



# NouHätä lessons

## Lesson plan



**Lesson:** 3/4 Accidents and injuries



**Duration:** One lesson

Learning objectives:	Content:
1. Students can identify risks of accident.	<ul style="list-style-type: none"><li>• Statistics on accidents</li><li>• Accident and emergency call</li></ul>
2. Students know how to avoid accidents.	<ul style="list-style-type: none"><li>• Sports accidents</li><li>• Poisonings (alcohol and intoxicants)</li><li>• Traffic accidents</li><li>• Drownings</li></ul>
3. Students can describe what to do in an accident.	<ul style="list-style-type: none"><li>• Action in an emergency</li><li>• Duty to help</li><li>• Do not take photos or video of the accident</li><li>• Most common first aid skills</li></ul>

## Preparing the teaching space and materials

## Supplies

## Presentation material

- The presentation material for Lesson 3 – Accidents and injuries can be found on the NouHätä! campaign website at nouhata.fi.
- When using the material, follow the lesson plan.
- The latest version of the material should always be used.
- Use the lesson material so that you can see the lecturer's notes. They provide more information on the topic.
- If the instructor **modifies** the source material or uses other **extra** material in the teaching, this must be mentioned separately. Your own extra material must be distinct from the training material provided by SPEK.



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### Course of the lesson

#### START

- Objectives of the lesson

#### 1. SECTION: Identifying risks of accident

- **Lectures:** Accidents in Finland
- **Discussion task:** Accidents by age group: what can you tell based on the graphs?
- **Video:** Accident and emergency call
- **Lecture:** Emergency response centre
- **Lecture:** Most common accidents

#### SECTION 2: Preventing accidents

- **Discuss:** How can sports accidents be prevented?
  - **Video:** Preventing sports accidents.
- **Discuss:** How can poisonings be prevented?
  - **Lecture:** Preventing poisoning accidents + Help in case of poisoning
- **Discuss:** How can traffic accidents be prevented?
  - **Lecture:** Preventing traffic accidents
  - **Lecture:** Traffic accidents involving young people
- **Lecture:** Drowning cases in Finland

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### Course of the lesson

#### SECTION 3: What to do in case of an accident

- **Lectures:** Responding to an accident + duty to assist
- **Discuss:** Why shouldn't you take photos or video at the scene of an accident?
- **Lecture:** Don't take photos - help!
- **Video:** Kuvaa elämää – älä onnettomuutta.
- **Lecture:** First aid can save a life.
- **Discuss:** How are minor wounds treated? How are bleeding, dirty, deep or large wounds treated?
  - **Lecture:** First aid for wounds
- **Lecture:** Classification of burns and first aid
- **Task for pairs:** First aid for an unconscious person
  - **Video:** Encountering an unconscious person
- **Lectures:** First aid in case of cardiac arrest
  - **Task:** Compression rhythm and hand position
  - **Lecture:** Defibrillator
  - **Video:** Defibrillator
  - **Task:** Locate the nearest defibrillator
- **Lecture:** Rescuing a drowning person
- **Lecture:** First aid for mental health concerns

#### CONCLUSION: Summary of the lesson and self-assessment

- **Discussion:** Most common accidents
- **Discussion:** Preventing accidents
- **Discussion:** What to do in an accident