



ACT

**ACTION
COUNTERS
TERRORISM**

St John Ambulance

RUN HIDE TELL

**First Aid Training for 11-16 year olds
(Key Stages 3 & 4)**

When HIDING - TREAT if it is safe to do so

Firearms and weapons incident – advice for young people



The message is simple:

RUN if you are able to

HIDE if you are not

TELL police of the threat only **when it is safe to do so.**

Firearms and weapons incident – advice for young people

- You should only stay to help other people if circumstances (such as your own safety) prevent you from leaving the scene.
- If you are able to safely leave, you **MUST** do so.



Firearms and weapons incident – advice for young people

Turn your mobile phone off – and tell others to do the same.

DO NOT use your mobile phone to call for help until you are well away from the scene. Help will be on its way although you may have to wait a while for the police to make the area safe.

You should only try to help others once it is safe to do so.

What is happening here?



If you can't get away and it is safe to start helping people:

- Keep looking out for **DANGER** of any kind
- First and foremost, keep yourself safe – **ALWAYS!**



Who should I help first ?

First make sure you are safe – if you get injured you cannot help others!

- Start by telling any casualty who can walk to move to a safe place and **HIDE** if they can safely do so
- If you are treating someone and they become unresponsive put them in the recovery position and move on to the next casualty
- If a casualty is responsive, breathing and bleeding – first get them to safety and *then* try to stop the bleeding
- If a casualty is unresponsive – put them in the recovery position and move on to the next casualty

If it is safe to start helping people

Check:

Response - is the injured person responding to you?

Airway – is their airway clear so they can breathe?

Breathing – can you see they are breathing?

Circulation – is there any bleeding?

Check for a response

If a casualty isn't moving, shake their shoulders gently to see if they respond.

If it is safe to talk quietly to them, ask them to do something – e.g. “open your eyes” and see if they respond. If they respond, check their “ABC” – airway, breathing, circulation.



If they don't respond, put them in the recovery position and move on to the next casualty.

A - check the casualty's airway

If they are talking normally, A&B are ok. Move on to C

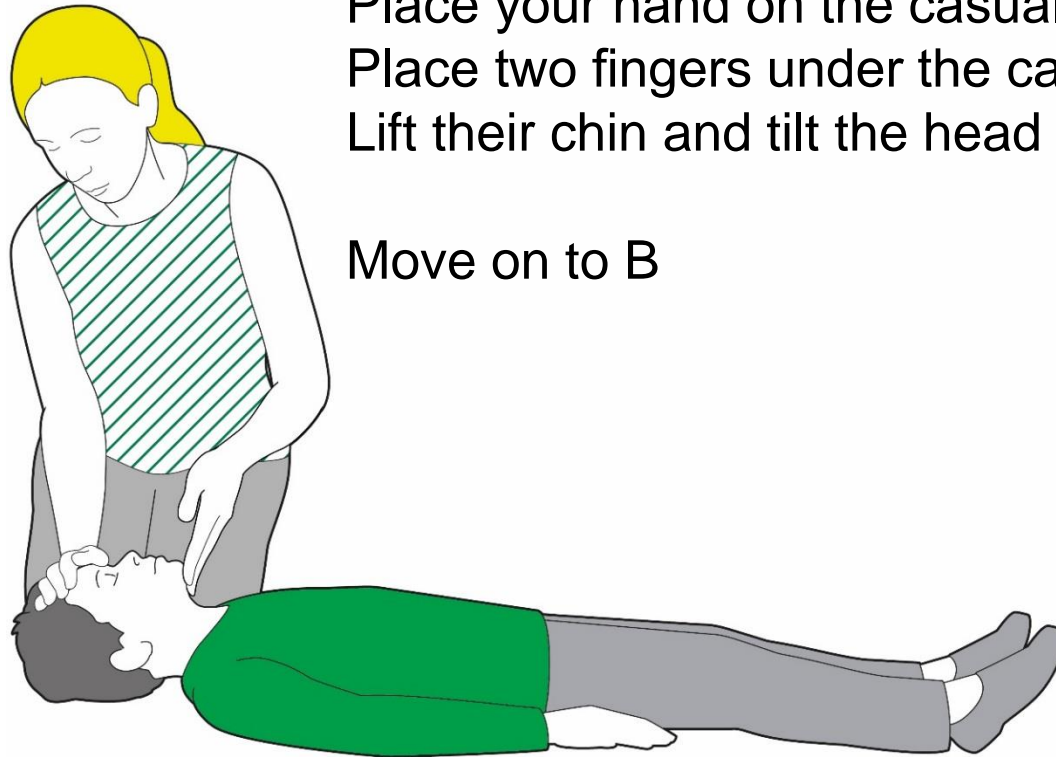
If they aren't talking normally:

