Bleeding



**Group size**

Whole group or small groups



**Suggested timing**

20-30 minutes



**Method**

Film

**What you need**

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[Film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding)



**Pen and paper**

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**PowerPoint**

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**How to help someone who is bleeding card**

Learning objectives

* Learn how to recognise when someone is bleeding a lot.
* Learn the key action to help when someone is bleeding a lot.

## Overview

Children learn how to recognise the signs of a heavy bleed, before learning what key action to take to help someone who is bleeding a lot, so that they are more able, willing and confident to help.

## Preparation

Ensure you can play the [bleeding film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/), display the PowerPoint and display or print off the how to help cards.

Familiarise learners with the ground rules for the session or establish ground rules. For guidance on how to do that, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

1. Start with these questions to check current learning and to further develop the topic with the group. Ask children:

* What might cause someone to bleed a lot? *If someone cuts themselves on something sharp.*
* What is the difference between bleeding a lot and having a small cut? *If it is bleeding a lot, it will be bleeding too much for a plaster.*
* How might you feel helping someone who was bleeding a lot? *It can be frightening to see a lot of blood. It is okay to feel worried or scared, the most important thing to do is to recognise what is happening and to calmly help them.*
* What can you do to help someone who is bleeding a lot? Ask children if they know what to do; *explain that you are going to learn what to do in this activity.*

1. Display or direct the group to the confidence slider on the [bleeding first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone who is choking.
2. Watch the [bleeding film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/). Take some time to discuss the film. Ask the children:

* What was happening in the film? *Georgia and Beth are doing arts and crafts in the kitchen.*
* How did Georgia cut herself? *She was holding the paper against her arm as she cut out the shape.*
* What did Beth do to help? *She grabbed a tea towel for Georgia to press hard on the bleeding and called her mum.*
* How might they have felt? Think about the person who was bleeding (Georgia), the person who helped (Beth) and anyone else nearby (Beth’s mum). *They might say things like worried, scared or regretful, but also things like ready to help.*
* What is the action that Beth took to help? *She told Georgia to press hard on the bleed.*
* What else was Beth good at? What qualities did she show? *They might say things quick to act, calm under pressure or sensible.*

## Logo Description automatically generatedQuestions learners might ask

Learners might have questions about this skill. It’s important to give them space to ask questions. Remember to provide an anonymous question box for questions they wish to ask privately. The key skills are the most important things they should remember, but you can find some extra information which might help you answer their questions here:

* How do I know if something is bleeding a lot?

*If there is too much blood for a plaster, it is bleeding lot and needs someone to push hard on it to help stop the bleeding.*

* What about a nosebleed?

*For a nosebleed, you need to lean your* ***head forward and pinch the soft part*** *of your nose. Do this for 10 minutes. If the nose is still bleeding after 30 minutes, seek medical advice.*

* What if the blood soaks through the towel/t-shirt etc?

*Remove the old thing and replace it with a fresh one. Make sure that you press hard on the bleed and call 999 as soon as possible. If you can’t call 999 get someone ​else to do it.*

* Should I wash it?

*Don’t wash a cut that is bleeding a lot, it might make it bleed more. You can wash small cuts and grazes that just need a plaster, this will help keep it clean so it can heal healthily. You should wash animal bites that aren’t bleeding too much with soapy water.*

1. Display or hand out the how to help someone who is bleeding cards; ask the children to look at them and discuss again how someone might cut themselves and they key action to help.
2. Direct the group to the confidence slider on the [bleeding first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/) and complete it again.
3. Check what learners have learned by doing the [bleeding quiz](https://firstaidchampions.redcross.org.uk/primary/quizzes/).

## Stretch and challenge activities:

1. To help them remember, ask them to write or draw what the key action to take is when someone is bleeding a lot.
2. Now either hand out or show on the PowerPoint the photos from the [bleeding film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/). Ask the learners to decide which is the correct order of the photos, thinking about how someone would recognise if someone who was bleeding and what someone would need to do to help.

## Summing up

 Remind the group that the most important thing to do is to press hard on the bleeding.

Now practise how to help someone who is bleeding a lot with the First aid skills – practise activity ideas on the [Bleeding first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/).