



## **First Aid Practice Scenarios**

### **Provide First Aid: Asthma Scenario: Asth01**

#### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

#### Scenario

There is a group of young lifeguards taking part in swimming training at the beach. The coach approaches you with one of the children and tells you he is having difficulty breathing. Please respond.

Turn over for step by step information.



Scenario: Asthma		Code: ASTH01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe. Barriers are in place.
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive. Mechanism does not exist
5	Patient history (SAMPLE)	Ask patient about breathing difficulty in the past.	Patient says that he has had asthma on and off during his life he does not have medication
6	Care for the patient	Position the patient in the most comfortable place for them, find blue inhaler and administer medication	Patient is immobilized, medication given, patient begins to feel better
7	General care	Continue ongoing assessment. Contact patient's family	Keep patient calm and reassured until they feel better
<b>End Scenario</b>			



## **Provide First Aid: Burns Scenario B01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

A woman approaches you at the clubhouse she doesn't seem to be walking properly, she complains of burning her feet on the hot sand. Please respond.

Turn over for step by step information.



Scenario: Burns		Code: B01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal Safety	SETUP Protective barriers?	Scene is safe. Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive and talking Mechanism does not exist
4	Physical assessment (DOTS)	Look and feel for damage to the skin and bleeding. Tenderness swelling	The patient's skin is blistered on the soles of both feet There are red areas surrounding the blisters
5	Care for the patient	Sit the patient down and cool burns with cold water for 10 minutes or until it cools. Do not pop the blisters Cover the patients feet with a dressing	Burns are cooled and covered
6	General care	Advise the patient to seek further medical attention	
<b>End Scenario</b>			



## **Provide First Aid: Injuries to the Chest C01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

While on patrol you notice a group of teenagers climbing around the rocks, on your way over to warn them of the danger one of them falls. You make contact with the Patrol captain and inform her of the incident. You arrive on the scene, the injured person is clutching his chest. Please respond.

Turn over for step by step information.



Scenario: Chest Injuries		Code: Chest01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe, barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism does exist
4	Activate	Activate EMS (dial 111)	Contact the PC to call for and ambulance
5	Manual stabilisation of the head	Hold patients head in the position you found it, do not lift, simply cradle the head to keep it from moving.	Head is stabilised
6	Physical assessment (DOTS)	Look and feel for: Deformities Bleeding Consider the possibility of internal bleeding	You see bleeding in the chest area, and a sucking sound, the patient is having trouble breathing
7	Patient care	Once medical equipment arrives, apply an air tight dressing over the sucking chest wound, fasten on three sides	Sucking stops, patient begins to stabilise
8	General care	Continue ongoing assessment. Monitor airway and breathing	Keep patient calm and reassured until medical assistance arrives
EMS Arrives/End Scenario			



## **Provide First Aid: Exposure to cold Scenario C01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

You see a group of people exit the water one of the children is shivering uncontrollably and has bluish lips. Please respond.

Turn over for step by step information.



Scenario: Exposure to cold		Code: C01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe. Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism does not exist
4	Physical assessment (DOTS)	Look and feel for: Cool cold skin temperature Shivering Confusion, difficulty speaking Loss of coordination	Patient is responsive Skin is very cold, shivering, and has difficulty speaking
5	Care for the patient	Remove from the cold environment Handle gently Cover with blanket and/or dry clothes	Patient begins to warm up
6	Activate	Activate EMS (dial 111) if their responsiveness deteriorates	Patient warms up emergency services not called
7	Comfortable position	Place patient in a warm comfortable position	Airway and breathing monitored
EMS Arrives/End Scenario			





## **Provide First Aid: Exposure to heat Scenario H01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

It is a very hot day on the beach you notice a jogger collapse and try in vain to stand again. Please respond.

Turn over for step by step information.



Scenario: Exposure to heat		Code: H01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism does not exist
4	Physical assessment (DOTS)	Look and feel for: Heavy sweating Pale, cool, moist skin, or very warm skin Hot dry skin may indicate critical emergency	Patient is responsive, hot to touch, and not sweating, dizzy, exhausted
5	Activate	Activate EMS (dial 111) if their responsiveness deteriorates	Patient has trouble staying awake emergency services called
6	Care for the patient	Remove from the hot environment Have patient lie down and raise legs. Rapidly cool patient, put ice/cold water on them fast	Patient cools down, but is still feeling exhausted
7	Comfortable position	Place patient in a cool comfortable position	Airway and breathing monitored
8	General care	Continue ongoing assessment	Keep patient calm and reassured until medical assistance arrives
EMS Arrives/End Scenario			



## **Provide First Aid: Fractures & soft tissue Scenario F01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

It is a busy day at the beach, there is a large group of teenage boys playing tackle rugby. You see a boy get tackled and dumped onto the hard sand, he doesn't get up and other players are crowding around, he is clutching his right arm. Please respond.

Turn over for step by step information.



