




NouHätä! lessons

Lesson plan

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

 **Duration:** One lesson

Objectives:	Content:
1. Students are able to identify risks of accident.	<ul style="list-style-type: none">• Sports accidents• Poisonings (alcohol and intoxicants)• Traffic accidents
2. Students can avoid accidents.	<p>Avoiding unnecessary risks.</p> <p>Traffic accidents: Practice, use safety devices, follow traffic rules, focus on driving and don't distract the driver, take breaks if necessary, don't drive while intoxicated.</p> <p>Poisoning accidents: Keep medicines, detergents and other chemicals out of the reach of children, use products with a safety cap if possible, store products in their original packaging.</p> <p>Sports accidents Warm up, get to know instructions and rules of the sport, wear protective equipment.</p>
3. Students know what first aid to give in the event of an accident.	<ul style="list-style-type: none">• Stop and calm down.• Prevent further accidents.• Help instead of taking photos or video.• Always take care of your own safety and ability to function.• Calm down the victims of the accident.• If necessary, call 112.
4. Students can explain how to give first aid.	<p>First aid for wounds:</p> <ul style="list-style-type: none">• Small wounds• Large or dirty wounds <p>First aid for burns:</p> <ul style="list-style-type: none">• Minor first degree burns• All other burns <p>First aid for an unconscious person:</p> <ul style="list-style-type: none">• First measures• Recovery position• CPR and defibrillator



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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 presentation material, follow the lesson plan.
- The latest version of the material should always be used.
- Use the presentation material so that you can see the lecturer's notes. They provide more information on the topic.
- Some of the video materials and online assignments are only available in Finnish.
- 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 training

LESSON START

- Objectives of the lesson

1. SECTION: Identifying risks of accident

- **Discuss together:** Have you been involved in an accident?
- **Explain to the class:** Accidents in Finland
- **Explain to the class:** Young accident patients in 2016–2018
 - **Discuss together:** What observations can you make based on the graph?
- **Explain to the class:** Most common accidents
- **Recap by explaining to the class:** Identifying risks of accident

2. SECTION: Avoiding accidents


- **Discuss together:** How can sports accidents be avoided?
 - **Video:** Avoiding sports accidents.
- **Discuss together:** How can poisoning accidents be avoided?
 - **Explain to the class:** Avoiding poisoning
- **Discuss together:** How can traffic accidents be avoided?
 - **Explain to the class:** Avoiding traffic accidents
 - **Explain to the class:** Road accidents involving young people
 - **Listen:** News article about minimum driving age
 - **Discuss together:** What impact do you think the lowering of the driving age will have on traffic accidents among young people?
- **Recap to the class:** Avoiding accidents

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3. SECTION: First actions in an emergency

- **Explain to the class:** What to do in an emergency
- **Discuss together:** Why shouldn't you take photos or video at the scene of an accident?
- **Explain to the class:** Do not take photos or video, help!
- **Video:** Kuvaa elämää – älä onnettomuutta.
- **Explain to the class:** Helping is everyone's duty
- **Explain to the class:** When you encounter a victim of an accident

4. SECTION: First aid

- **Explain to the class:** You can save a human life with first aid
- **Discuss together:** How are small wounds treated? How are bleeding, dirty, deep or large wounds treated?
 - **Explain to the class:** First aid for wounds
- **Explain to the class:** First aid for burns, classification of burns
 - **Explain to the class:** First aid for burns: minor and other burns
- **Assignment for pairs:** First aid for an unconscious person
 - **Video:** Meeting an unconscious person
- **Explain to the class:** CPR
 - **Tasks:** Pressure rhythm and hand position
 - **Explain to the class:** Heart defibrillator
 - **Video:** defibrillator
 - **Task:** Find the nearest defibrillator.

IN CONCLUSION: Summary of the lesson and self-assessment

- **Discuss together:** Identifying risks of accident
- **Discuss together:** Avoiding accidents
- **Discuss together:** First things to do in the event of an accident
- **Discuss together:** First aid
- Electronic self-assessment