



PROGRESS TRACKER

Chapter 2

SISXEMR003 – Respond to emergency situations

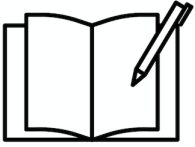


STUDENT NAMES	2A Inquiry Task – Create a step-by-step lockdown plan	Quick Learning Engagement - What is an HSR?	Quick Learning Engagement - To whom should you refer it?	2B Inquiry Task – Emergency clues!	Quick Learning Engagement – How does your school handle it?	2C Inquiry Task – Chain of command	Reflection Bank SET A	2D Inquiry Task – Emergency panic	2E Inquiry Task – Use the right fire extinguisher	Quick Learning Engagement - Pool lifeguard signals	2F Inquiry Task – How well do you know your emergency signals	2G Inquiry Task - First aid supplies	Quick Learning Engagement - What information should it contain?	Reflection Bank SET B	Road Map to Success
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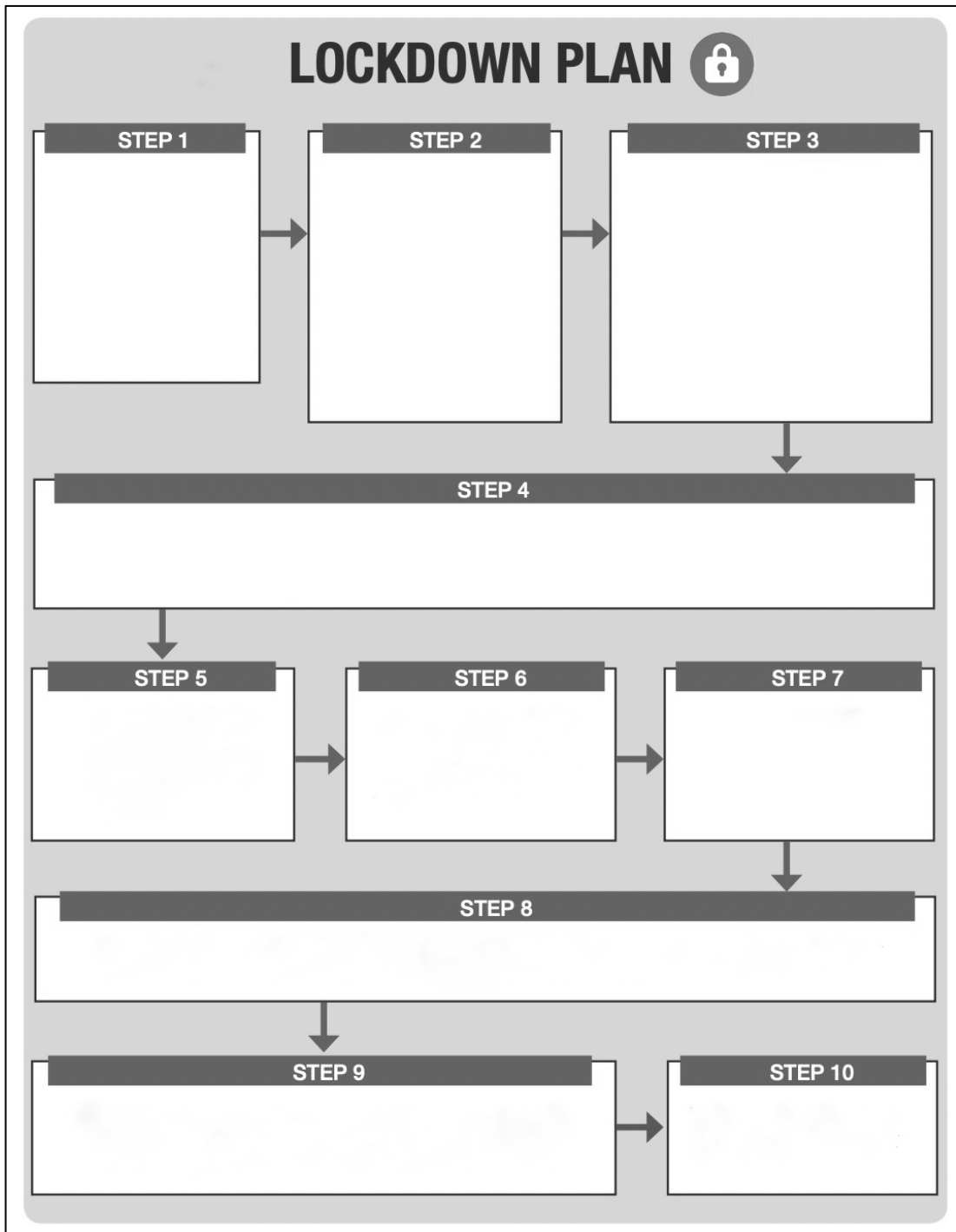


