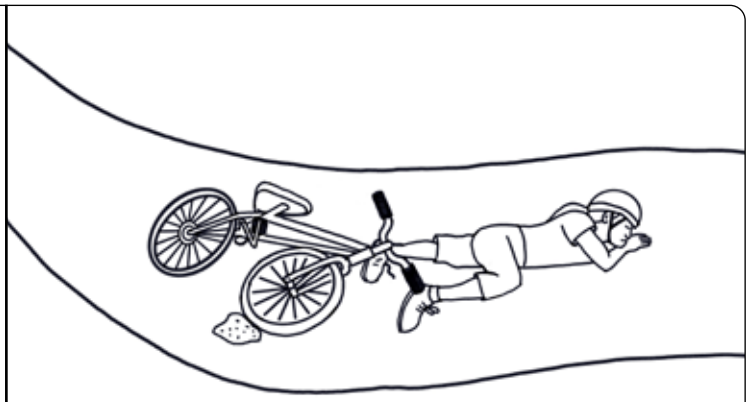
How Can You Help?

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

1. Read the scenario. How might 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 bike.
She lands in the middle of the path.
She does not move or speak.



Assess the situation: _____

_____

Make the area safe: _____

_____

Give emergency first aid: _____

_____

Get help: _____

_____

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

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

