

## Activity worksheet

### Making the Alert



This worksheet is aimed at teachers or educators for first aid activities in schools. It can be used with children and teenagers (please check our [resources](#) page for more tools for children). More information can be reviewed using the International first aid, resuscitation and education guidelines 2020 of the Global first aid reference centre.

### Alert Brainstorming

Objectives:	The learners <ul style="list-style-type: none"> <li>• Know what to do in an emergency situation</li> <li>• Know the emergency numbers</li> <li>• Know what is contained in an alert message</li> </ul>
Preparation time:	None
Time for this method:	15 minutes
Aids used:	<ul style="list-style-type: none"> <li>• Board (Cardboard, white board, black board)</li> <li>• List of the Emergency Medical Services Numbers used in your country</li> </ul>

#### Procedure:

Anyone can be in an emergency where he needs to act upon it and alert. There may be participants who have been in this situation. This means that the young audience may already have some prior knowledge on this subject. In this light, preferably use the young people's experiences as a starting point. Write down the ideas that they say on the board and then classify them. Re-organize the information and explain to the students that the message should be as complete as possible. The following questions can be used to guide the discussion:

- Have you ever been in an emergency?
- What did you do?
- Who can call the EMS?
- What are the numbers to call?
- What are the information you need to provide?
- When can you end the call?

### Role-play and demonstrate

Objectives:	The learners: <ul style="list-style-type: none"> <li>• Know how to call the EMS</li> <li>• Know what is contained in an alert message</li> <li>• Can make a correct alert</li> </ul>
Preparation time:	None



Time for this method:	15 minutes
Aids used:	<ul style="list-style-type: none"> <li>• a fictitious phone to mimic the call</li> <li>• a Medical Emergency answer sheet to practice responding to the EMS</li> </ul>

### Procedure:

Divide the students into working groups of 4/5 persons. Each person will play a certain role: (the driver+ the victim + the rescuer + the witness+ the EMS person+) for the game.

The teacher or first aid educator should start by playing the role of the witness to show the students how to make a correct alert call then let them try it by themselves.

### The Script:

**The driver** (actor number 1) is driving his car on his way home. Before arriving at a crossroad, **the driver** looks at the traffic light to make sure it is green. He suddenly finds someone (**the victim**) crossing the street at the wrong light and BOOM! The car hits **him**. People start to gather around to look what happened. **The rescuer** (actor number 3) standing on the sidewalks start shouting:

- *Please move out of the way so I can help, I am a certified first aid provider.*

**The witness** (actor number 4) and **the rescuer** start looking around in order to do a quick analysis of the situation and the state of the victim. They see only the person hit (**the victim**) lying on the floor unconscious.

- **The rescuer:** I should start providing first aid right away; can anyone please call the emergency services?
- **The driver:** Oh no is he/she okay? I will call the EMS now.
- **The witness:** No, you are panicking, this might make you give the wrong information while reporting and therefore derail the rescue mission. I will do it.

The witness takes his/her phone and start dialling the EMS number

- **The witness:** Hello, am I talking to the emergency services?
- **The EMS person** (actor number 5): Yes sir/Madam, how can we help you?
- **The witness:** A car accident just happened in front of me.
- **The EMS person:** Please give me a phone number so we can use to follow up the incident.
- **The witness:** Yes of course, it is 555-555-666 (the witness can also state the number of the nearest public phone if they are calling from it)
- **The witness:** The accident is in ( say the exact location of the incident including information about the street, city, door number, entry code if available )
- **The witness:** A car hit a person crossing roads at the wrong traffic light, the person fell to the ground right away. (Explain clearly the nature of the incident and any additional impending risks)
- There are 1 people affected (say the number of people affected)
- **The EMS person:** Can you give us a rough estimate of their age and gender?
- **The witness:** its a female in her twenties.



- Her condition is ..... (Explain whether the victims are bleeding or in pain or how they are lying down.)
- **The EMS person:** Has they had been given any first aid?
- **The witness:** There's someone who is a first aider and he is doing ... (explain the first aid that has been provided to the victim)
- **The EMS person:** Thank you for all the information, we are coming right away!
- **The witness** hang up the call as the emergency services have confirmed that they have the required information.

*Possible Extension:* End the session with a projection of the [GFARC Video](#) on ALERT to make it more imprinted in the memory of the students.

The teacher/educator in the end should do a recap of essential information to be included in an alert call.

### About the Global First Aid Reference Centre

- Founded in 2012
- Centre of excellence of the [International Federation of Red Cross and Red Crescent Societies](#) (IFRC) hosted by the [French Red Cross](#)
- Collaborates with 192 National Societies (Red Cross, Red Crescent) as well as scientific, institutional and private partners.

Our objectives are to reduce the number of deaths and the severity of injuries as well as to make people and communities more resilient using first aid. To achieve this, we work closely with National Societies to facilitate knowledge sharing between them and to promote first aid education at the global level. In order to ensure that first aid techniques are relevant to any country and any situation, we participate in numerous studies undertaken by medical doctors, scientists and researchers.

Find out more about the Centre on our [website](#).

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*If you have any comments or questions, please send them to: [first.aid@ifrc.org](mailto:first.aid@ifrc.org)*

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### Global First Aid Reference Centre

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