3. Keeping safe

**Group size**



Small groups



**Suggested timing**

20 minutes

**Method**



Discussion

**What you need**

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PowerPoint

Learning objectives

* Learn and practise how to keep yourself and others safe

## 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.

## Delivering the activity

1. Discuss with young people what they might need to think about in terms of their own safety when helping someone who needs first aid. In small groups ask them to consider and write down what factors they 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)

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? 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.

## Summing up

Reflect on the key considerations to keeping safe whilst helping someone who needs first aid. Encourage young people to think about how they can take into account a range of safety factors when helping others.