

# LESSON PLANNING AID

**Subject:** Ranger Life Saver  
Pressure Bandage

**Version:** 05/11/2018

**Duration:** 60 mins

**Area:** Classroom, or open level ground with good visibility, free of obstructions or hazardous objects. Proximity to camp. Shade.

**Materials:** Training pressure bandages

## Structure:

Duration	Subject	Type of instruction
5 mins	Introduction	EDIP
50 mins	Applying a pressure bandage	
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

In case of severe bleeding (not catastrophic), or after applying the wound packing technique, we need to ensure enough pressure is put on the wound

Aim of the lesson

The aim of my lesson therefore is to teach you how to apply a pressure bandage to an area of severe bleeding, or after applying the wound packing technique.

# EXPLAIN, DEMONSTRATE, IMITATE, PRACTICE

Explain the demo	<p><i>Utilize the training pressure bandages</i></p> <p>Explain the importance of applying pressure to a wound that is bleeding severely, or after applying the wound packing technique. Explain the absorption pad, and why it should not be touched by your hands/gloves or come in contact with dirt.</p>
Demonstrate	<p><i>Show a perfect demonstration of the application of a pressure bandage on the upper leg. Make sure you wear gloves. Make sure that the sides are covered by overlap.</i></p>
Imitate	<p><i>Have the students imitate step-by-step as you take them through the application of the pressure bandage. Practice until they can perform the technique in one go.</i></p>
Practice	<p><i>Have the students perform the whole pressure bandage technique in a correct way. Provide feedback, ask the class for feedback. Repeat until application of the pressure bandage is performed as required by everyone in the class.</i></p> <p><i>After the application on the leg, have students apply the pressure bandage to an arm, or the head.</i></p>
Questions from students	<p><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></p>
Questions to students	<ul style="list-style-type: none"><li>• Why is pressure important in controlling severe bleeding, or after wound packing?</li></ul>

# 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"><li>• What is severe bleeding?</li><li>• Why is it important to apply a pressure bandage after wound packing?</li></ul> <p><i>Give an opportunity to students that have not answered yet, or are struggling</i></p>
Summary	To control severe bleeding, or after packing a wound, we need to apply a pressure bandage to ensure the wound is protected from dirt, and adequate pressure is applied to the wound. This will slow down or stop the bleeding, and will ensure in case of wound packing that the clot that was formed stays in place.
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			