

Scenario 1

Instructions

A person in a tent has collapsed to the floor and is unconscious.

Act as the casualty.

Does the first aider check:

D - Danger

No Danger

R - Response

No Response

A - Airway

Clear

B - Breathing

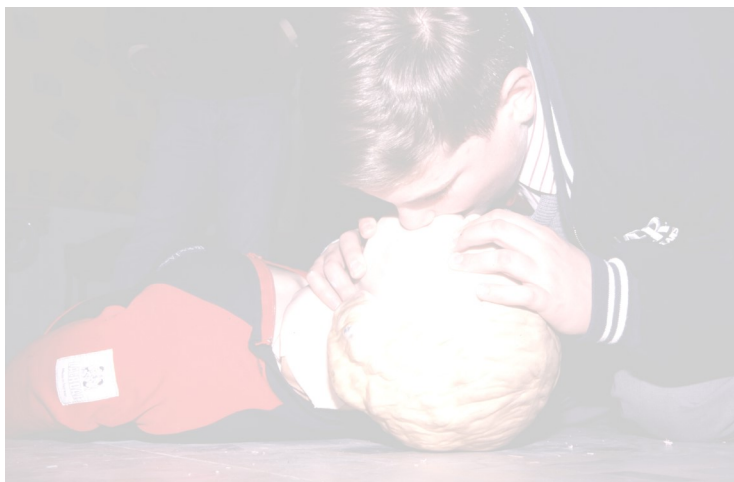
Normal breathing

Do they send someone for help?

Do they get the history of what has happened?

Do they do a full body check?

Do they put you in the recovery position?



Scenario 1

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Scenario 2

Instructions

You are in a car park waiting to be picked up at the end of your day's work when suddenly the man over the road falls off his ladder.

Play the part of the injured decorator. You are unconscious.

Does the first aider check:

D - Danger	No Danger
R - Response	No Response
A - Airway	Clear
B - Breathing	Normal breathing

Do they send someone for help?

Do they do a full body check?

Do they treat you carefully as if you might have a spinal injury?

Do they move you?



Scenario 2

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Scenario 3

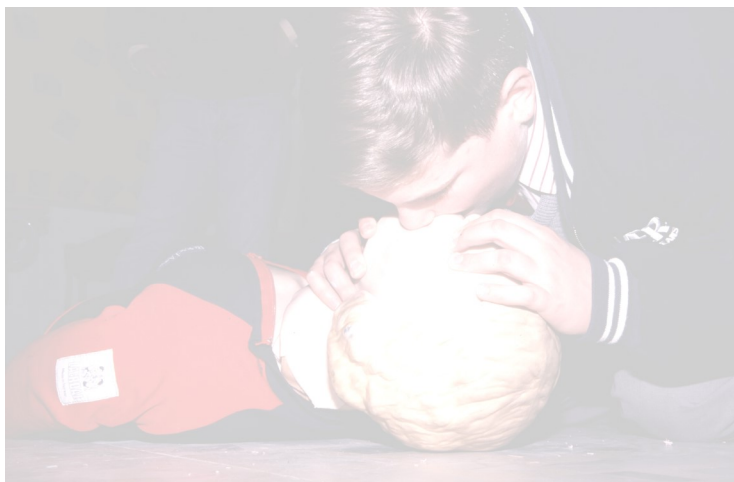
Instructions

You were climbing over a stile when you suddenly slipped and you put out your hand to support yourself.

Unfortunately you have grabbed hold of some barbed wire and you have a nasty deep cut to the palm of your hand.

Does the first aider treat for shock as well as for the injury?

Do they apply direct pressure to the wound?



Scenario 3

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Scenario 4

Instructions

You have slipped off the path and a sharp stick is now piercing your leg.

Your leg is bleeding with a dark red blood.

Does the first aider apply pressure either side of the stick?

Do they treat for shock?

Do they call for help?



Scenario 4

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Scenario 5

Instructions

You have slipped over and cut your arm very badly on some broken glass that was on the ground.