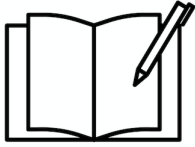


INQUIRY TASK 2A

Create a step-by-step lockdown plan

Student worksheet: Can be printed if required





INQUIRY TASK 2B

Emergency clues! Can you recognise the emergency?

From each set of clues below see if you can recognise the emergency that may be occurring.
Hint: There could be more than one answer for each.

1. You can smell smoke.
2. You can see smoke.
3. You can hear people coughing.

Answer: *Fire*

1. You can see someone on the floor.
2. You can't hear them breathing.
3. You smell a strong metallic smell.

Answer: *Chemical spill/gas leak*

1. You hear calls for help.
2. You can see a kayak turned over.
3. You can see a hand waving about in the water.

Answer: *Drowning/kayak accident*

1. You can hear someone yelling.
2. You can see others moving away.
3. You can see a person acting strange.

Answer: *Violent or threatening persons*

1. You can hear an alarm.
2. You can see people crouching down under tables.
3. You see all lights turn off.

Answer: *Bomb threat or lockdown*

1. You can see others crowding around.
2. You hear screaming.
3. You see a person holding their ankle.

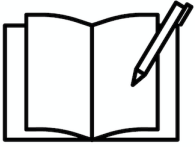
Answer: *Medical emergency -injury*

1. You can smell smoke.
2. You can see sparks coming out of a piece of fitness equipment.
3. You can hear a sizzling sound.

