needs first aid. Encourage them to share answers and write them down under the heading “safety” individually or on the board as a group.
2. Ask learners to consider how confident they feel that they understand how to stay safe in a first aid situation. Have them rate themselves from 1 to 10, 10 being most confident.
3. In small groups ask them to consider and write down what factors that someone helping might need to think about in terms of staying safe in relation to:

* Situational factors (what is happening around them)
* Emotional factors (how they or the person that needs help might be feeling)
* Practical factors (what actions can be taken/what they can do)

1. After the groups have had time to discuss and come up with some ideas, ask them to feedback as a whole group.
2. Show the group the photograph in the PowerPoint. A man has collapsed and two young people who do not know him are approaching him to see what is wrong.
3. What do the two young people in the photograph need to consider in terms of their safety in this situation? What considerations do they need to give to the man who has collapsed? What should they do? Encourage them to think about the situational, emotional and practical factors they need to consider again. To find out what they did go to the [Unresponsive and not breathing when as AED is available](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/unresponsive-and-not-breathing-when-an-aed-is-available/) first aid skill page.

## Stretch and challenge activities

1. If some groups finish discussing the factors early, encourage them to consider what skills a person may need to have to consider all these factors in an emergency situation and how people can prepare themselves for situations like this (for example, by learning first aid skills, by practising coping mechanisms to stay calm, by learning what safety features they should look out for).

## Summing up

Reflect on the key considerations to keeping safe whilst helping someone who needs first aid. Would they add anything to the list they made at the beginning? Encourage young people to think about how we can take into account a range of safety factors when helping others.

Now move on to the [Keeping safe practise activity](http://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/keeping-safe/) to continue learning about safety.