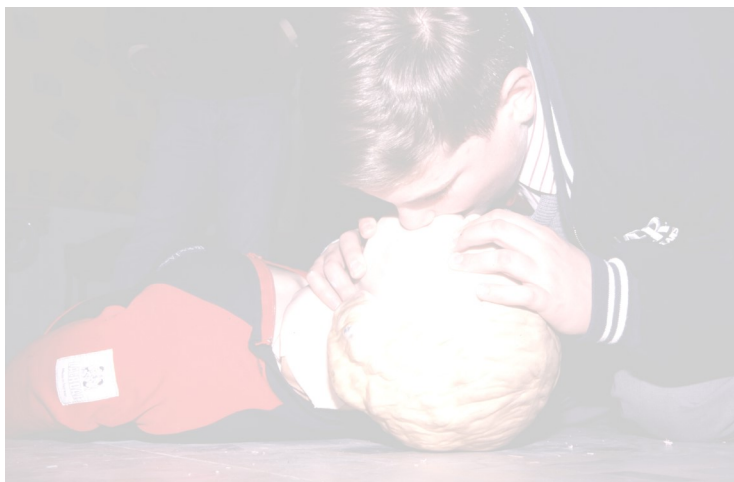
The blood appears to be pumping out of your arm. There is no glass in the wound now.

Does the first aider apply pressure?

Do they call for an ambulance?

Do they treat for shock?

Ask what they would do if the blood comes through the first bandage?



Scenario 5

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Scenario 6

Instructions

You have suffered serious burns to your lower legs from a pot of water that has been knocked off the stove on to the grass.

You are at a campsite, where there is a toilet and shower block.

Does the first aider also treat for shock?

How long do they suggest you keep the burn under cold water?

Do they advise you to seek medical attention if it is necessary?



Scenario 6

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Scenario 7

Instructions

You were at the campsite and you were on a mini assault course when you slipped and fell against a pole that was upright in the ground.

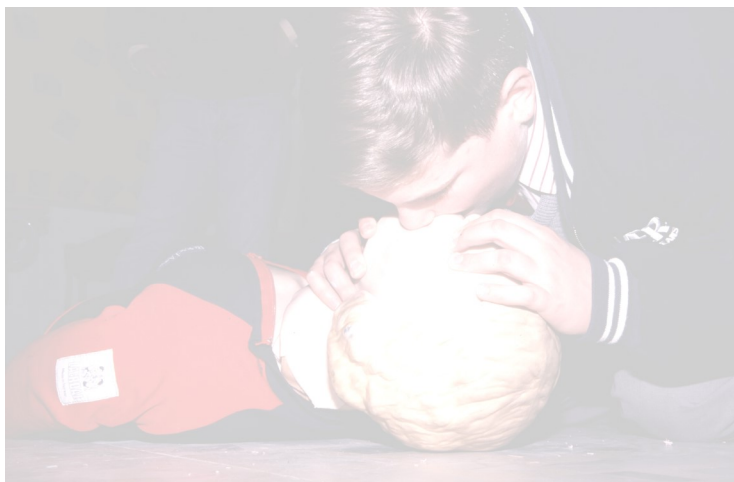
You have received a sharp blow to your chest. One side of your chest hurts and it hurts when you breathe in.

There are no obvious signs of bleeding but it hurts when it is touched or when you sneeze or cough.

Do they do a full body check?

What do they think has been injured?

Do they sit you in an appropriate position?



Scenario 7

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Scenario 8

Instructions

You picked up your full rucksack with one hand and went to swing it onto your shoulders.

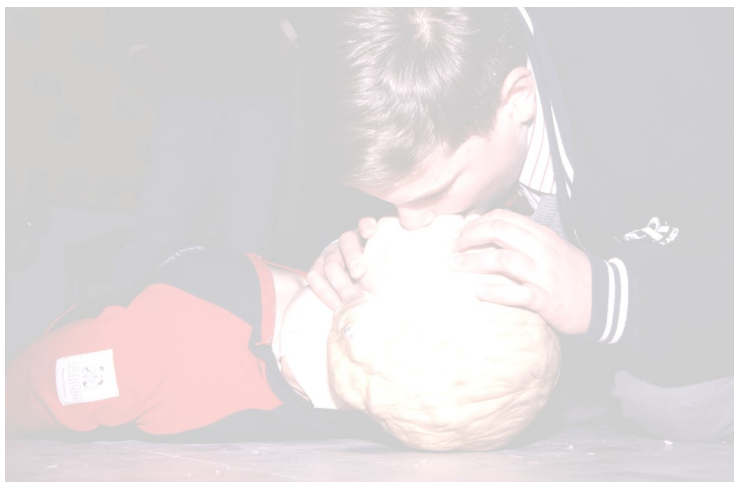
As you swung it up you felt a horrible pain in your shoulder and now it hurts to move your arm, or your fingers.

