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. They then explore what is happening in photograph and reflect on how to keep safe when helping others.

## Preparation

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

## Delivering the activity

1. In small groups ask young people to consider an evolving scenario. Give them time to discuss the first point in the scenario, then pause the group work and introduce the next point in the scenario. Let them discuss this and then introduce the next point and so on until they have covered all the points in the scenario. These points are also available on the PowerPoint to assist your delivery.
* **Point one** – You are on a busy road and you notice that in between the parked cars on the other side of the road, someone looks like they have collapsed.

What do you need to consider in terms of your safety and those around you?

* **Point two** – you are on your own

What do you need to consider now you have this new information?

* **Point three** – It is night and you can only just make out the person between the cars

What do you need to consider now you have this new information?

* **Point four** – as you make your way across the road a family friend you know and trust pulls up in their car and asks if everything is okay.

What will you do now?

* **Point five** – you arrive at the person, you check and find that they are unresponsive and breathing.

What do you do now? Find out what to do on the [Unresponsive and breathing first aid skills page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/unresponsive-and-breathing/)

1. Once the groups have completed the evolving scenario, ask them what they have learned about keeping safe.
* What were the factors they needed to consider in keeping themselves safe?
* When new information was introduced in the scenario, did this make them think about other ways of keeping safe?
* What would they say to others about keeping safe when helping someone in need of first aid?

## Summing up

Discuss that there is always something that can be done to help someone else, if they are not sure what to do or don’t feel safe they should call 999.