



SAMPLE LESSON PLANS

Grade 9- Safety and Injury Prevention

Unit 4

SOLs:

9.3 F Demonstrate adult and child cardiopulmonary resuscitation (CPR), use of automated external defibrillator (AED), and first aid skills for bleeding contusions, fractures and anaphylactic shock.

Title: CPR, AED use and First AID

Objectives/ Goals: Students will be able to demonstrate adult and child CPR, use of AED and first aid skills.

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 included 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, per the brochure *About the Anyone Can Save a Life Program*, 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 Ideas:

- 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
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
Learn Hands-Only CPR 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>
- Staying Alive-CPR https://www.youtube.com/watch?v=2g9K-t_ZUxs