



## Grade 10 Sample Lesson Plan: Emergency Care

### SOLs

- Practice administration of emergency care.

### Objectives/Goals

- Students will practice administration of emergency care.

### Materials

- The American Red Cross School Safety Training Program  
<http://www.redcross.org/take-a-class/school-programs>
- American Heart Association *Tell the Story -911 AED Advocacy Lesson*
- Videos: *AED Instructional Video 2016*, *CPR Instructional Video 2016*, *Learn Hands-Only CPR*, *Staying Alive-CPR*
- *Online Anyone Can Save a Life E-Learning Module*

### Procedure

- Per the brochure, *Red Cross Health and Safety Training Program for Students*, visit the American Red Cross website for downloadable materials, videos, and trainers for a free student training program on First Aid and CPR for Students (2.5 hour program).
- Various instructional videos (e.g., *AED Instructional Video 2016*, *CPR Instructional Video 2016*, *Learn Hands-Only CPR*) may be played as additional resources.
- The student-developed YouTube video *Staying Alive-CPR* is referenced as an example of a potential class activity for students to develop and film an educational first aid/CPR video.
- Another student activity idea *Tell the Story -911 AED Advocacy Lesson* is for students to write a paper advocate for, and educate the community about simple steps to save a life including 9-1-1 and CPR.
- Additionally, the *Anyone Can Save a Life Program* is an emergency action planning program for after school practices and events. A free e-training module on calling 9-1-1, CPR, AED use, and early transition to EMS is available at <http://www.anyonecansavealife.org/e-learning-module/index.htm>

**Assessment Idea**

- Successful completion of tasks and activities associated with trainings.
- Students develop and videotape a CPR/AED demonstration.

**References**

- American Red Cross Student Training <http://www.redcross.org/take-a-class/school-programs>
- Anyone Can Save A Life – An Emergency Action Planning Program for After School Practices and Events  
<http://www.anyonecansavealife.org> E-Learning Module  
<http://www.anyonecansavealife.org/e-learning-module/index.htm>
- International CPR Institute Videos  
CPR Instructional Video 2016  
<https://www.youtube.com/watch?v=u55OoE2p2c0> AED Instructional Video 2016  
<https://www.youtube.com/watch?v=NxNIXSLrZF0>
- American Heart Association Videos  
Learn Hands-Only CPR  
[https://www.youtube.com/watch?v=pk53b\\_eweyk](https://www.youtube.com/watch?v=pk53b_eweyk) Tell the Story - 911\_AED Advocacy Lesson  
<http://bethebeat.heart.org/wp-content/uploads/2014/10/TelltheStory.pdf>
- Student Developed Staying Alive-CPR Video  
[https://www.youtube.com/watch?v=2g9K-t\\_ZUxs](https://www.youtube.com/watch?v=2g9K-t_ZUxs)

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

American Red Cross



*Free!* Health and safety training for  
students from the American Red Cross

Continuing our commitment to  
America's schools and youth





## Schools can choose from three first aid/ CPR courses and select the one that best fits their needs.

### CPR for Students

**Skills taught:** Hands-only CPR

**Length:** 30 minutes

Students receive a CPR course completion card

### First Aid for Students

**Skills taught:**

- Before Giving Care and Checking an Injured or Ill Person
- Soft Tissue Injuries
- Injuries to Muscles, Bones and Joints

**Length:** 2 hours

Students receive a First Aid course completion card

### First Aid and CPR for Students

This is a combination program that teaches all the skills described in the first two options.

**Length:** 2 hours, 30 min

Students receive a First Aid and CPR course completion card



**How it works:** A school can work with the Red Cross to train one or more adults at the school as “instructors” who will then deliver these programs to students, under an “authorized provider” agreement between the school and the Red Cross. The school will adopt Red Cross training for health & safety training needs. Note that the free school offer waives student learner fees, but does not apply for any adult or instructor-training fees.

## The American Red Cross also offers these additional programs to schools:

Free for students!

### Digitally available programs for students

- Scrubby Bear—personal hygiene program (K–6)
- First Aid for Youth presentation (K–8)
- Masters of Disaster (K–8)
- Longfellow’s WHALE Tales digital swim program (K–6)



### Ready Rating, a preparedness program for schools

A free, self-paced membership program designed to help schools become better prepared for emergencies available at [readyrating.org](http://readyrating.org). Members use a proprietary online-assessment tool to measure their preparedness level and receive a customized score card with tips and guidance to improve. Members also receive a Ready Rating seal to proudly display their commitment to preparedness to their students and community.



