



First aid stations

AT A GLANCE



Place

Indoors (group room)



Key idea

Staying calm in an emergency and helping correctly



Effort

Materials 20 min · Preparation 30 min



120 minutes



8–16 young people



12–16 years



4 stations



Materials

- ☐ first aid kit
- ☐ triangular bandages, gauze bandages, dressings
- ☐ emergency blanket
- ☐ phone (switched off) for the emergency call exercise
- ☐ role cards with accidents
- ☐ optional: stage make-up for wounds



Schedule

0–15' **Introduction** – What would you do? Act out a short accident scene.

15–95' **Stations** – Four stations of 20 minutes each (see below).

95–110' **Big scenario** – An acted accident: everyone applies what they have learned.

110–120' **Closing** – Thought: the Good Samaritan (Luke 10:30–37).



First aid stations

How it works – simply explained

- 1 **Emergency call 112** (999 in the UK, 911 in the US): Where did it happen? What happened? How many injured? What injuries? Wait for questions.
- 2 **Recovery position:** practise in pairs.
- 3 **Bandages:** plaster, finger bandage, pressure bandage.
- 4 **Keeping warm:** wrap an emergency blanket around a person, leaving the head free.
- 5 Change stations after 20 minutes.

 **Example:** "Hello, my name is ... I am at the woodland car park on Sample Road. A boy has fallen from a tree and has bad pain in his leg. One injured person."

Safety

- Important: this meeting does not replace a first aid course.
- Be careful with the recovery position; do not let anyone in pain practise.
- Only simulate the emergency call, phone off.

Variations

- Work together with a local first aid organisation (e.g. Red Cross youth).
- For older scouts: attend a first aid course as a group.

Something to think about

What stops people from helping – and what gives you courage?