



PIONEER CADETS

BRONZE AWARD

CADET LEADER'S HANDBOOK

SESSION 2

KEEPING SAFE & HELPING OTHERS

FLORENCE NIGHTINGALE

“
Never give
nor take an
excuse.”



ACKNOWLEDGEMENTS:

From original material created by: Laurence J Davis.

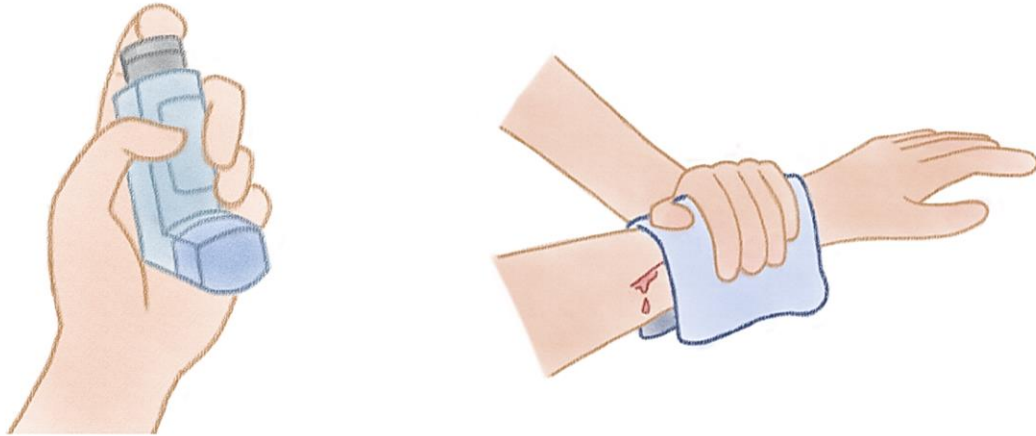
Editors: Graham Allison and David May.

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KEEPING SAFE & HELPING OTHERS



BRONZE AWARD

1/20

SESSION 2 - KEEPING SAFE & HELPING OTHERS

Reminder to cadet leaders:

- ☐ Cadets should form up for their contingent photograph to be taken at the start of the session.
- ☐ Review the home learning activities in Cadet Achievement Books – Presenting Ourselves.

NO SPECIALIST EQUIPMENT IS REQUIRED FOR THIS SESSION.

- ☐ This session is best delivered in a classroom.
- ☐ Cadets should work in groups of four or five.
- ☐ Cadets will need their notebooks and pencils.

SESSION OUTCOMES

- KNOW HOW TO KEEP YOURSELF SAFE
- KNOW HOW TO COMMUNICATE WHEN CALLING 999
- KNOW HOW TO HELP SOMEONE WHO IS:
 - HAVING AN ASTHMA ATTACK
 - BLEEDING

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SESSION OUTCOMES

The session develops an understanding of the following:

- ☐ The need for cadets to keep themselves safe at all times.
- ☐ Requirements if cadets have to make an emergency call.

How to help someone who is:

- ☐ Having an asthma attack.
- ☐ Bleeding.

Cadet leaders should explain to cadets that although they have learnt the skills to help:

- ☐ It does not mean the cadets must help.
- ☐ Cadets may not feel confident in doing so.
- ☐ Encourage discussion to share concerns.

CORE SKILLS



- **CALLING 999**
- **WITH SOMEONE INJURED OR UNWELL**



- **TO KEEP YOURSELF SAFE AT ALL TIMES**



- **TO REMAIN CALM WHEN HELPING OTHERS**



- **WORK TOGETHER WITH AN ADULT TO HELP OTHERS**

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CORE SKILLS

Communication:

- ☐ Reassure/advise the injured person.
- ☐ Contact emergency services if necessary.

Aiming High:

- ☐ To ensure cadets keep themselves safe.

Staying Positive:

- ☐ So that cadets remain calm when helping others.

Teamwork:

- ☐ Cadets should be reminded to call/send for help from an adult and work together with the adult.

WHEN HELPING OTHERS...

KEEP YOURSELF SAFE AT ALL TIMES!

You cannot help someone if you become...

- *Unsafe.*
- *Injured.*

IF IT'S NOT SAFE, DON'T PUT YOURSELF AT RISK...