Answer: *Equipment failure*

1. You hear a hissing sound.
2. You can see grass moving nearby.
3. You can see people moving away.

Answer: *Dangerous animal*



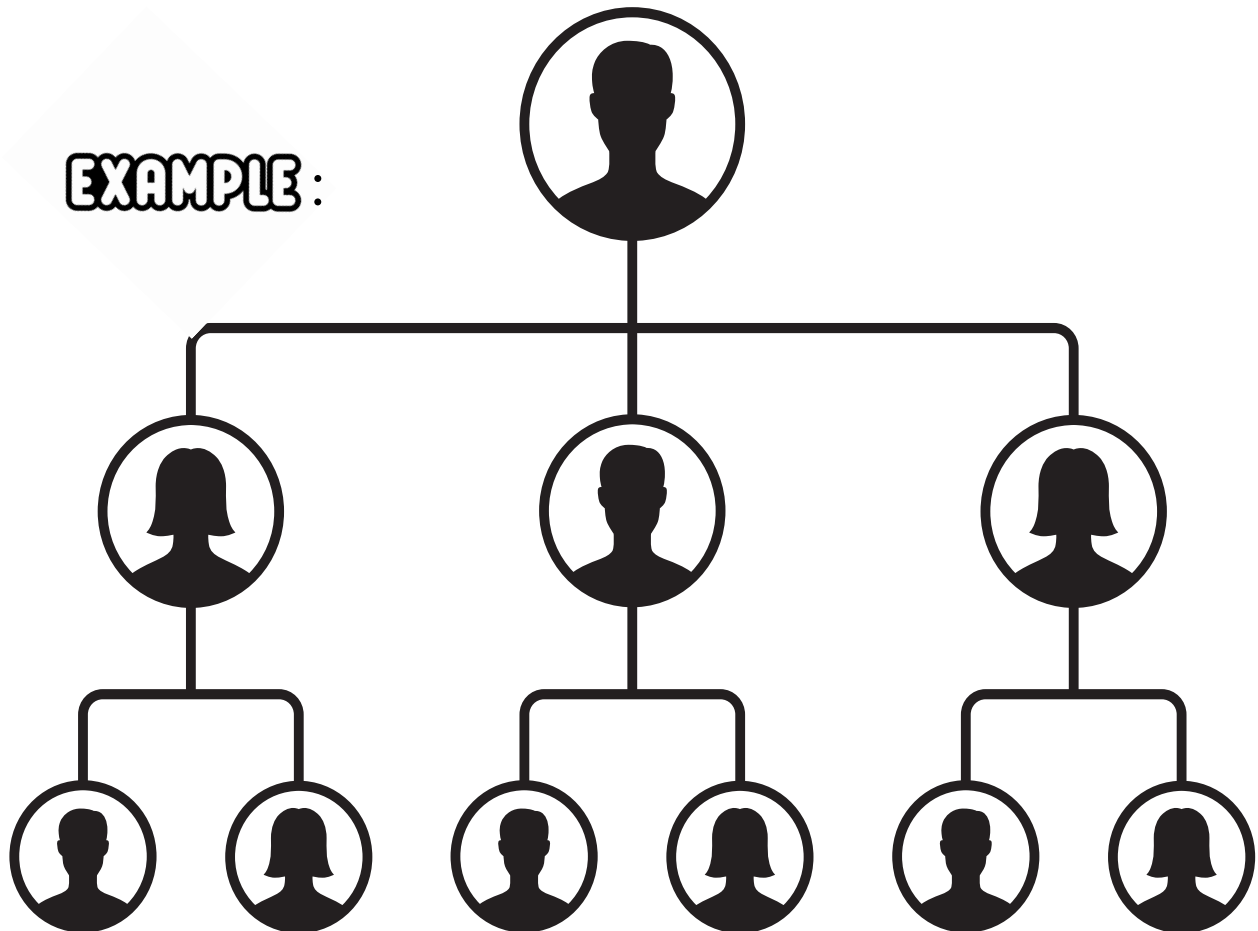
INQUIRY TASK 2C

Chain of command

As previously discussed, a "chain of command" is a simple way to show who's in charge in an organisation. It's like a line of people where everyone knows who to listen to and who to talk to. For instance, at school, you have teachers, and they have a principal they talk to. The principal might talk to someone higher up, like the school district manager. This way, everyone knows their job and who to ask for help or make decisions. It keeps things organised.

You can check each student's chain of command and see if they are correct. If there is an official school document this could also be printed off for students to reference.

EXAMPLE :



REFLECTION BANK



- A. List six examples of emergency situations that may occur in the sport, fitness, aquatic and recreation industry.

- **Medical emergencies**
- **Extreme weather**
- **Fire**
- **Dangerous animals**
- **Equipment failure**
- **Lost or missing persons**

- B. Highlight two reasons why it is important to be prepared for emergency situations.

So that you can respond quickly and you know what to do.

- C. Outline three organisational policies and procedures that are relevant to responding to emergency situations.

Communication lines – This relates to who needs to be notified in an emergency. What is the chain of command? Whose responsibility is it to contact emergency services or WorkSafe if the emergency is a notifiable incident?

Reporting incidents - When an incident occurs within the workplace it must be documented and a report generated. Procedures should outline who is responsible, the details of the incident which should be documented and how it should be presented.

Work health and safety/occupational health and safety - All procedures related to any work/occupational health and safety should be clear to all employees. The procedure should outline how to identify and report hazards in the workplace and your responsibilities as an employee to ensure that the workplace is safe.

- D. What is an emergency procedure?

An emergency procedure should detail what to do in an emergency situation. It should be written like instructions and outline what workers and others in the workplace should do in an emergency.

- E. How can you recognise an emergency situation?