Do they do a check of the area, if they do then they will see that your arm is at a funny angle to your shoulder.

Does the first aider immobilise the injury correctly?

Do they call for help?

What do they suspect has happened?



Scenario 8

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Scenario 9

Instructions

You were having a football kick around on the campsite when you slipped over.

You put your hand down to break your fall and there was a nasty crack.

You have broken your wrist.

Does the first aider immobilise the injury correctly?



Scenario 9

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Scenario 10

Instructions

It is the 2nd day of your DofE expedition, you have just crossed a stile and have slipped off the second step.

You felt a really sharp pain in your ankle and now it hurts to move your foot or to put any weight on it.

Do they check the ankle properly to see if they can see any swelling, bruising or bleeding?

Does the first aider immobilise the injury correctly?

Do they call for assistance?



Scenario 10

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Scenario 11

Instructions to Casualty

You have taken off your rucksack at the side of the road for a rest. Unfortunately you stepped back into the road and didn't see there was a car coming. It has hit you and you are unconscious with head and possible back injuries.

Your breathing is normal.

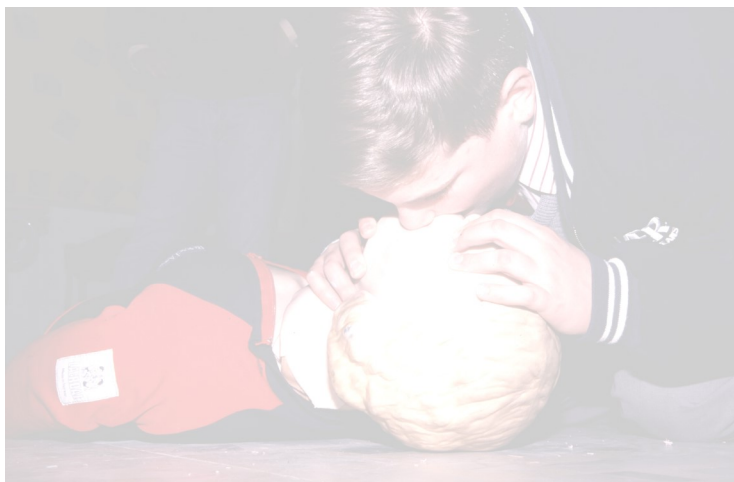
When your head is checked you can tell the first aider that there is a sticky fluid on their hands. If they look in your ears you can tell them that there is fluid coming out of your ears.

If they check your eyes you can tell them that the pupils are of uneven size.

Do they treat you for a possible spinal injury?

Do they call for help immediately?

Do they move you?



Scenario 11

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Scenario 12

Instructions

You have fallen off a ladder and banged your head and broken your ankle.

To set the scene you may tell the first aider that there is a ladder next to you.

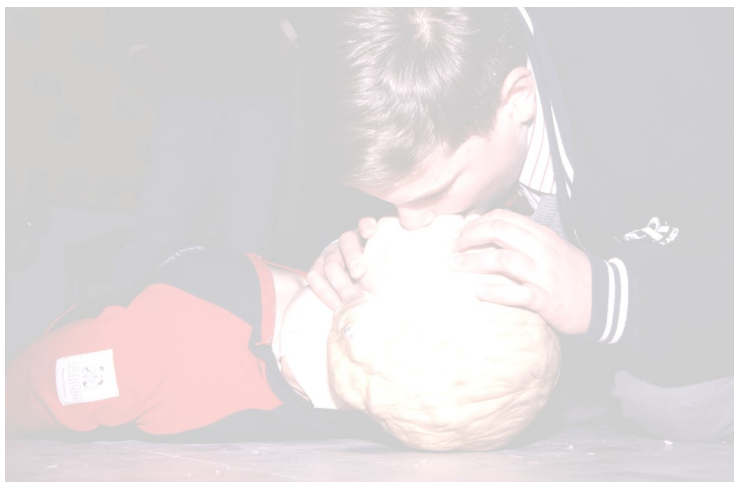
You are semi conscious responding to pain but unable to talk.

You may groan every now and then.

As the first aider does their primary assessment, groan loudly when they touch your head and your ankle firmly.

Do they check and treat as if for a spinal injury?

Do they try and move you?



Scenario 12

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Scenario 13

Instructions

You are walking in the park when you hear a commotion.

A teenager (15-17 years old) has just been pulled out of the boating lake.