- *Find an adult immediately.*

4/20



Can you suggest ways to keep yourself safe when helping others?

4/20

HELPING OTHERS

Remind cadets that keeping safe means:

- ☐ Looking and listening for hazards before helping others.
- ☐ Keeping away from hazards or danger.
- ☐ The term 'adult' means an 'appropriate adult' - a responsible person known to the cadet.

CADETS SHOULD ALWAYS CALL 999 IN A MEDICAL EMERGENCY

Medical emergencies can include:

- ☐ Loss of consciousness.
- ☐ An acute confused state.
- ☐ Fits that are not stopping.
- ☐ Chest pain.
- ☐ Breathing difficulties.
- ☐ Severe bleeding that cannot be stopped.
- ☐ Severe allergic reactions.
- ☐ Severe burns or scalds.

source: www.nhs.uk



KEEPING SAFE

TASK: share ideas...



What might Hugo and Cecily be thinking?



How can Hugo and Cecily stay safe in this situation?

5/20

KEEPING SAFE

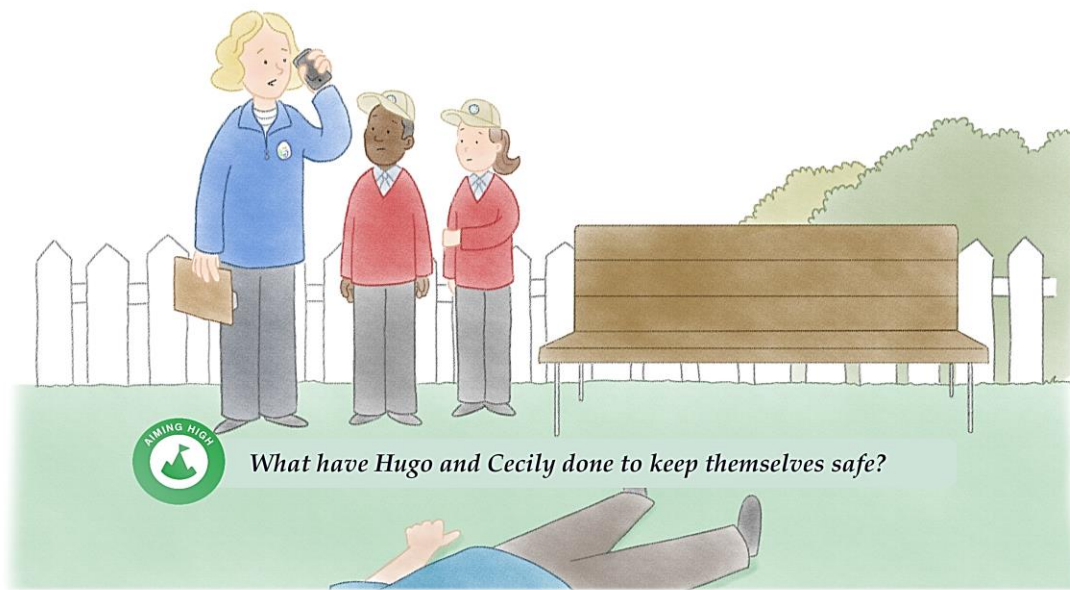
Ensure that cadets:

- ☐ Appreciate that helping others is linked to the core skills of **aiming high** and **staying positive**.
- ☐ Have a clear understanding of how to keep themselves safe.
- ☐ Discuss scenarios where they might help someone, e.g. a friend, classmate or relative.



KEEPING SAFE

TASK: share ideas...



What have Hugo and Cecily done to keep themselves safe?

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KEEPING SAFE - CONTINUED

Cadets should consider the following:

- ☐ What has happened in the picture.
- ☐ What Hugo and Cecily have done to keep themselves safe.
- ☐ How both cadets have exercised the core skill of **aiming high**.



CALLING THE EMERGENCY SERVICES

CALL 999 WHEN SOMEONE IS SERIOUSLY ILL OR INJURED.

- *You will need to provide important information.*
- *Try to remain calm and stay positive.*
- *Listen carefully to the operator.*
- *Reassure the injured person.*

7/20



What information might we need to provide when calling 999?