Scenario: Fractures		Code: F01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe. Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism does not exist
4	Physical assessment (DOTS)	Look and feel for: Deformities Bleeding Consider the possibility of internal bleeding Seek medical care if there is any loss of sensation	No bleeding present Loss of sensation in his fingers on his right hand
5	Activate	Activate EMS (dial 111)	Emergency services
6	Comfortable position	Place patient in a comfortable position. If patient becomes unconscious roll into recovery position if possible without moving injury	Airway and breathing monitored
7	General care	If possible, and without causing the patient more pain, put a sling on them	Patient is able to have a sling put on
8	General care	Conduct physical assessment (DOTS) Continue ongoing assessment. Look for signs of shock	Keep patient calm and reassured until medical assistance arrives
EMS Arrives/End Scenario			



## **Provide First Aid: Heart Problems Heart01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

You are on patrol when a man approaches you, he is clutching his chest and complains of tightness in the chest. His skin looks pale and grey. Please respond.

Turn over for step by step information.



Scenario: Heart Problems		Code: Heart01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism does not exist
4	Check for warning signs of serious illness	Pain severe pressure or discomfort in the chest	Patient complains of chest pain and discomfort
5	Patient history (SAMPLE)	Ask about previous medical history, medication, allergies, last oral intake, events leading to the problem	Patient says they have had heart problems in the past, but they have no medication
6	Activate	Activate EMS (dial 111)	EMS called
7	Care for the patient	Put patient in position of most comfort, keep them warm, provide reassurance	Patient is calm and comfortable
8	General care	Continue ongoing assessment. Look for signs of shock	Keep patient calm and reassured until medical assistance arrives
EMS Arrives/End Scenario			



## **Provide First Aid: Injuries to the eyes Scenario E01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

A middle aged man approaches you while on patrol, he is having trouble opening his eyes and complains that a gust of wind blew sand into his eyes. He has been unable to get the sand out and would like something to flush the eye out. Please respond.

Turn over for step by step information.



Scenario: Injuries to the eyes		Code: E01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene is safe Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism does not exist
4	Physical assessment (DOTS)	Look and feel for: Obvious eye injury Redness, watery look to eyes	Patient complains of pain in his right eye and has trouble seeing. You see sand in and around the eye
5	Patient history (SAMPLE)	Mechanism of injury Pain	Patient says that he has had eye trouble in the past and would like to clear the sand out
6	Care for the patient	Take the patient inside and attempt to flush the eye out with water in the correct fashion	The patient can feel that the obstruction is gone but still has a sore feeling under his eye lids
7	Further care	Advise the patient to go to the nearest medical facility to check for any long lasting damage	Patient's wife will drive him to the medical centre
EMS Arrives/End Scenario			





## **Provide First Aid: Injuries to the head Scenario HI01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

During your time on flag duty you see two people collide while bodysurfing between the flags. One of the two men comes up slowly and looks unsteady on his feet. Please respond.

Turn over for step by step information.



Scenario: Injuries to the head		Code: HI01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers? Scene safety?	Scene is safe. Barriers are in place. Patient moved to a safer location
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive Mechanism may exist
4	Physical assessment (DOTS)	Look and feel for: Diminished level of responsiveness Obvious wounds Bloody or clear fluid draining from ears/nose Bruising around eyes/ears Combative behavior	Patient is responsive, bleeding from ears, dizzy
5	Activate	Activate EMS (dial 111)	EMS called
6	Care for the patient	Do not stop the flow of blood or clear fluid from the ears/nose. Put the patient in a comfortable position and stabilise the head and neck	Bleeding covered but not stopped, head and neck stabilised
7	Monitor the patient	Place patient in a comfortable position. Continue ongoing assessment checking level of responsiveness	Airway and breathing monitored
EMS Arrives/End Scenario			



## **Provide First Aid: Injuries to the Spine Scenario S01**

### Preparation

1. Break into groups of two.
2. Select a first aid provider and patient.
3. Read the scenario and run the practice.
4. Rotate the roles and repeat the practice until you are both comfortable.

### Scenario

You are alerted by a member of the public to a car crash close to your surf club. At the accident scene a car has hit a tree, there is one passenger in the upright car, please respond.

Turn over for step by step information.



Scenario: Spinal Injuries		Code: S01	
	Procedure	Action	Condition
1	Recognises an emergency exists	Decides to help	
2	Personal safety	SETUP Protective barriers?	Scene not safe, send someone to slow traffic down Barriers are in place
3	Initial impression	Does patient appear responsive? Mechanism for spinal injury?	Patient is responsive but groggy Mechanism does exist
4	Activate	Activate EMS (dial 111)	Get one of the bystanders to call for and ambulance
5	Manual stabilisation of the head	Hold patients head in the position you found it, do not lift, simply cradle the head to keep it from moving	Head is stabilised
6	Physical assessment (DOTS)	Look and feel for: Deformities Bleeding Consider the possibility of internal bleeding	No bleeding can be seen. No signs of internal bleeding are present
7	General care	Continue ongoing assessment. Monitor airway and breathing	Keep patient calm and reassured until medical assistance arrives
EMS Arrives/End Scenario			