- ***Sight (observation) – Something doesn't look right. Someone looks distressed or injured. You observe smoke or a fire etc.***
- ***Smell – You can smell gas or something burning.***
- ***Sound – You hear an explosion or large bang. Someone is screaming or yelling for help.***
- ***You observe someone behaving unusually. They are acting confused or not like their normal selves.***

F. What should you do if you are not entirely sure if a situation is an emergency?

Even if you are unsure if a situation has become an emergency, it is better to err on the side of caution and seek the assistance of responsible personnel to assess the situation.

G. Outline two responsible personnel within a workplace and suggest what type of emergency situation/s they should be called to assist with.

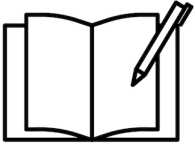
- ***Fire wardens – You smell or see fire.***
- ***HSR – An employee is injured.***

H. Outline two emergency services and suggest what type of emergency situation/s they should be called to assist with.

- ***Fire brigade – Fire***
- ***Ambulance – Injured person***

I. List three steps you would take when responding to the following emergencies:

- I. Fire/smoke – ***Activate fire alarm, use fire extinguishers and avoid using elevators.***
- II. Gas leak – ***Evacuate the building immediately, notify emergency services and don't use electrical devices that could cause a spark***
- III. Extreme weather e.g., thunderstorm – ***Monitor weather forecasts, close doors and window and avoid taking shelter under trees.***



INQUIRY TASK 2D

Emergency panic! Fight or flight response?

As we have discussed, it is important to be aware of how your participants may react in response to an emergency situation. The most common reaction is to panic, which is not ideal. But how do you think you would react in an emergency situation? When faced with problems, stress or emergencies, most people have one instinct: **fight, flight or freeze**. The "fight, flight or freeze" response is our body's way of getting ready for action when it senses danger.

Step 1: Scan the QR code below to find out more about the body's fight or flight response and how it may affect people in different emergency situations.



Fight



If you cannot access the QR Code provided, search for the webpage below:

<https://www.youtube.com/watch?v=jEHwB1PG-Q>

Step 2: Then after watching the video clip take this short, easy quiz and find out whether you have a fight or flight personality, and it may give you an insight into how you might respond in an emergency situation.

Scan the QR code to take the quiz online:

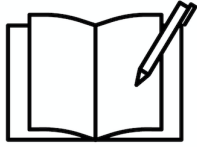


FREEZE



If you cannot access the QR Code provided, search for the webpage below:

<https://uquiz.com/quiz/194lhc/fight-or-flight>



INQUIRY TASK 2E







Use the right fire extinguisher!

In Australia, there are six types of fire extinguishers available. To protect workers' lives, you must have the correct type of extinguisher which is best suited to your workplace.

Each extinguisher is suited to the fuel that it is expected to extinguish. Each extinguisher has an indicator on it to alert the user of what type of fire it is best suited to extinguish. Some extinguishers can be used on several fuel types, while others can only be used on one.

Task 1- Fill in the gaps

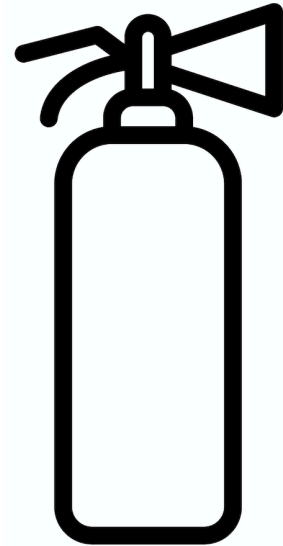
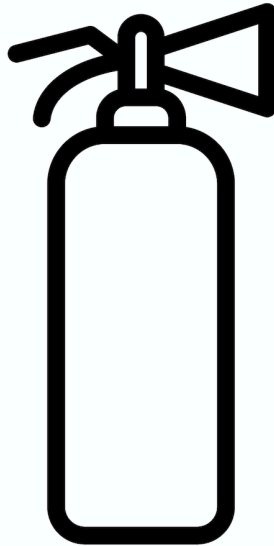
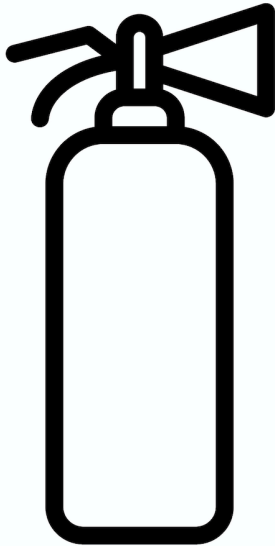
Using the pictures to help you, write down what type of fire belongs to each class and the type of fire extinguisher needed to extinguish a fire from that class. NOTE: That some classes can use a range of fire extinguishers.

