



**AIR AMBULANCE CHARITY**  
KENT SURREY SUSSEX



# Learn with KSS

## Why learning lifesaving skills matters

When someone suffers a life-threatening medical emergency, every second counts. Often the first people on scene are friends, family or members of the community. What they do in those first few minutes can double the chance of survival before our crews arrive.

At KSS, we want as many people as possible to feel confident and ready to help. Learning simple skills like CPR or what to do if someone gets burned can make a huge difference. By taking part in this badge, you will gain skills that could one day help you save a life.

### Meet Lynsey

#### Specialist HEMS Paramedic and Prevention Lead

"I've been a paramedic for more than 20 years and now lead our Prevention work at KSS. I help teach people of all ages lifesaving skills such as CPR and how to use a defibrillator.

Alongside the medical training, you need to be kind, calm and caring. We often see people on the worst day of their lives, so showing compassion is just as important as clinical care. Starting CPR can increase someone's chances of survival if their heart stops beating. Never think that what you do does not matter. It really does."



**Name:** Lynsey  
**Job title:** Specialist HEMS Paramedic and Prevention Lead  
**Key skills:** Bravery, calmness, focus, quick thinking, caring

### Lynsey's advice

"Learning new things can feel tricky but keep going and don't give up. Knowing how to do CPR can help save someone's life. You are braver and stronger than you think."



## Easy mission

# What causes burns and what to do



Burns can happen easily at home and knowing what to do quickly is very important. Treating a burn in the first 20 minutes can stop it getting worse.

## What you need to do

### Step 1 - Spot the hazards

Use picture cards to talk about where burns might happen. You can download the picture cards here: [aakss.org.uk/burn-picture-cards](http://aakss.org.uk/burn-picture-cards)

In your groups, discuss each card and how you might get burned by each one.

### Step 2 - What to do if someone is burned

It is important to know what to do if someone is burned. Use the below points to discuss what you can do in this situation. If you have time take one of two points and let the girls practise a couple of scenarios:

1. Stop the burning process (move them away from the heat)
2. Remove clothing and jewellery around the burn, but never anything stuck to the skin
3. Cool the burn under cool running water for 20 minutes\*
4. Cover the burn loosely with cling film
5. Reassure the person and keep them calm

### Step 3 - Preventing burns

Talk together about how to stay safe around hot things. Write safety tips on sticky notes and make a colourful safety wall.

## Harder mission

### Take learning further

Run a short awareness session for your school, family, or local group. Teach them something you have learned, such as what to do if someone has a burn or how to put a person in the recovery position.



## Top tips



- In certain circumstances you will need to go to hospital for your burns to be treated. Click here to find out when to go to A&E: **Burns and scalds - Treatment - NHS**
- Remember that cool water, not ice, is the best way to treat a burn. Never use ice, butter or toothpaste

### For harder mission:

- You could design leaflets and use social media to spread your message even wider

\*please note this time differs from Blazing Burns, skills builder stage 3, and is in line with the latest clinical guidance.

## Medium mission

# Stop the bleed

## Spotting the hazards



### Why learning to stop bleeding matters

Bleeding can range from a small cut to a life-threatening injury. Knowing how to act quickly can make a huge difference. Severe blood loss can be very serious - if someone loses too much blood, they may become pale, clammy, drowsy, or even unconscious.

An open wound caused by something sharp or a foreign object breaking the skin is called a penetrating trauma. When this happens, it's vital to stop the bleed fast and get urgent medical help. In this mission, you'll learn how to spot dangers, protect yourself, and use simple steps to help someone who is bleeding.

## What you need to do

### Step 1 - Spot the hazards

Talk about the kinds of objects at home that could cause serious bleeding - for example, glass, knives, and other sharp tools.