No-one knows why they were in the lake or how long they were there for. They are lying on the floor.

Does the first aider check for:

Danger - if so, tell them there is none

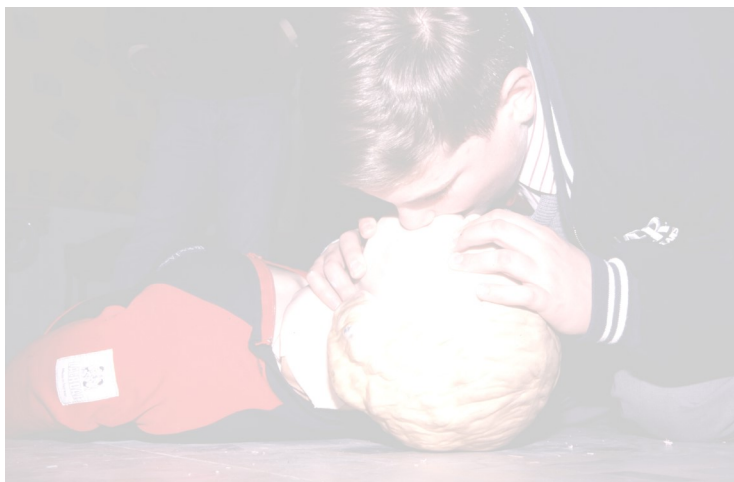
Response - no response

Airway - no obvious obstruction

Breathing - none present

Do they give five rescue breaths before starting CPR?

Have they instructed someone to dial 999?



Scenario 13

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Scenario 14

The first aider has just walked into their DofE Leaders' office and there is a person lying on the floor in front of you. They are aged between 50 and 55 years of age.

Does the first aider check for :

Danger - if so tell them there is none

Response - no response

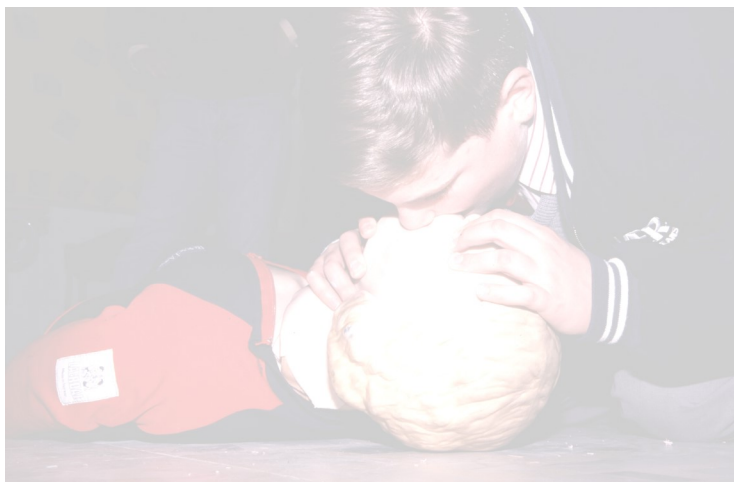
Airway - no obvious obstruction

Breathing - none present

Do they go for help or send someone else for help before starting CPR?

If they go for help do they put the casualty in the recovery position?

Do they ask the bystander to come back and tell them when the ambulance will arrive? Do they give the bystander the correct information to give to the emergency services?



Scenario 14

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Scenario 15

Instructions

Pretend to be choking, you can't talk but you are able to nod your head.

Does the first aider check if you are choking and then ask you to cough?

Does the first aider administer back slaps?

If they pretend to do abdominal thrusts do they recommend that you seek medical attention if you feel unwell afterwards?



Scenario 15

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Scenario 16

Instructions

You have just walked up to the top of the hill and are out of breath.

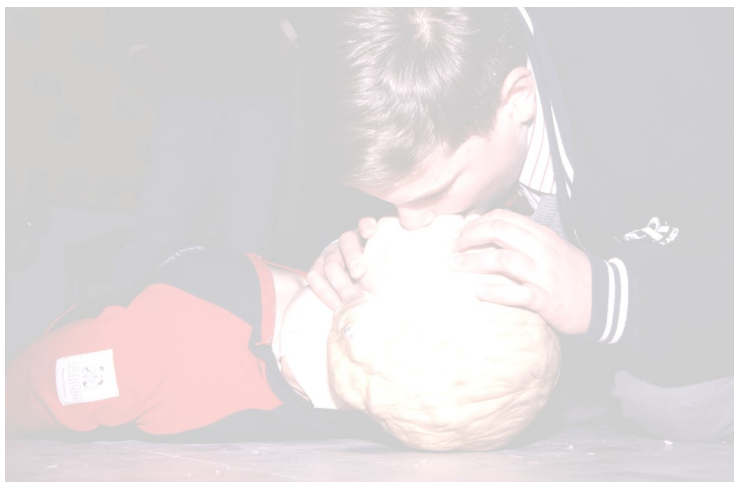
Suddenly you start to feel an asthma attack coming on.