### Learn-to-Swim program, where facilities permit

A six-level Learn-to-Swim program designed for children ages 6 years and up. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to stroke development. Courses typically meet for 8–10 sessions of 30–45 minutes each.

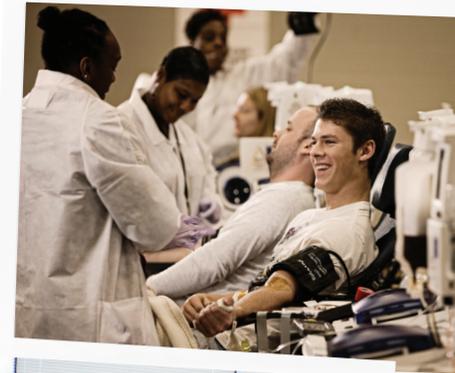


**How it works:** Our digitally available programs may be taught by a non-certified adult within the school. Ready Rating membership involves an on-line agreement between the school and Red Cross. To teach the Learn-to-Swim program, certified Red Cross Water Safety instructor(s) and a current authorized provider agreement are required. An adequate number of Red Cross-trained lifeguards should be on duty and conducting patron surveillance during all in-water sessions. Learn-to-Swim facility fees are waived. Completion cards for students in the Learn-to-Swim program are included in the Authorized Provider Promotional Package. To start the process to offer the Learn-to-Swim program, register at [redcross.org/LTSEnroll](http://redcross.org/LTSEnroll).

# The American Red Cross asks for your support, as we work together to make our communities stronger.

## Host a Blood Drive

Every two seconds, someone needs blood. The Red Cross delivers 9 million blood products for patients in need each year. We rely on the generous support of donors and blood-drive sponsors to do so. Hosting a blood drive is easy—we will provide you with the tools and resources needed to make it a success. Blood drives may not be available in all areas—please check with a Red Cross representative.



## Create a Red Cross Club

Red Cross Clubs provide extraordinary value to the students, the school and their community. Club members partner with the Red Cross to engage in mission-oriented activities to prepare students, families and communities for disasters and emergency situations. Students have an opportunity to lead, get involved in community service and make a difference in the lives of others as well as their own. Local Red Cross chapters support the clubs and their activities.



## Fundraise for the American Red Cross

Fundraisers are a fun and engaging activity for students. By raising money for the local community, students not only make a huge difference in someone's life, they also develop their leadership skills and receive special rewards. Local Red Cross chapters work with schools and young fundraisers to help them succeed.



JOIN US!

For more information on our programs,  
contact [name and phone number or email].



**American  
Red Cross**

## Lesson 2 – Be the Beat®: Tell the Story

Lesson Description: Through writing, students will advocate for and educate the community about the simple steps to save a life: call 911, push hard and fast in the center of the chest (Hands-Only™ CPR), get an AED.

Curriculum Connections: writing, health

National Health Education Standards:

Students will:

- demonstrate the ability to access valid information, products, and services to enhance health; and
- demonstrate the ability to advocate for personal, family, and community health.

Common Core Standards for Writing:

Students will:

- write arguments to support claims with clear reasons and relevant evidence;
- write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content;
- write narratives to develop real or imagined experiences or events by using effective technique, relevant descriptive details, and well-structured event sequences; and
- produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Health Intended Learning (objectives):

Students will:

- write for a purpose, using what they learn about heart health;
- write to inform others about the importance of more people in the community knowing how to recognize a cardiac arrest (CA) and the simple steps to save a life;
- write to persuade others to help start CPR programs, place AEDs in the community; and
- demonstrate understanding of the importance of more people who are able to recognize and act in a CA emergency through authentic writing activities.

Language Arts Intended Learning (objectives):

Students will:

- write for a purpose in a variety of genres; and
- publish and present their work to an appropriate audience.

Class Time: 60 minutes, plus additional time for publishing

Materials:

- **Research Organizer** handout
- writing paper
- access to computers and the Internet

Launch (Anticipatory Set):

Discuss with students that, according to the American Heart Association (AHA):

- Every day, nearly 1160 Americans suffer cardiac arrest at home, work, or in a public place. Only 10.4% survive. CPR can more than double or triple a victim's chance for survival.
- CA can happen to anyone at any time. Many victims appear healthy, with no known heart disease or other risk factors.
- Unless CPR and defibrillation are provided within minutes of collapse, few attempts at resuscitation are successful.
- Even if CPR is performed, defibrillation with an AED is required to stop the abnormal rhythm and restore a normal heart rhythm.
- New technology has made AEDs simple and user-friendly.