7/20

CALLING THE EMERGENCY SERVICES

Remind cadets that:

- ☐ If they do not know what has happened, e.g. unconscious person.
- ☐ If they do not know what to do.
- ☐ If they cannot act for their safety.
- ☐ If they do not know if it is an emergency or not.

THEY SHOULD GET HELP FROM AN ADULT OR CALL 999.

- ☐ Discuss questions the operator may ask if cadets were to call 999 and ask for an ambulance.

When calling the emergency services, you will be asked:

- ☐ Where are you calling from, including your postcode?
- ☐ What phone number are you calling from?
- ☐ What has happened?

You may also be asked:

- ☐ What is the age/gender of the person?
- ☐ Is the person conscious and breathing?
- ☐ Is there any severe bleeding or chest pain?
- ☐ What is the injury?

HOW TO HELP IF SOMEONE IS...

- *having an asthma attack?*
- *bleeding?*



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HOW TO HELP

The session now introduces advice for how to help someone who is:

- ☐ Having an asthma attack.
- ☐ Bleeding.



WHAT IS ASTHMA?

Asthma is a lung condition caused by inflammation of the tubes that carry air in and out of the lungs.

Every 10 seconds, someone has a potentially life-threatening asthma attack.

TASK: *share ideas of what can trigger an asthma attack.*

Medication, allergens, smoke, dust, weather, emotions, air pollution, pets and mould.

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WHAT IS ASTHMA?

The slide:

- ☐ Introduces asthma and contextualises its seriousness.
- ☐ Raises awareness of the triggers of an asthma attack.
- ☐ The list above is not exhaustive.

- ☐ Some cadets may have asthma and find this part of the session difficult. Cadet leaders should consider this when delivering this part of the session.



HOW TO HELP ASTHMA ATTACK

- **SIT** the person upright.
- Get them to try to take slow, steady breaths and remain **CALM**.
- Help the person use their reliever **INHALER** (usually blue).
- Tell an **ADULT** straight away.

- **CALL 999 IF ...**
 - They do not have their inhaler.
 - They feel worse after using their inhaler.

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HOW TO HELP - ASTHMA ATTACK

Cadet leaders should present the advice for helping someone who is having an asthma attack:

- ☐ **Sit** the person upright.
- ☐ Get them to take slow, steady breaths and try to remain **calm**.
- ☐ Help them to use their **inhaler**.
- ☐ Tell an **adult** straight away.

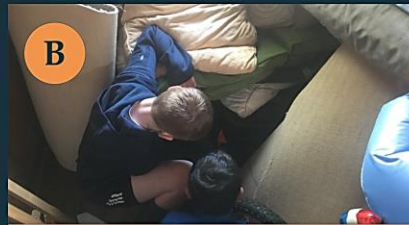
- ☐ Call 999 if:
 - They don't have their inhaler.
 - They feel worse after using their inhaler.



TASK: Working in groups, put the images in the correct order for helping someone having an asthma attack.



A
HUGO HELPS AUSTIN STAY CALM & USE HIS INHALER



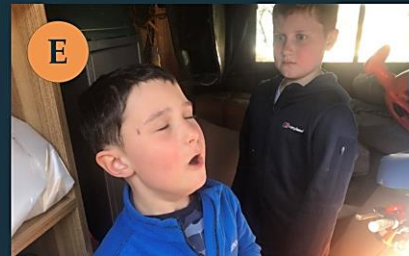
B
BOYS LOOKING FOR SOMETHING IN THE SHED



C
HUGO SHOUTING FOR HELP FROM AN ADULT



D
AN ADULT ARRIVING TO HELP AUSTIN



E
AUSTIN IS HAVING AN ASTHMA ATTACK



F
BOYS ENTER THE GARDEN SHED

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ASTHMA ATTACK - SEQUENCING TASK

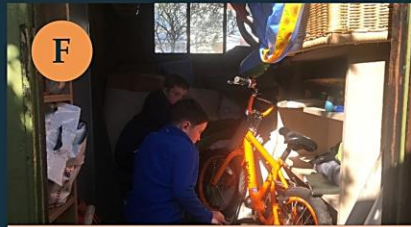
Working in groups, cadets should put the images in the correct order:

- A. Hugo helps Austin stay calm and use his inhaler.
- B. Boys are looking for something in the shed.
- C. Hugo is shouting for help from an adult.
- D. An adult is arriving to help Austin.
- E. Austin is having an asthma attack.
- F. Boys enter the garden shed.

