



Unresponsive and not breathing



Role play cards: **Unresponsive and not breathing**

What's happening?

Two friends are out shopping for the day. They go to the toilets in the shopping centre. At first, the bathroom appears empty but as they get further in they discover someone lying on the floor.

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Ideas for staging

- Carry some shopping bags.
- Arrange chairs and tables into a set that looks like a public bathroom.
- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.
- Spend time getting in and out of role.
- Afterwards, spend some time discussing the story. You could think about:
 - What happened to the person who is unresponsive and not breathing? What signs of unresponsive and not breathing did they show?
 - How did the helper help them?
 - What did the bystander do? What could they do in future to become a helper?

Roles

Debrief

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Unresponsive person

This person is unresponsive and not breathing. They are lying on their back.

They are unresponsive and not breathing.

Note: If you choose to act this out, hold your breath for a moment whilst they check your breathing but then breathe normally.

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Helper

This person is out shopping for the day with a friend. They're bursting for the loo.

They are chatting with their friend as they enter the toilets. They are looking forward to getting home and trying on their new clothes.

As they get closer to the cubicles they notice someone lying on the floor. The person looks very pale and they're not sure if they're breathing. They call to the person and they don't answer. They shake their shoulders and still not response. They check to see if they are breathing by tilting their head back and looking and feeling, but they are not breathing. They call 999 and the person on the phone asks if they know what to do. They say they do and start to give chest compressions by pushing hard and fast in the middle of their chest.

Important: If you decide to give chest compressions, swap the person on the floor for a manikin or something you can press on. Don't give chest compressions to the actual person playing the role.

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Bystander

This person is at a shopping centre with their friend. They head to the toilets. They are really pleased with the trainers you have just bought. They notice someone lying on the floor.

Their friend steps in to help. They think they should help too but aren't sure what they should do.