You are finding it very hard to breathe.

Does the first aider ask if you have asthma?

Do they ask you to take your inhaler?

Do they sit you down and reassure you?



Scenario 16

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Scenario 17

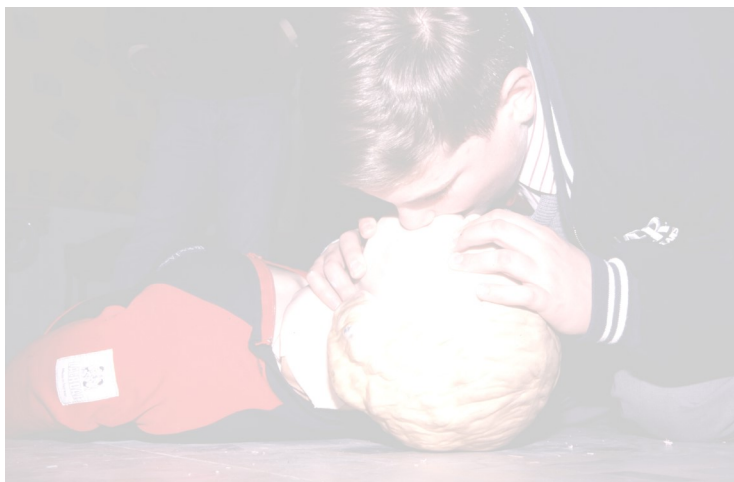
Instructions

It is the second day of your expedition and you are complaining that your feet hurt.

When you take your boots off you have very badly blistered feet.

Some of the blisters have fluid in and some have already burst.

What advice does the first aider give you?



Scenario 17

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Scenario 18

Instructions

It is bonfire night and you have been standing helping a small child with their sparklers.

A spark has flown up into your eye and it is now stinging and hurting, you can not see through this eye.

What steps does the first aider take?

Do they try and wash out the foreign object?

Do they call an ambulance or advise you to go to hospital?

Do they bandage the eye and cover the other eye?



Scenario 18

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Scenario 19

Instructions

You have been walking all day and it has been very cold and pouring with rain. Your waterproofs are now leaking and you are wet through.

You are now showing the first signs of hypothermia.

Act out your symptoms

How does the first aider treat you?

What do they ask you?



Scenario 19

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Scenario 20

Instructions

You are a DofE participant who has been walking all day and it is a very hot day.

You had a cup of tea with your breakfast and a small bottle of water at lunch time and it is now 4pm.

You are suffering from Hyperthermia

Think about what your symptoms might be and then explain them to the first aider when they ask you for details.

Give appropriate responses when you are asked questions.



Scenario 20

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Scenario 21

Instructions

You have met a walker who is a middle aged person and they have chest pains.

They feel very unwell and are pale and sweating with an irregular pulse.

They have some tingling in the fingers of their left hand.

Act out the part of this casualty.

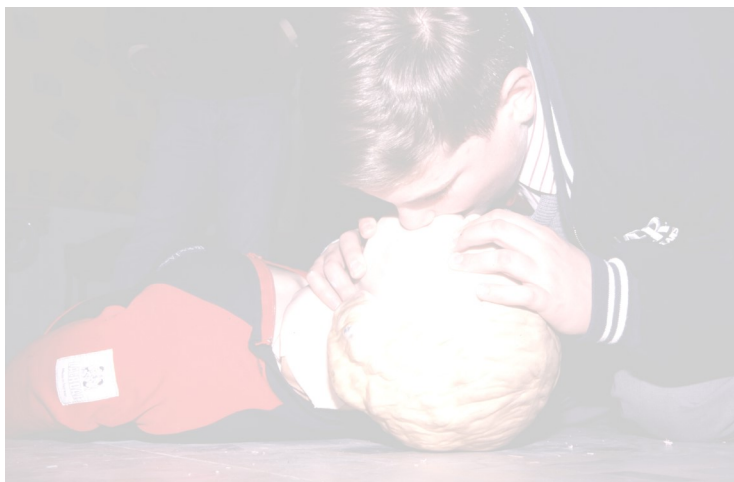
Does the first aider ask if you have any existing medical conditions?

