

# How Can You Help?

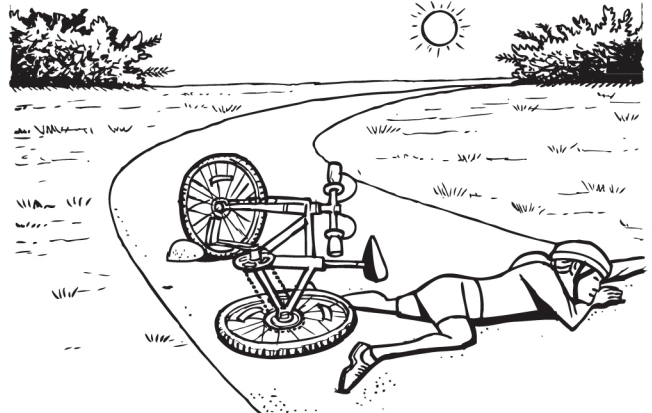
An emergency situation can be dealt with calmly if you know what to do.

## 1. Read the scenario. How might the two friends use the St John Action Plan?

Three friends are cycling on a path in a bushland park on a hot summer's day.

As they race down a slope, one of them hits a rock on the road and falls off her bicycle.

She lands in the middle of the path. She does not move or speak.



Assess the situation: \_\_\_\_\_

Make the area safe: \_\_\_\_\_

Give emergency aid: \_\_\_\_\_

Get help: \_\_\_\_\_

## 2. Look at the picture. Use a separate sheet of paper for your answers.



- (a)
  - (i) What accidents have occurred?
  - (ii) In which order would you treat the casualties? Explain your answer.
  - (iii) What accidents are about to happen and what injuries might occur?
- (b) How would you use the St John Action Plan to respond to each accident?