Class	A	B	C	D	E	F
		FUEL 				
Type of fire	<i>Wood, paper, plastic</i>	<i>Flammable and combustible liquids</i>	<i>Flammable Gases</i>	<i>Combustible metals</i>	<i>Electrically energised equipment</i>	<i>Cooking oils and fats</i>
Type/s of fire extinguisher needed to put out the fire	<i>Water Foam Dry Powder Wet Chemical</i>	<i>Dry Powder Foam</i>	<i>Dry Powder</i>	<i>Dry Powder</i>	<i>Dry Powder Carbon Dioxide</i>	<i>Wet chemical</i>

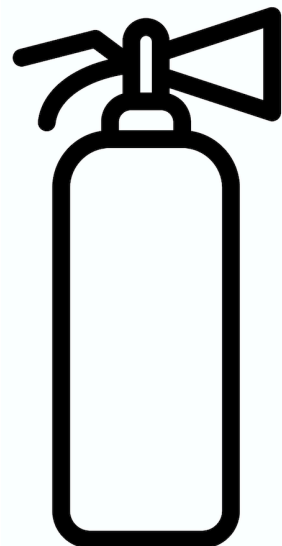
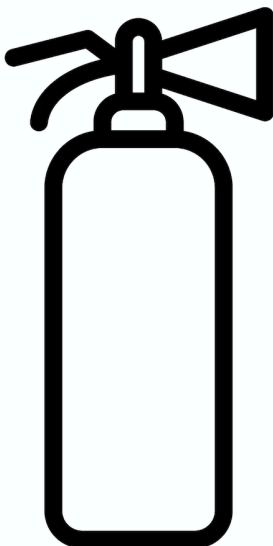
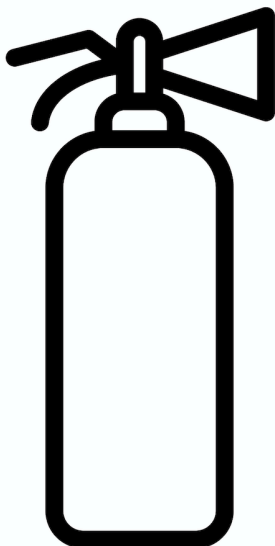
Task 2 – What do they look like?

Each type of fire extinguisher has a colour code making it easy to quickly identify what type of fire it should be used on.

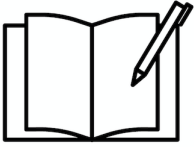
Colour each of the following fire extinguishers using the right colour code.



Water – <i>All red</i>	Wet Chemical – <i>All red with cream coloured stripe</i>	Foam – <i>All red with blue coloured stripe</i>
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Dry Chemical Powder AB(E) and B(E) – <i>All red with white/cream white coloured stripe</i>	Vapourising Liquid – <i>All red with yellow coloured stripe</i>	Carbon Dioxide (CO ₂) – <i>All red with white/cream black coloured stripe</i>
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INQUIRY TASK 2F







How well do you know your emergency signs?

Examine each of the signs below.

1. What emergency equipment is each sign helping you to locate?
2. What emergency situation/s would the equipment be used for?

Write your answer in the box provided.

