# PDHPE

### First aid on the road

### Students will explore the steps to take in the event of a car crash. Using online information and an online first aid course, students will collect information about commonly occurring types of crashes and injuries, first-aid treatment and the steps to take to minimise pain and injury. From this investigation students will develop a Car Crash Kit to assist in the event of a car crash.

### Syllabus links:

5.6 A student analyses attitudes, behaviours and consequences related to health issues affecting young people.

5.15 A student devises, justifies and implements plans that reflect a capacity to prioritise, think creatively and use resources effectively.

**Students learn about:**

Consequences of unsafe road use behaviour

**Students learn to:**

### Describe priority actions and first aid management in the car of road injury and trauma

### Resources/ Preparation

### Newspaper articles about car crashes

### Learning activity description

Introduction: Car crashes are an everyday occurrence. The consequences of crashes can vary from minor damage and injury to major trauma leading to loss of life. First, decisive action can be crucial to saving someone’s life or reducing the extent of injury. This activity will help students improve their knowledge and skills for applying first aid in the event of a car crash.

The main steps in the activity are:

1. Select and read newspaper articles about car crashes.

*Teacher note: Newspaper articles should be selected that are relevant to students to read. Local newspaper articles may be more relevant for students but there needs to be careful consideration and sensitive to students who may have experienced a car crash or know of those been involved.*

1. Students work in pairs to reflect on the newspaper articles.
2. Groups report to class to discuss.
3. Students briefly review a variety of websites that demonstrate the DRSABCD first aid action plan, e.g. [St John Ambulance DRSABCD first aid action plan](http://www.stjohnnsw.com.au/drsabcd-action-plan/) and the steps involved.

*Teacher Note: Previous knowledge of DRSABCD will inform the time needed for this activity.*

1. In pairs or small groups, students investigate websites to collect information about actions, types and responses to crashes, e.g. [NSW Centre for Road Safety](http://roadsafety.transport.nsw.gov.au/stayingsafe/emergencies/after-a-crash.html)
2. Individually, students complete the [St John Ambulance online first aid course](http://clicktosave.com.au/). Students must first register, then work through the chapters until finished. Students answer questions through the presentation and a quiz at the end. If answered correctly students will receive a certificate which can be saved and printed off.

*Teacher Note: The online course may take 30 min. It covers DRSABCD as well as bleeding injuries. It requires sound so encourage use of headphones.*

1. In pairs or small groups, students use information gathered from previous activities to develop a recommended list of items to include in a Car Crash Kit that could be carried in any car to assist in an emergency. The kit could include first-aid steps, phone numbers, first aid items, flow chart of actions, posters and stickers. Use graphics software to develop all items for the kit.
2. Class reflection through class discussion and reporting by groups. Groups are to highlight a feature that is important to delivering their first aid message when involved in a car crash.
3. Ask students to find a partner to reflect on their learning using the think, pair, share strategy. Discuss:

* Three (3) important facts they have learned.
* How will these facts impact on their future actions?

1. Could you contribute effectively to reducing pain and injury in the event of a car crash? Compare your feelings now to your initial response to this question.