Place your hand on the casualty's forehead

Place two fingers under the casualty's chin

Lift their chin and tilt the head back gently

Move on to B



B - check for breathing

Look, listen and feel for breathing for up to 10 seconds

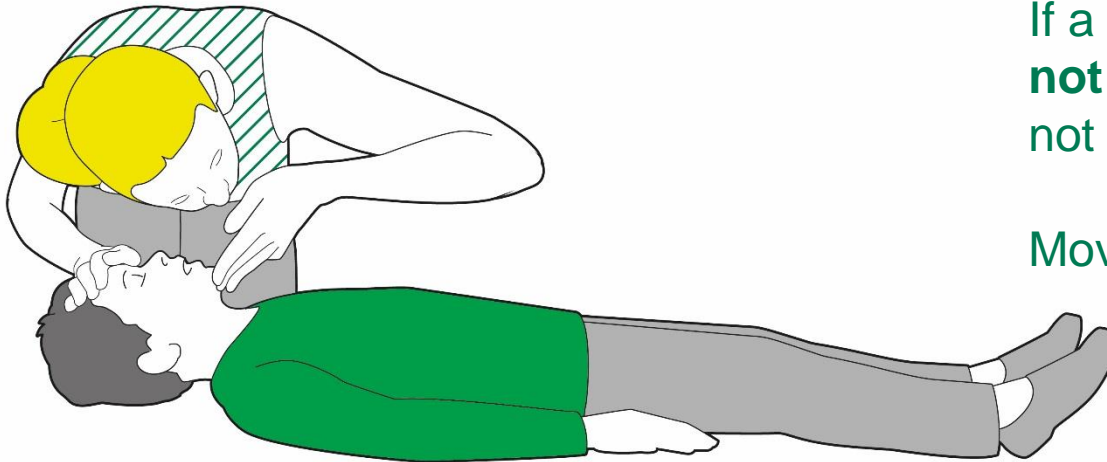
Can you feel their breath on your cheek?

Can you see movement of their chest or abdomen?

If the casualty is breathing put them in the recovery position.

If a casualty is unresponsive and **not** breathing – there is probably not much help you can give them.

Move on to treat the next casualty



C – circulation – check if the casualty is bleeding

- Help the casualty to sit or lie down
- Try to stop the bleeding by applying pressure
- Reassure the casualty
- Raise and support the casualty's legs if you can
- Keep the casualty warm



Three Ps

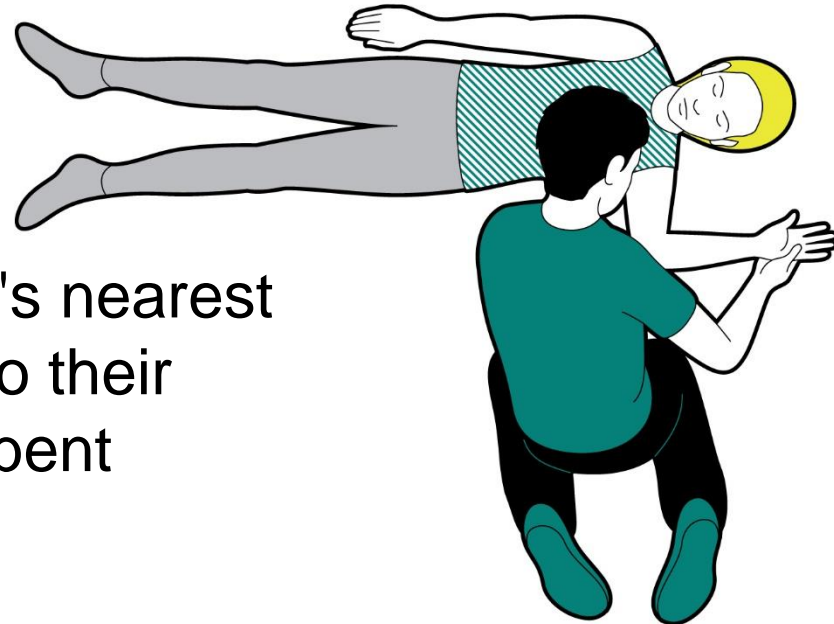
Protect yourself – wear gloves or use plastic bags or cloths to avoid contact with blood if you can

