Optional Activity

Perform a human triage!

There are 5 main things in humans that we check for in an urgent or emergency situation. We can remember it with the acronym: DR ABC

D – Check for any danger before helping someone else
R – Check if they are responsive

A – Check the airway is open and clear
B – Check if they are breathing
C – Check their circulation

Have a look at the St Johns Ambulance website page on how to complete a primary survey, there are some great pictures and a video explaining what to do if you find someone collapsed.

https://www.sja.org.uk/get-advice/first-aid-advice/how-to/how-to-do-the-primary-survey/

Why not role play with a friend or carer with one of you pretending to be the patient and one the first aider, then you can swap roles!

If you want to learn more about human first aid, there are some other great guides on their website.