Do they ask you if you have any medication?

Do they help you to administer the medication?

Do they sit you down and reassure you?

Do they call for assistance?



Scenario 21

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Scenario 22

Instructions

You have an allergy to nuts which can be very severe, you have just started to eat a sandwich when you suffer an anaphylactic reaction to something in the sandwiches.

You are feeling your throat beginning to swell up and it is getting difficult to breathe.

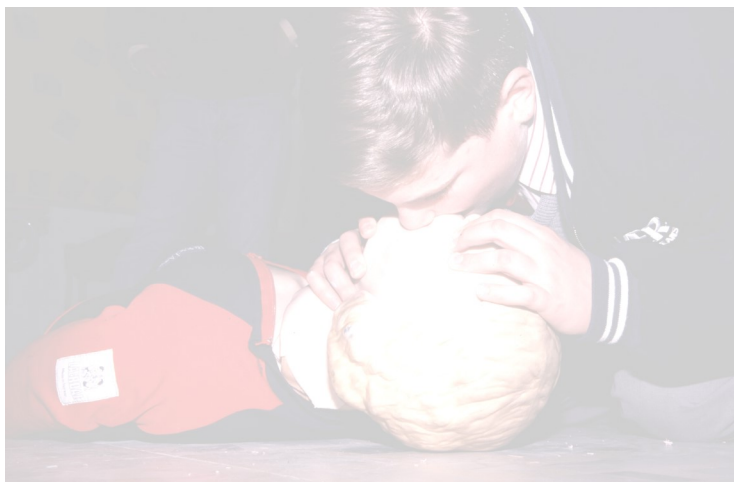
Does the first aider ask if you have any allergies?

Do they ask you if you have any medication?

Do they help you to administer the medication?

Do they sit you down and reassure you?

Have they called for help?



Scenario 22

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Scenario 23

Instructions

You have slipped on the very rocky path up to the summit of the hill. You rolled over a bit and you have hurt your hand which is bleeding and you keep telling the first aider how much it hurts.

When the first aider examines you they should find a serious cut to the back of your leg. If they check your legs carefully you can tell them that they have found blood.

Do they do the full body check?

Do they treat for shock?

Do they treat both your hand and your leg?



Scenario 23

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Scenario 24

Instructions

You are near the end of a long day's walk and there is a walker coming towards you, he is unsteady on his feet and he is slurring his words.

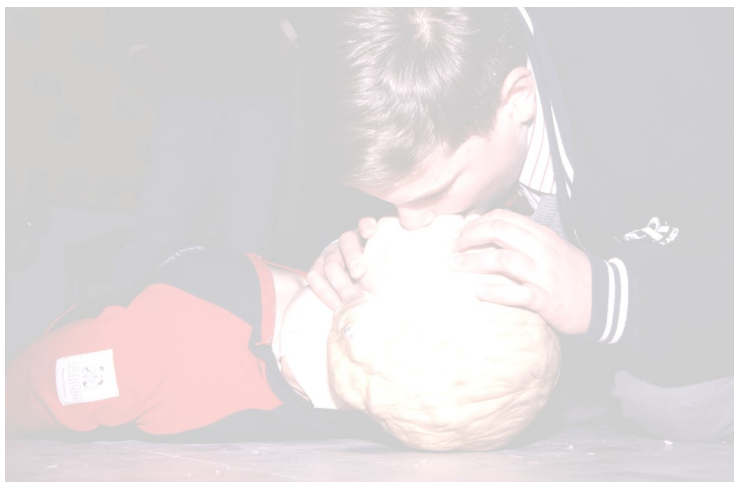
He seems confused and unsure of his surroundings and he is asking for help.

Act the part of this walker suffering from a diabetic episode.

Does the first aider ask relevant questions including previous medical history?

Do they check whether you have diabetes?

Do they suggest medical attention?



