How Can You Help?

An emergency situation can be dealt with calmly if you know what to do.

1. Read the scenario. How might the two friends use the St John Action Plan?

Three friends are cycling on a path in a bushland park on a hot summer’s day.
As they race down a slope, one of them hits a rock on the road and falls off her bicycle.
She lands in the middle of the path. She does not move or speak.

Assess the situation: ____________________________________________

Make the area safe: ____________________________________________

Give emergency aid: ____________________________________________

Get help: ____________________________________________________

2. Look at the picture. Use a separate sheet of paper for your answers.

(a) (i) What accidents have occurred?
    (ii) In which order would you treat the casualties? Explain your answer.
    (iii) What accidents are about to happen and what injuries might occur?
(b) How would you use the St John Action Plan to respond to each accident?