Emergency sign	Emergency equipment	Emergency situation/s
	<i>Hose</i>	<i>Fire</i>
	<i>AED</i>	<i>Cardiac Arrest</i>
	<i>Assembly point</i>	<i>Evacuation</i>
	<i>Emergency Phone</i>	<i>Any emergency with the need for emergency services</i>
	<i>Sprinklers</i>	<i>Fire</i>
	<i>Location of an emergency exit</i>	<i>Any emergency with the need for an evacuation</i>

Emergency sign	Emergency equipment	Emergency situation/s
	<i>Emergency stop</i>	<i>If using machinery and someone gets stuck or injured.</i>
	<i>Eye wash</i>	<i>If a poison or dangerous substance enters your eye</i>
	<i>Life ring</i>	<i>Person is drowning</i>
	<i>Stretcher</i>	<i>Person is injured</i>
	<i>Axe</i>	<i>Fire</i>
	<i>Safety Data Sheet</i>	<i>Where an emergency involves chemicals</i>

REFLECTION BANK



SISXEMR003 – Set B

- A. List four steps you should take when dealing with equipment failure.
- **Isolate the equipment**
 - **Notify the relevant personnel**
 - **Assess the situation**
 - **Document the incident**
- B. Identify the best way to deal with a participant who is panicking.
- To help someone who's panicking, stay calm, reassure them, and guide them to safety.**
- C. List four steps you should take when dealing with a medical emergency.
- **Assess the situation**
 - **Ensure you and the casualty are safe**
 - **Call for help**
 - **Provide first aid**
- D. List four steps you should take when dealing with someone who is displaying violent and threatening behaviour.
- **Stay calm**
 - **Make sure you are safe**
 - **Avoid making the person more aggravated**
 - **Call for help**
- E. In what type of situation would a fire extinguisher be needed?
- In the event of a small fire.**
- F. In what situations would it be suitable to use a fire blanket instead of a fire extinguisher?
- Fire blankets should be used to extinguish small fires in the home or workplace. It is also most suitable for extinguishing a person whose clothes are on fire as it can be used to wrap them up. Fire blankets are also most suitable for kitchen fires caused by grease or electricity.**
- G. In what type of situation would a thermal blanket or sheet be needed?
- Hypothermia or where a person is in shock.**
- H. In what type of situation would an AED be needed?
- An AED is needed in situations where someone is nonresponsive and not breathing or has had a suspected cardiac arrest.**

- I. List six items you would find in a standard first aid kit.

Bandages, gauze pads, saline solution, tweezers and scissors

- J. Why do you think it is important that staff know not only the location of emergency equipment, but how to use it?

So that they can use it in an emergency situation if required.

- K. What are emergency communication devices?

Emergency communication devices are tools or systems used to send and receive messages during emergencies to alert, inform, and coordinate responses, such as phones, radios, alarms, and sirens.

- L. Outline three communication systems and in what emergency situation they would be most suitable to use.

Phone – Almost all emergency situation where there is phone service.

Whistle – Injury on a sports field, possible drowning situation at a pool or on the beach.

Hand signals – Where the emergency area is loud or if you are underwater where speaking is not feasible.

- M. Outline the most suitable communication system to use in the following emergency situations:

- A lifeguard communicating that a person needs first aid for a minor wound.
Whistle and hand signals
- A bushwalker is severely dehydrated and needs urgent medical attention
Phone, radio
- You discover a fire in the break room of your ten-story office
Phone and alarm to signal an evacuation
- A school has just received a bomb threat
Phone

- N. Why is it important that exits are clearly signposted?

So that they can be quickly identified and accessed in an emergency.

- O. Why is it important to provide participants support and reassurance during an emergency?

Providing support and reassurance during an emergency is crucial to help participants stay calm, reduce panic, and follow safety instructions, which ultimately increases their chances of staying safe.

- P. What is main goal of 'debriefing'?

The main goal of 'debriefing' is to learn from past experiences and improve future responses to emergency situations.

- Q. List five pieces of information that should be included on an incident report.