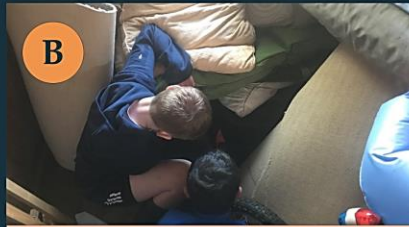
- ☐ Cadet leaders could build on the descriptions to contextualise the scenario.
- ☐ Cadets should use their notebooks to write down an agreed sequence, e.g. B, D, F etc.
- ☐ The next slide provides the correct sequence.



SOLUTION



F
1. BOYS ENTER THE GARDEN SHED



B
2. BOYS LOOKING FOR SOMETHING IN THE SHED



E
3. AUSTIN IS HAVING AN ASTHMA ATTACK



A
4. HUGO HELPS AUSTIN STAY CALM & USE HIS INHALER



C
5. HUGO SHOUTING FOR HELP FROM AN ADULT



D
6. AN ADULT ARRIVING TO HELP AUSTIN

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ASTHMA ATTACK - SEQUENCING TASK SOLUTION





The correct sequence:

1. F. Boys enter the garden shed.
2. B. Boys are looking for something in the shed.
3. E. Austin is having an asthma attack.
4. A. Hugo helps Austin stay calm and use his inhaler.
5. C. Hugo is shouting for help from an adult.
6. D. An adult arrives to help Austin.

☐ Ask cadets to summarise the points for helping someone experiencing an asthma attack.



THE RULE OF FOUR

			
1. Sit the person down and try to reassure them to keep calm .	2. Help them to use their inhaler .	3. Tell an adult .	4. Call 999 if: <ul style="list-style-type: none">They feel worse.They don't have their inhaler.

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THE RULE OF FOUR – ASTHMA ATTACK

The Rule of Four – Asthma Attack:

1. **Sit** the person down and try to reassure them to keep **calm**.
2. Help them to use their **inhaler**.
3. Tell an **adult**.
4. Call 999 if:
 - They feel worse.
 - They don't have their inhaler.

- Cadets should record the rules in their notebooks.
- Remind cadets that they will need their notes when completing their home learning activities.



HOW TO HELP - BLEEDING

- *Bleeding can be distressing.*
- *A severe bleed will need more than a plaster.*
- **LOOK** for any hazards.
- **PRESS** hard on the bleed with a towel, t-shirt or even your hand or ask the person to do this for themselves.
- *Call or send for an **ADULT**.*
- *Keep pressing on the wound.*
- *The adult may decide to call 999.*

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HOW TO HELP - BLEEDING

Cadet leaders should present the advice for helping someone who is bleeding:

- ☐ A severe bleed will need more than a plaster.
- ☐ **Look** for any hazards.
- ☐ **Press** hard on the bleed.
- ☐ Call or send for help from an **adult**.
- ☐ The adult may decide to call 999.

Bleeding can be distressing; some people might have a phobia of blood:

- ☐ The phobia of blood might apply to the person who is bleeding.
- ☐ The person may be unable to apply pressure to the wound themselves.



TASK: Working in groups, put the images in the correct order for helping someone who is bleeding.



A
AMELIE HELPS TO PRESS
ON THE WOUND



B
AMELIE'S MUM HAS CUT
HERSELF



C
AMELIE IS REASSURING
HER MUM



D
AMELIE QUICKLY FETCHES A
CLOTH



E
AMELIE PHONING ANOTHER
ADULT FOR HELP



F
AMELIE AND HER MUM
CUTTING FRUIT

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BLEEDING - SEQUENCING TASK

Working in groups, cadets should put the images in the correct order:

- A. Amelie helps to press on the wound.
- B. Amelie's mum has cut herself.
- C. Amelie is reassuring her mum.
- D. Amelie quickly fetches a cloth.
- E. Amelie phoned another adult for help.
- F. Amelie and her mum cutting fruit.

- ☐ Cadet leaders could build on the descriptions above to contextualise the scenario for cadets.
- ☐ Cadets should use their notebooks to write down an agreed sequence.
- ☐ The next slide provides the correct sequence.



