



# Community Champions



Department  
for Culture  
Media & Sport



# COMMUNITY CHAMPIONS

Will understand the importance of learning first aid skills.

Will help people gain access to first aid knowledge and skills; having the confidence to take action and help others

Will pledge to share their knowledge and St John Ambulance resources to their groups, networks, families and friends.

Will build a network of local community first aid aware neighbours.



# First Aid Information Sessions

St John Ambulance will organise  
Community First Aid and Information Sessions and deliver  
the 'Five Ways to Save a Life' skills.

During the event you will hear stories of how First Aid has  
helped people every day, from the advantages of  
administering a burn correctly to saving a life.

We would like participants to carry on our important work  
and continue to learn and share First Aid skills by  
becoming one of our Community Champions.

community   
**champion**



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# Our Session includes the 5 Ways to Save A Life



community  champion

Community Champions

## FIVE WAYS YOU CAN SAVE SOMEONE'S LIFE

### WHAT TO DO IF SOMEONE IS CHOKING



- 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



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

### WHAT TO DO IF SOMEONE IS UNRESPONSIVE



- 1. Open their airway**
  - 2. Tilt head**
  - 3. Check for normal breathing for up to 10 seconds**
  - 4. 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



- 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
- Continue to pump and give rescue breaths until help arrives.**

### WHAT TO DO IF SOMEONE HAS HAD A HEART ATTACK



- 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.

Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

Learn first aid.

Help save lives.

Be the difference.

[sja.org.uk](http://sja.org.uk)

# COMMUNITY CHAMPION PLEDGES



# COMMUNITY CHAMPION TOOLKIT



- Welcome Letter with saved a life story
- Pocket Guide First Aid Booklet x 10
- Social Media Examples #firstaidcommunitychampion
- A4 First Aid Posters with 16 different scenarios
- Phone Card with emergency numbers and app download
- Pin Badge
- Postcard Pledges (examples)
- Pack of Plasters
- Keyring Mouthguard
- Contact Business Card



With a SJA pin badge, first aid posters, keyring mouthguard and pocket first aid guides and other resources, Community Champions will be perfectly equipped to make a positive impact by promoting life saving information and awareness.



# Community Champion Pledge Wall

Share your Pledge  
Grow the First Aid Champion network



[www.padlet.com/SJACommunityChampion/PledgeWall](http://www.padlet.com/SJACommunityChampion/PledgeWall)

*Turn your understanding into action*



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# Community Champions

**EVERYONE  
SHOULD HAVE THE  
OPPORTUNITY  
TO LEARN  
FIRST  
AID**



Community Advocate and Community Champions programme, funded in partnership with Nesta and the Department of Digital, Culture, Media and Sport; supporting the growth of innovations that mobilise the time and talents of people in the second half of their lives to help others, alongside public services.