



PSHE Knowledge Organiser



Looking after ourselves and each other

Year 10
Term 3

Leadership



FIVE WAYS YOU CAN SAVE SOMEONE'S LIFE

WHAT TO DO IF SOMEONE IS CHOKING

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- 1. Cough it out**
 - > Encourage the person to keep coughing
 - 2. Slap it out**
 - > Give up to five sharp back blows between their shoulder blades.
 - > Check their mouth
 - 3. Squeeze it out**
 - > Give up to five abdominal thrusts
 - > If that doesn't work call 999/112.

WHAT TO DO IF SOMEONE IS BLEEDING

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- 1. Press it**
 - > Secure dressing with a bandage to maintain pressure
 - > Treat for shock.
 - 2. Call 999/112 for emergency help**

WHAT TO DO IF SOMEONE IS UNRESPONSIVE

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- 1. Open their airway**
 - > Tilt head
 - 3. Check for normal breathing for up to 10 seconds**
 - > If they're breathing normally:
 - > Put them in the recovery position
 - > Then call 999/112 for emergency help
 - > If they're not breathing:
 - > Call 999/112 for emergency help
 - > Start CPR.

WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

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- 1. Call for help**
 - > Tell them to call 999/112 and find an AED
 - 2. Pump**
 - > 30 Chest compressions at a rate of 100-120 per minute
 - 3. Breathe**
 - > Give two rescue breaths. If unwilling or unable, do chest pumps only

WHAT TO DO IF SOMEONE HAS HAD A HEART ATTACK

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- 1. Call 999/112 for emergency help**
 - 2. Sit them down**
 - > Rest, supported with knees bent
 - 3. Give them aspirin**
 - > 300mg dose to chew*.

*Do not give aspirin if the person is under 16 or allergic. Help them use their angina medication if they have it.

Learn first aid.

Help save lives.

Be the difference.

sja.org.uk

The importance of self-examination

The NHS recommends that we all check ourselves regularly (at least once a month) so we know what is normal for us. This includes checking breasts and testicles. Any changes or lumps can easily be checked by a medical professional.

The importance of screening

Medical advancements mean that abnormalities can be picked up with screening before they are a problem. Make sure you take up invitations of health screenings. This includes smear tests (cervical cancer), mammograms (breast cancer), and bowel cancer screening. You can also self-refer for many of these.

Organ and Tissue Donation

Organ, blood and tissue donation can save lives. The list of organs and tissues that can be successfully transplanted continues to grow.

1. Organs
2. Corneas
3. Tissues
4. Hands and face
5. Stem cells, bone marrow
6. Blood and platelets

A change in law means that all adults are automatically considered donors when they die, unless you opt out. Being a 'living donor' is still entirely optional.



Further help and advice

St John Ambulance- First Aid advice

<https://www.sja.org.uk/get-advice/first-aid-advice/>

NHS- Have information on self-examination and screening

<https://www.nhs.uk/>

Mind- Mental health support for young people
- <https://www.mind.org.uk/for-young-people/>