Scenario 24

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Scenario 25

Instructions

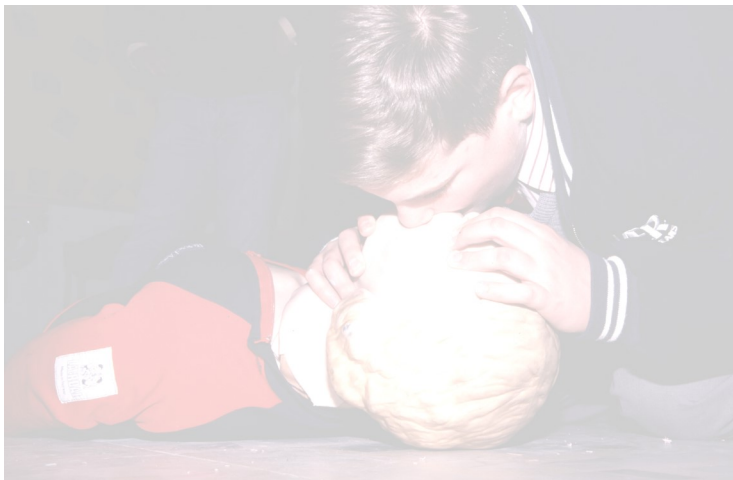
You are plugging in a piece of electrical equipment when you receive an electric shock.

Fall to the floor still holding the electrical item plugged in to the mains and shake as if you are receiving an electrical shock.

Does the first aider check for danger and check the area first?

Do they make it safe before touching you?

Do they call for assistance?



Scenario 25

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Scenario 26

Instructions

The expedition team comes across a team of three walkers who have fallen from a path when the ground gave way beneath them.

One walker is unconscious with a head injury.

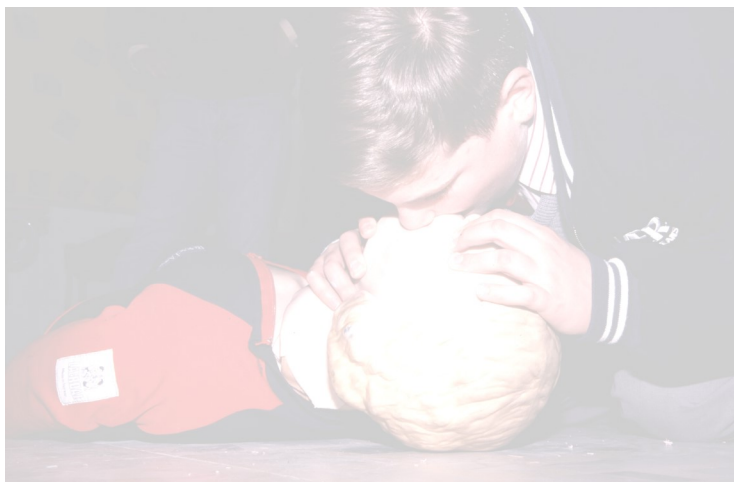
One has a lower leg injury and the other has a broken wrist.

There is no mobile phone reception here.

Are the casualties treated in the correct priority order?

Is the unconscious casualty treated as a possible spinal injury?

What information is given to the people who go for help, will they have enough information to get help to these casualties?



Scenario 26

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Scenario 27

Instructions

There has been a really bad accident with the group of campers next to your DofE team.

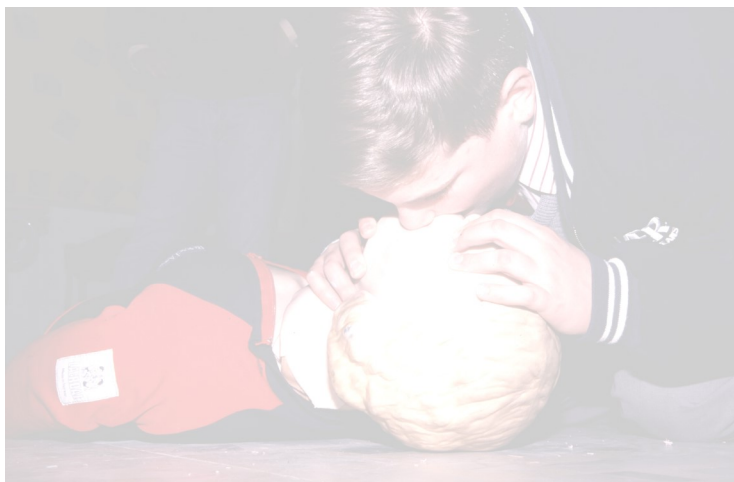
Someone tripped over a tent guy line and has dislocated their shoulder.

Unfortunately when they fell they kicked over the stove which has burnt another person on the arm, a third person has had the penknife that they were using jabbed into their leg.