### Step 2 - How accidents happen

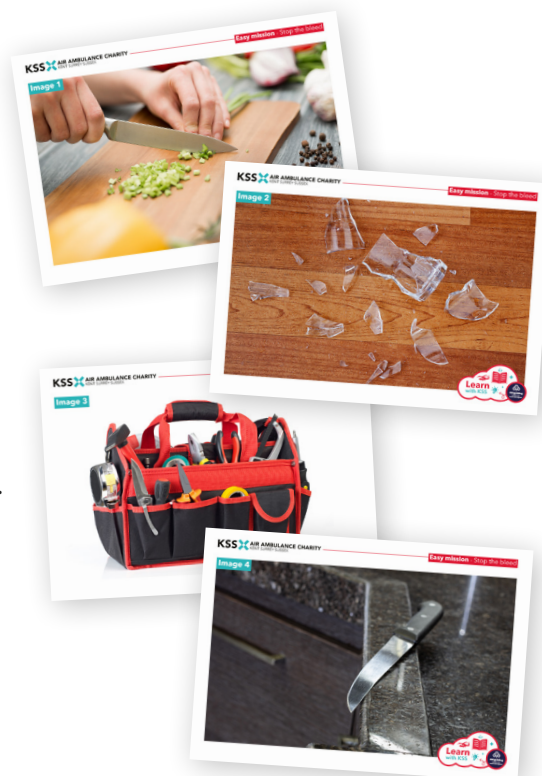
Look at picture cards showing how accidents can happen. Discuss what might go wrong and how to stay safe.

You can download the picture cards here:  
[aakss.org.uk/bleed-picture-cards](http://aakss.org.uk/bleed-picture-cards)

### Step 3 - How to keep safe

Now show the images again and encourage the girls to think about how they could keep themselves safe and protect themselves from potential injury. Shout out your answers and write them down together:

- **Image 1:** Cut away from your body, use a stable surface, hold the knife handle firmly.
- **Image 2:** Use gloves to pick up large pieces, then sweep up the rest carefully.
- **Image 3:** Wear protective gear if needed and only use tools with an adult's help.
- **Image 4:** Pick up knives carefully by the handle and store them safely in a drawer or knife block.



### Top tip



- Being careful and thinking ahead is the best way to stop accidents before they happen
- When handling sharp objects, concentrate and don't get distracted



# Learning to stop a bleed



## What you need to do

### Step 1 - First steps

Talk about what to do if you find someone who is bleeding badly. Remember, your own safety comes first - if it's not safe, don't approach. Talk the girls through the guidance below.

1. Your safety is the priority so if the situation isn't safe, don't approach
2. Keep the casualty warm and calm
3. Apply direct pressure by pressing firmly on the wound with a dressing or clean piece of cloth (maybe some clothing). Maintain that pressure.
4. Call 999 - put them on speakerphone if you're on your own.
5. Maintain pressure and dress the wound if you're able to and secure with a bandage.
6. Do not remove embedded objects, apply pressure around them.
7. If bleeding continues despite firm pressure, the dressing is not working – remove it, re-identify the bleeding point, and reapply direct pressure with a fresh dressing.
8. For uncontrolled bleeding on a limb, apply a tourniquet (note the time of application!).
9. If the casualty starts to feel faint, lay them flat and raise their legs. Keep them warm.

### Step 2 - Using a tourniquet

Sometimes, we might need to use a tourniquet to stop severe bleeding on a limb where direct pressure isn't working. Discuss what everyday items could be used to make one, such as belts, scarves, or towels.

#### How to apply it:

1. Apply over a bare limb and not over clothing.
2. Apply approximately 5cm above the wound and not over a joint.
3. Then tighten the tourniquet until the bleeding stops, this may be very painful for the casualty so reassure them that it is necessary and will help.

#### Top tip



- Using the steps, leaders should demonstrate applying a tourniquet before anyone practises



# Learning to stop a bleed

## What you need to do (continued)

### Step 3 - Applying a tourniquet

Now that the leaders have demonstrated how to make the tourniquet, it is the Guides' or Rangers' turn. Encourage them to work together in pairs and in groups and take turns both applying the tourniquet and being a patient.

### Step 4 - Test your skills

Take part in a short scenario. Imagine you've found a casualty with a severe bleeding injury (maybe role play this in pairs or in groups). Use what you have learnt in the previous steps of this mission and apply it to this.

### Top tip



- **Remember:**  
Apply pressure, call 999, maintain pressure

## Your learning helps save lives

By completing this badge, you're learning vital skills that could one day save a life. Every action you take helps build stronger, safer communities - and brings us closer to our vision of ending preventable loss of life from medical emergencies.