SOLUTION



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BLEEDING - SEQUENCING TASK SOLUTION





The correct sequence:

1. F. Amelie and her mum cutting fruit.
2. B. Amelie's mum has cut herself.
3. D. Amelie quickly fetches a cloth.
4. A. Amelie helps to press on the wound.
5. C. Amelie is reassuring her mum.
6. E. Amelie phoning another adult for help.

☐ Ask cadets to summarise the main points for helping someone who is bleeding.



THE RULE OF FOUR

			
1. Severe bleeding will need more than a plaster. Look for any hazards.	2. Press hard on the wound.	3. Call for help from an adult and keep applying pressure.	4. The adult will decide the next steps.

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THE RULE OF FOUR - BLEEDING

The Rule of Four – Bleeding:

1. Severe bleeding will need more than a plaster. **Look** for any hazards.
2. **Press** hard on the wound.
3. Call for help from an **adult** and keep applying pressure.
4. The adult will decide the next steps.

- ☐ Cadets should record the four rules in their notebooks.
- ☐ Remind cadets that they will need their notes when completing their home learning activities.



TEST YOUR KNOWLEDGE

ONE QUESTION WILL REQUIRE TWO ANSWERS

1. *The best way to spot danger is to:*
 - A. Talk to someone
 - B. Look and listen
 - C. Use our feelings
2. *Hazards are things that:*
 - A. Make us happy
 - B. Help us
 - C. Cause harm
3. *Before we help others, we must:*
 - A. Ensure we are safe
 - B. Ask an adult
 - C. Ask permission from the casualty
4. *Someone having an asthma attack:*
 - A. Should be laid down
 - B. Should be given a glass of water
 - C. Should be sat down upright
5. *If someone has an asthma attack:*
 - A. Try to reassure them
 - B. Help them use their inhaler
 - C. Take them outside
6. *Asthma attacks can be triggered by:*
 - A. The weather
 - B. Pets
 - C. Both of the above
7. *If someone is bleeding:*
 - A. It will stop eventually
 - B. Always put a plaster on it
 - C. None of the above
8. *If someone is bleeding:*
 - A. Put ice on it
 - B. Press hard on the bleed
 - C. Don't get blood on their clothes
9. *If someone is bleeding:*
 - A. Tell an adult if it doesn't stop
 - B. Tell an adult straight away
 - C. Always ring 999

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TEST YOUR KNOWLEDGE

Questions can be found on page 15 of the Cadet Achievement Book cadets should:

- ☐ Work independently.
- ☐ Record their answers on page 15 of their Cadet Achievement Book.
- ☐ Have exceptional achievements celebrated in school.
- ☐ Record their scores on page 18 of their Cadet Achievement Books – *My Achievements*.
- ☐ Highlight any core skills demonstrated during the session in the *My Achievements* section.

ANSWERS

1. B	2. C	3. A	4. C	5. A and B	6. C
7. C	8. B	9. B			

Total out of 10



CADET ACHIEVEMENT BOOK

TASK: *Form up as you did for your contingent photograph.*

TASK: *Complete the activities on page 5 of your Cadet Achievement Book for your next session.*

Activities will be assessed at the start of the next session.

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CADET ACHIEVEMENT BOOK – TASKS

Cadets should form up and be reminded to:

- ☐ Complete activities on page 5 of their Cadet Achievement Book before their next session.
- ☐ Be prepared to have their work peer or self-assessed at the start of the next session.

FLORENCE NIGHTINGALE

“
Never give
nor take an
excuse.”



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REFLECTION - FLORENCE NIGHTINGALE

Ask cadets to interpret the quote and explain how they can apply it.

- ☐ Florence Nightingale was a British nurse who established the foundation for modern-day nursing.
- ☐ Nightingale became an icon of Victorian culture for improving living standards and hygiene for injured soldiers she treated during the Crimean War.
- ☐ Nightingale became known as the 'The Lady with the Lamp' for making rounds to check on wounded soldiers at night.