The fourth person is very shocked by what has happened.

Are the casualties treated in the correct priority order?

What information is given to the people who go for help, will they have enough information to get help to these casualties?



Scenario 27

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Scenario 28

Instructions

Your expedition team are walking though a village when they hear a massive crash and commotion. When they look down the road, they see that some scaffolding has collapsed and that people are trapped. The rest of the scaffolding does not look very safe.

There are three casualties who are suffering from a broken leg, a back injury, and a broken arm.

Do the team check for danger and stop until they are told that the scaffolding is now safe?

Do they treat the spinal injury correctly?



Scenario 28

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Scenario 29

Instructions

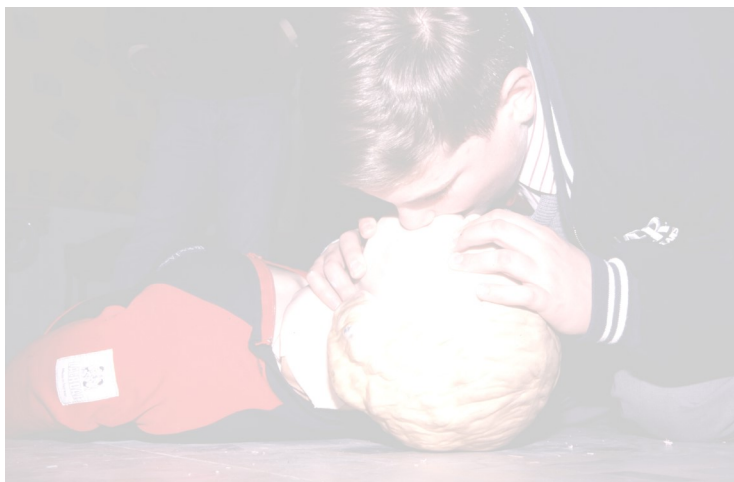
Your expedition team has stopped for lunch and you see another group of walkers a bit further down the wall. One of them just appears to be wandering around and has no jacket on even though it is really cold and wet.

When you investigate, the walker wandering around seems very confused and is slurring their words. Two more walkers are just sitting shivering and not talking. Another is sitting slumped on the floor and doesn't respond when you ask what their name is.

There is no mobile signal.

Do the team use all of their resources to sort out this problem?

What information do they need to send with those going for help?



Scenario 29

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Scenario 30

Instructions - the grand finale

A car has mounted the pavement and hit a lamp post, pedestrians have also been injured.

Casualty 1 - Unconscious non breathing casualty on the ground - treat as a spinal injury but commence CPR.

Casualty 2 - Unconscious non breathing casualty slumped over the wheel of the vehicle. When airway is established by tilting head back breathing restarts but casualty is still unconscious. Treat as a spinal injury.

Casualty 3 - Serious bleeding to leg but casualty is partly trapped under the vehicle.

Casualty 4 - Cuts to head from flying glass.

Casualty 5 - Broken arm.

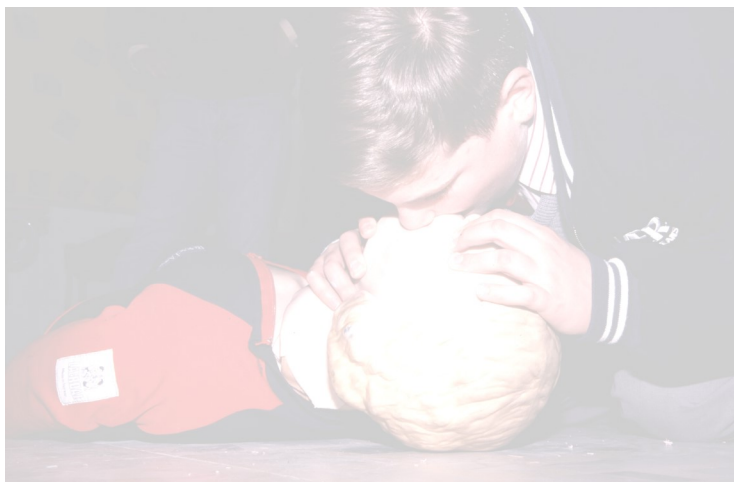
Casualty 6 - Minor cuts and bruises.

Casualty 7 - Very shocked bystander.

Check for order of priority of treatment.

How is the situation managed?

What information is given to the emergency services?



Scenario 30

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