

LESSON PLANNING AID

Subject: Ranger Life Saver
Hypothermia Prevention

Version: 05/11/2018

Duration: 60 mins

Area: Outdoor classroom

Materials:

Structure:

Duration	Subject	Type of instruction
5 mins	Introduction	Explain
30 mins	Hypothermia and the Trauma Triad of Death	
20 mins	Hypothermia prevention	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

When a casualty loses a lot of blood, his /her body is less able to keep the correct core temperature to function. We therefore have to ensure that the casualty is protected from cooling down.

Aim of the lesson

The aim of my lesson therefore is to teach you how to prevent hypothermia

EXPLAIN

Explain EXPLAIN the normal core temperature of 37,5 degrees
EXPLAIN how the core temperature drops after blood loss
EXPLAIN how a drop in the core temperature leads to acid buildup in the blood
EXPLAIN how the acid buildup in the blood lowers the body's ability to form a clot resulting in more bleeding
EXPLAIN how more bleeding leads to the core temperature dropping even more
EXPLAIN that this is called the 'trauma triad of death'

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

- Who can explain to me what hypothermia means?
- Who can explain to me what the 'trauma triad of death' is?

EDIP

Explain the demo *Choose one student as the demo person.*

In order to protect our casualty from cooling down, we need to cover him/her in either a blanket, ranger uniform jackets, anything we can find and utilise to help the body keep the core temperature.
In the next demonstration I will use a woollen blanket.

Demonstrate	<i>Show a perfect demonstration of wrapping the casualty in the woollen blanket. Make sure to cover underneath the casualty as well, and cover the head. Make sure that the casualty can easily breathe.</i>
Imitate	<i>Put students in pairs. Have the students imitate step-by-step as you take them through the hypothermia prevention. 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 hypothermia prevention in a correct way. Provide feedback, ask the class for feedback. Repeat until the hypothermia prevention 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 material can we use to protect the body from cooling down? • Should we cover the head as well?

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"> • Who can explain to me what hypothermia means? • Who can explain to me what the ‘trauma triad of death’ is? • What material can we use to protect the body from cooling down? • Should we cover the head as well? <p><i>Give an opportunity to students that have not answered yet, or are struggling</i></p>
Summary	We need to ensure that our casualty, after catastrophic bleeding, remains at a core temperature as close to 37,5 degrees as possible. Even in high outside temperatures this is crucial!
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			