

LESSON PLANNING AID

Subject: Ranger Life Saver
The Blood Sweep

Version: 05/11/2018

Duration: 60 mins

Area: Outdoor classroom

Materials: Whiteboard, Pens

Structure:

Duration	Subject	Type of instruction
5 mins	Introduction	EXPLAIN
15 mins	Function of the heart Arteries and veins Blood volume Catastrophic bleeding	
35 mins	Blood Sweep	EDIP
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

After scene safety, controlling catastrophic bleeding is our priority

Aim of the lesson

The aim of my lesson therefore is to teach you how to perform a blood sweep to find any catastrophic bleeding as soon as possible

EXPLAIN

Explain

- EXPLAIN the function of the heart
- EXPLAIN the difference between arteries and veins
- EXPLAIN blood volume in adults (5-7 liters)
- EXPLAIN catastrophic bleeding
- EXPLAIN why it is important to act quickly in case of catastrophic bleeding.

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

- How many litres of blood does an adult have on average?
- What is catastrophic bleeding?
- Why it is important to act quickly in case of catastrophic bleeding?

EXPLAIN, DEMONSTRATE, IMITATE, PRACTICE

Explain the demo

Choose one student as the demo person. Ensure females are paired with other females.

In the next demonstration, I will show you how to do a thorough and quick check on the casualty, to find any sources of catastrophic bleeding. This is called the blood sweep. We pay special attention to the areas where the arteries are closest to the skin, i.e. the neck, armpits, groin, knees. We also check both arms and legs.

Demonstrate	<i>Show a perfect demonstration of the blood sweep. Make sure you wear gloves and check your hands after each checked body part. Don't forget the back!</i>
Imitate	<i>Put students in pairs. Have the students imitate step-by-step as you take them through the blood sweep. Once they do it well, change the roles within the pairs. Practice until they can perform the blood sweep in one go.</i>
Practice	<i>Have the students perform the whole blood sweep in a correct way. Provide feedback, ask the class for feedback. Repeat until blood sweep 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 areas of the body do we concentrate on while performing the blood sweep? • How do we recognise catastrophic bleeding?

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">• How many litres of blood does an adult have on average?• What is catastrophic bleeding?• Why it is important to act quickly in case of catastrophic bleeding?• What areas of the body do we concentrate on while performing the blood sweep?• How do we recognise catastrophic bleeding? <p><i>Give an opportunity to students that have not answered yet, or are struggling</i></p>
Summary	After ensuring a safe scene, the most important step we now need to take is to find any sources of catastrophic bleeding. Remember: catastrophic bleeding is bleeding that will lead to death, if not controlled as soon as possible. We do this by performing a blood sweep.
Post lesson admin	N/A

RISK MANAGEMENT

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