



WaterWise Warriors – the HHH lesson plan

Preview

This lesson gives a quick rundown of the most important actions to follow in an emergency.

Why teach this lesson?

It gives children a quick and easy way of remembering what to do, in what order. It also provides an opportunity to talk about emergency numbers, and which ones to use.

ON YOUR MARKS

The goal is to go through the procedures and actions to adopt when encountering any kind of emergency, whether water or land based.

The objective is to practice each of the 3 steps, so that children will remember them in an emergency

GET SET

1. Time needed is about 20 minutes.
2. Equipment:
 - CPR doll, rubber gloves, plastic bags

GO

SAY

We are going to talk about what to do in an emergency situation.

Right, we are going to pretend that we are walking along the beach, when, all of sudden we spot someone lying at the waters edge, looking very quiet and still, and we suspect that there has been an accident.

(gesture towards the CPR doll as you speak – Annie will be your “patient”)

Now, whats the first thing we’re going to do here? The most important thing, the thing that we have to do before we do anything else?

(start taking answers from raised hands – you will get, “take his pulse”, “check if he’s alive”, and lots of others. Keep saying things like, “Good answer, but what do we do before that?” Let the suspense build. The kids get quite excited about knowing the



answer. Even if it looks like they don't care what the answer is, keep asking, "The first thing, what do we have to do first?")

Start pulling on your gloves. They might say "Put on your gloves"
Say, "I like that answer! Why do we want to put on our gloves?"

Most South African children have had some discussions about HIV aids and the importance of wearing gloves or using plastic bags when dealing with situations that may involve blood. They will give you some answers that indicate this.

You say, "RIGHT – I NEED TO KEEP MYSELF SAFE!"
"Rule number one – SAFETY FIRST!" yelling at this point wakes everyone up, it makes then a little uncomfortable, but they also start to get into the drama you are acting out.

"Whose safety?" You shout. "Mine!" comes the answer from you.
"Let me tell you why."

Lower your voice, wait for silence and say,
"Because Dead Heroes Don't Save Lives"

Repeat it. Translate it into Afrikaans if necessary. Re-iterate it by explaining that if they get injured on their way to help someone else, its not useful, and the paramedics will have 2 bodies to fix when they arrive.

At this point, I take a break, look around at the kids, smile and say something like,
"Now, I know this is a very smart, genteel school for ladies (if it is), but I wonder, how many of you ever watch the wrestling on TV?"

(they all do – lots of them will enthusiastically put up their hands)
"How many of you know the "Triple H" dude in wrestling? (nod while they get excited and put up their hands) "Well, bring him along – we need him around if there's an accident!"

Triple H – H, H, H

The first H stands for HAZARDS. We have to check for things that could hurt us on our way to the victim. Things like... Sharks, rip currents, blue bottles even. Those would be in water. What about in a road accident?

Get them to say things like, other cars, glass in the road, blood.

I sometimes say, "Cars, yes, cars are a big hazard! I actually know someone who got knocked over on his way to help someone who had been knocked over!"

They love that, and everyone laughs.

Mention household accidents and electricity as a hazard, or fire.



Right, now that we've spent a few seconds looking for HAZARDS, we have established that it is safe enough to approach the victim, we do so, and we get close to them and say,

"HELLO"

(show them how to approach Annie, kneel down and tap on both her shoulders and say HELLO, firmly)

Now say

"DON'T stay 3m away and say, cooo-eeee, helooooo" (use a high pitched voice – this will make them laugh again)

Explain that tapping both shoulders is done in case there is paralysis on one side of the body.

Then say, "Generally, its considered rude to do this." (bang on Annie's face – they will crack up laughing)

Now, the 3rd H is HELP (shout this HEEEEELLPPPPP) like that.

Remind them that accidents are scary, and its natural to feel a bit panicky, and that its really important to know that a paramedic and an ambulance are on the way as soon as possible.

Look apologetic, and say, "even after today's class, you guys wont be paramedics. You are going to be excellent First Responders, but you're not quite qualified as doctors yet!"

"You must call for help. Shout loudly, if there are other people around. Now we need to 'phone for help"

Look around wildly. "Whats the number?"

Encourage them to offer suggestions.

After a few seconds say, "Mostly, we would use a cell phone for an emergency, wouldn't we? And sometimes we don't have airtime, hey? Then we call 112. From any network. Its free. It will mobilize the emergency services, and they will dispatch an ambulance.

We could also call 082 911 – that will bring Netcare. They are good people to call for a sea emergency, because 082 911 is also the number for Sea Rescue, so they can send a boat to help. In summer, 082 911 also mobilizes the ...Vodacom Netcare Surf Rescue Helicopter. So you will have a variety of resources on their way to help you, which is good, because...

In an emergency situation, every second counts, and when you are the one waiting for the ambulance, every second feels like an hour!

Go through the 3 H's again. Make the kids say them, several times.

Now move on into the CPR – (abc) part of the lesson.

.../end