Pack the wound with clothing, towels or similar

Press on the wound or tell the casualty to press on it
– and keep pressing until help arrives

Putting someone into the Recovery position 1)

1. Place the casualty's nearest arm at a right angle to their body with the elbow bent



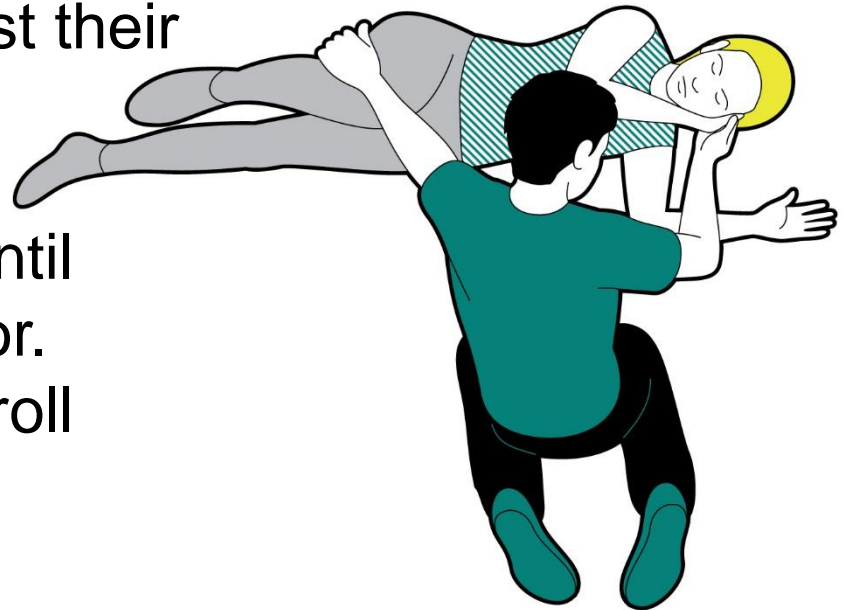
Putting someone into the Recovery position 2)

2. Place the back of the casualty's far hand against their cheek

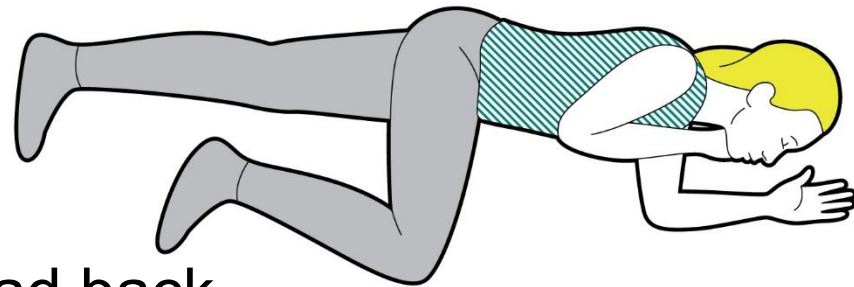
- Hold it there.

3. Pull their far knee up until their foot is flat on the floor.

4. Pull on the bent leg to roll them towards you



Putting someone into the Recovery position 3)



5. Tilt the casualty's head back to open their airway

- Monitor their level of consciousness from time to time.

How to put someone in the recovery position

Knife and gun shot wounds

- Don't touch or move any weapons at the scene
- Don't pull a knife out of any wound on the casualty – that could cause more bleeding and damage. Explain that to the casualty
- Cover the wound with something clean
- Keep the casualty warm – cover them with a blanket or a coat
- Do not give them anything to eat or drink

If the casualty has a chest wound:

- Sit or lie the casualty down
- If the wound is bleeding, cover it with something clean
- Talk quietly and calmly to them to reassure them
- Keep them warm with a blanket or coat

If you are injured

- You should always make sure you are safe first
- Apply pressure to your wounds if you are bleeding or get others to help you to apply pressure
- You can also tell other people what to do and talk them through the steps to take

Looking after yourself

Events like these are very stressful for everybody involved

Most people get over them very well, but some people have longer term issues

It is really important that you talk to somebody if you are worried

This might be a parent or a teacher, or you could contact Childline.org.uk free on **0800 1111**

As the nation's leading first aid charity, St John Ambulance wants to teach everyone simple, life saving skills.

If you would like to learn more about first aid, we are always here to help you.

Search sja.org.uk for courses and units near your home.