Explore/Activity:

- Have students use the Internet to gather information about CA and learn to recognize the signs and symptoms of a CA, as well as investigate how educating more people about CA and the signs of CA can help to save more lives. Students should use the **Research Organizer** handout to take notes as they conduct their research.
- Encourage students to read "Heart Hero Stories" on the Be the Beat website to learn about students who saved lives by performing CPR or used an AED in an emergency.
- Have students use the information they've gathered to investigate and discuss the role that both AEDs and Hands-Only CPR can and have played in saving lives. Have them work in groups to discuss various ways that they (through writing) can increase public awareness and help educate the community about the importance of recognizing cardiac emergencies; knowing when to call 911; having AEDs on-hand; and having as many community members as possible trained in performing Hands-Only CPR. Have them consider ways to promote both school- or community-wide CPR training programs and the installation of AEDs.
- Have students select a writing project and use the notes they've recorded on the **Research Organizer** to plan their writing. Help them explore options for publishing their work. Writing topics may include:
  - *Persuasive*: Write a letter to the school board advocating for CPR training programs in schools or communities and the installation of AEDs.

- *Informative:* Write an instruction card on the importance of knowing how to recognize a cardiac arrest or create a flyer that outlines the signs of CA.
- *Narrative:* Write a fictional news article about a student who uses Hands-Only CPR and an AED to save someone's life.

Publishing opportunities may include:

- Present a PSA during announcements or prepare a video to air on a local TV or radio station.
- Prepare written educational materials to share at a health fair or the library.
- Read a letter at a school board or parent group meeting.
- Present an article in a mock news broadcast.

Summary:

Discuss with students:

- In a CA, these steps offer the best chance for saving a life: recognize CA, call 911, start CPR, then grab the AED.
- Training as many people as possible in the community (in CPR and using AEDs) makes it more likely that assistance will be available to victims in an emergency.

Assessment:

Students show proficiency by demonstrating an understanding, through their writing, of the need for public awareness and training in CPR and using AEDs.

Extensions:

- Investigate ways to be awarded grant money for community training programs.
- Organize a fundraiser to pay for CPR education and awareness, or heart-health charity organizations.
- Invite health professionals to speak about CPR and AED's at school/community events.

Resources:

- CPR Statistics ([http://www.heart.org/HEARTORG/CPRAndECC/WhatisCPR/CPRFactsandStatistics\\_UCM\\_307542\\_Article.jsp#.TsgRefLSxVg](http://www.heart.org/HEARTORG/CPRAndECC/WhatisCPR/CPRFactsandStatistics_UCM_307542_Article.jsp#.TsgRefLSxVg))
- Cardiac Arrest Resources ([http://www.heart.org/HEARTORG/Conditions/More/CardiacArrest/CardiacArrest\\_UCM\\_002081\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/More/CardiacArrest/CardiacArrest_UCM_002081_SubHomePage.jsp))
- Hands-Only™ CPR (<http://handsonlycpr.org/>)
- Be the Beat! (<http://bethebeat.heart.org/>)

## Research Organizer

Website	Information about CA, AEDs, or CPR

# Emergency Action Planning Program

for after-school practices and events



## About the Program

[About SCA](#)

[Getting Started](#)

[AED Information](#)

[Participating States](#)

[Arizona](#)

[Minnesota](#)

[New York](#)

[Washington](#)

## About the Program

Anyone Can Save A Life is a first-of-its-kind emergency action program for after-school practices and events. It is designed to save lives from emergencies, including sudden cardiac arrest (SCA), a leading cause of death among adults and student athletes nationwide.

This website provides the steps to implement the Anyone Can Save A Life program in your school. By implementing the program—and specifically creating Student Response Teams—your school is empowering students to be part of the coordinated response necessary to ensure the best possible outcome to every emergency.

The goal is to save lives by immediately responding to life-threatening emergencies with a simple protocol that includes:



**Calling 911 to alert the Emergency Medical System (EMS)**



**Early cardiopulmonary resuscitation (CPR)**



**Early use of an automated external defibrillator (AED)**



**Early transition to EMS**

Emergencies go hand-in-hand with after-school participation, so it is not a matter of if one will happen; it's a matter of when. By having an Emergency Action Plan (EAP) in place for life-threatening events, you are preparing your school community to respond immediately to get the help that is needed.

## National Rollout

The Anyone Can Save A Life program was originally developed and released in 2008 as a joint effort of the Minnesota State High School League and the Medtronic Foundation. This updated national version is designed to be a turn-key solution for any school wishing to implement an emergency action program for after-school practices and events.

