

LESSON PLANNING AID

Subject: Ranger Life Saver
The Body Check

Version: 05/11/2018

Duration: 60 mins

Area: Outdoor classroom

Materials:

Structure:

Duration	Subject	Type of instruction
5 mins	Introduction	EDIP
50 mins	The body check	
5 mins	Conclusion	

Risk Level:

low	possible	probable	high	very high
X				

Details on risk level and risk mitigation on the last page

INTRODUCTION

Storytelling

Tell a story from your own experience, in which the relevance of this lesson is illustrated

Motivation

Before we can decide the casualty is ready to be transported to a medical facility, we have to ensure that he/she has no more injuries that need treatment in the field, and our previous applied measures are still effective.

Aim of the lesson

The aim of my lesson therefore is to teach you how to perform a body check

EXPLAIN

Explain EXPLAIN the importance of a thorough body check
EXPLAIN you check applied measures first
EXPLAIN you check for any other wounds, or broken bones after checking the applied measures
EXPLAIN that the body check has to be performed in a structured and thorough manner

Confirm after each explanation through questions!

Questions from students *Answer any questions relating to what you just explained. Make sure everyone is involved. Give back questions to the class where possible.*

- Questions to students
- What do we look for during the body check?
 - Why is it important to perform the body check in a structured manner?

EDIP

Explain the demo *Choose one student as the demo person. No females are to be used as a demonstration person, unless there are only females present.*

In the next demonstration you will see that I will check the applied earlier measures first, to ensure they are still effective. If I need to, I will reapply the measures, or add for instance another tourniquet.

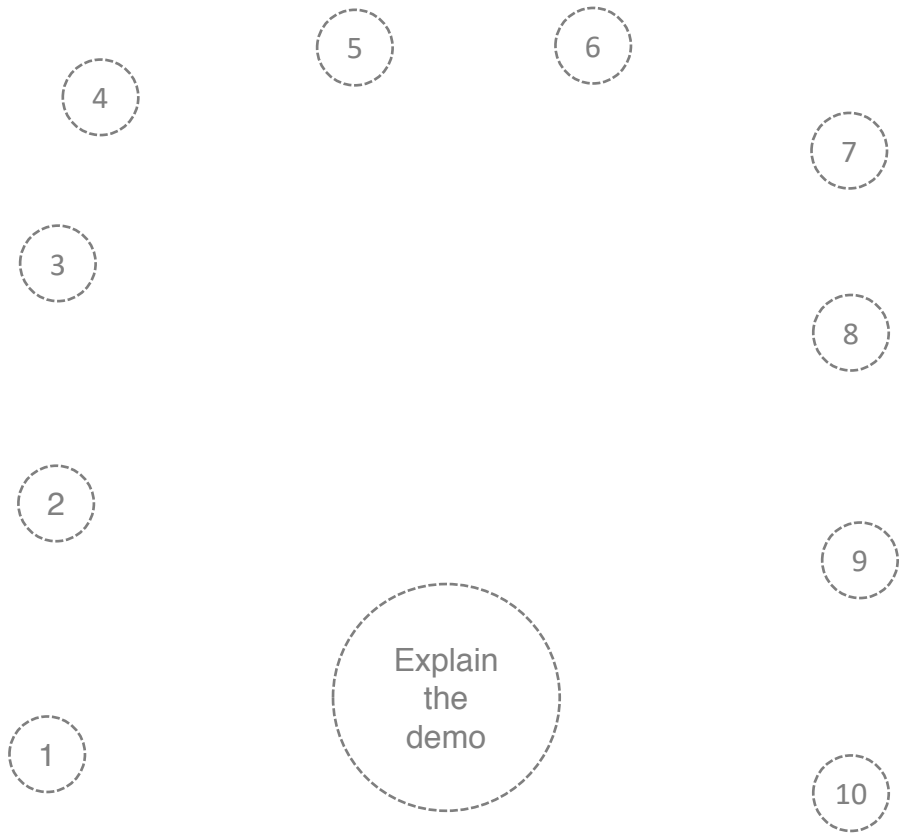
Once I have completed checking the applied measures, I will check the casualty thoroughly for any other wounds, or broken bones (fractures). I do this carefully, to ensure I don't create more damage. If the casualty is conscious, I will ask him/her to move the body parts as I check them, and ask him/her if he /she feels any pain.

Demonstrate	<i>Show a perfect demonstration of the body check. Make sure you wear gloves and check the earlier applied measures first. After completion, start checking the body from head to feet, while carefully feeling for broken bones and additional wounds. Talk to the patient, and ask him/her to move the different body parts and look for indications of pain.</i>
Imitate	<i>Put students in pairs. Females will be paired with other females. Have the students imitate step-by-step as you take them through the body check. Once they do it well, change the roles within the pairs. Practice until they can perform the body check in one go.</i>
Practice	<i>Have the students perform the whole body check in a correct way. Provide feedback, ask the class for feedback. Repeat until the body check is performed as required by everyone in the class.</i>
Questions from students	<i>Answer any questions relating to what you just explained. Make sure everyone is involved. Give back questions to the class as much as you can.</i>
Questions to students	<ul style="list-style-type: none"> • What do we do if we find wounds that have not been covered yet? • How can I recognise a broken bone? • Why should I ask the casualty to move their body parts as I check them?

CONCLUSION

Questions from students	<i>Answer any questions relating to the entire lesson. Make sure everyone is involved. Give back questions to the class as much as you can.</i>
Questions to students	<ul style="list-style-type: none">• What do we look for during the body check?• Why is it important to perform the body check in a structured manner?• What do we do if we find wounds that have not been covered yet?• How can I recognise a broken bone?• Why should I ask the casualty to move their body parts as I check them? <p><i>Give an opportunity to students that have not answered yet, or are struggling</i></p>
Summary	After we have taken care of catastrophic bleeding, an open airway and prevented a tension pneumothorax, we now have to check if the applied measures are still effective. After that, we need to find any fractures (broken bones) that may complicate or inhibit the transport of the casualty to a hospital. This procedure is called the body check
Post lesson admin	N/A

DEMO LAYOUT



- *10 different pieces of sign have been prepared earlier.*
- *Explain the demo in a position of shade.*
- *Prepare 10 pieces of sign, marked by a circle around it, or a bright ribbon if top sign.*
- *Enough room between the pieces of sign, to allow for student movement.*
- *Make sure everything is prepared and checked before the start of the lesson.*

RISK MANAGEMENT

Risk item	Level	Mitigating measure	Residual risk lvl.
No risks associated with this training			
Overall risk with mitigating measures in place			