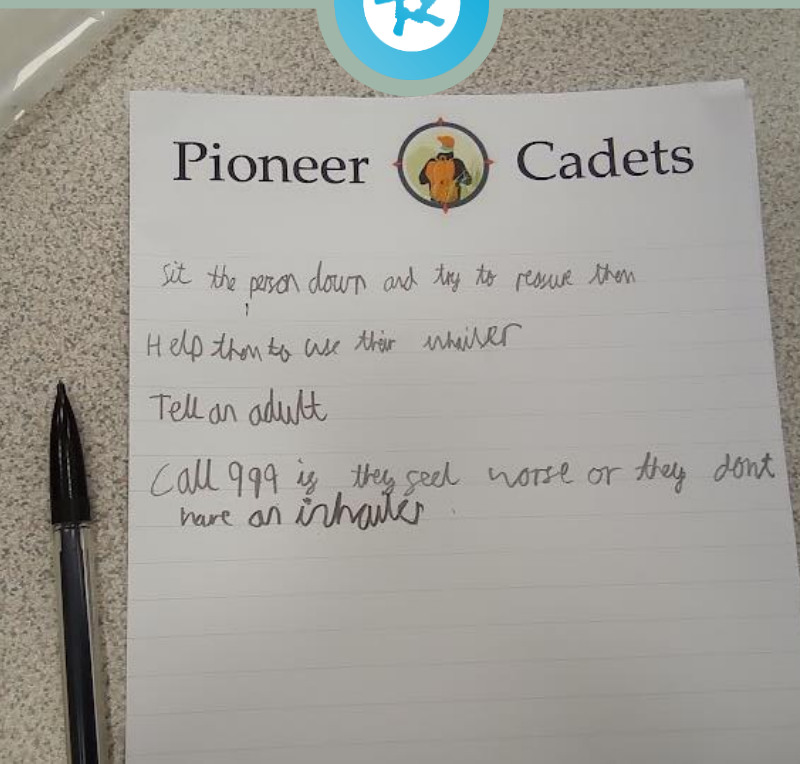
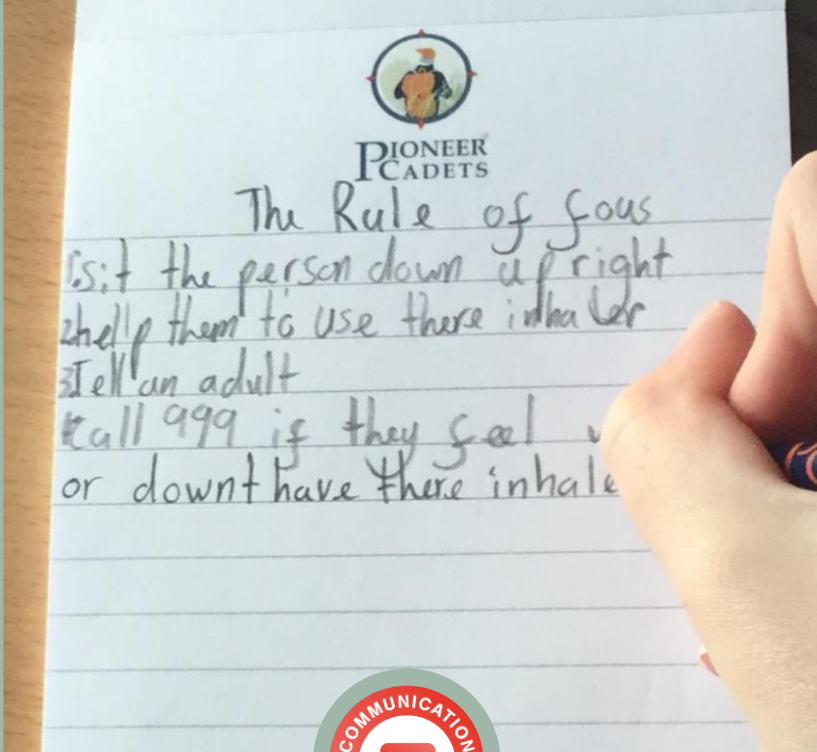
DISMISSAL

With the cadets standing at ease:

- ☐ Command – “*squad*” - cadets adopt the brace position.
- ☐ Command – “*squad*” (pause) “*shun*” – cadets stand to attention.

Remind cadets to always:

- ☐ Keep themselves safe.
- ☐ Get help from an appropriate adult.
- ☐ Praise them for their efforts and issue any relevant notices.
- ☐ Instruct the front row to turn to their right and lead off, followed by the back row.



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NOTES

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