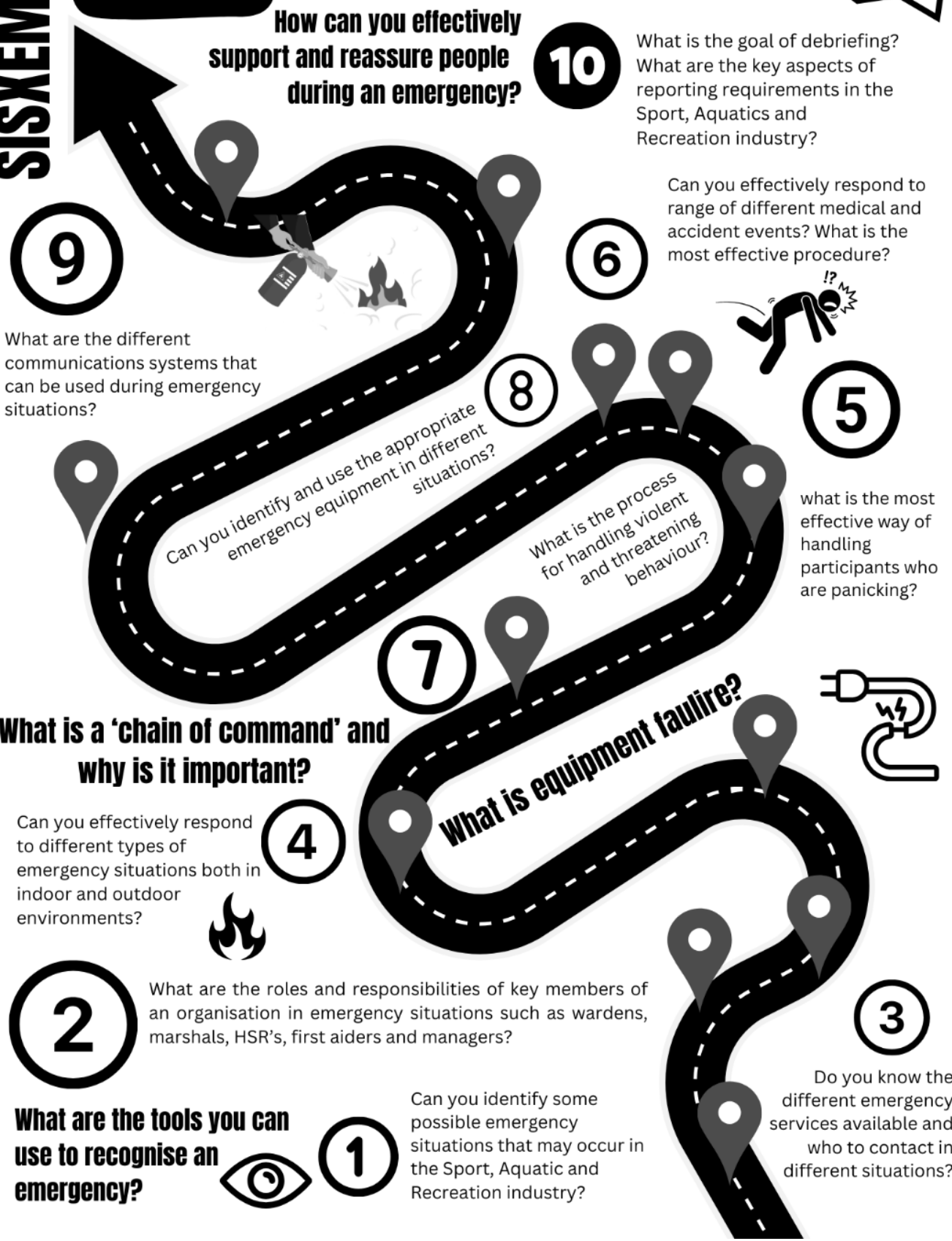
Date, time, location, injured persons and actions taken.

SIXEMR003



ROAD MAP

Budgets and resources :



9

What are the different communications systems that can be used during emergency situations?

How can you effectively support and reassure people during an emergency?

10

What is the goal of debriefing? What are the key aspects of reporting requirements in the Sport, Aquatics and Recreation industry?

6

Can you effectively respond to range of different medical and accident events? What is the most effective procedure?

5

what is the most effective way of handling participants who are panicking?

8

Can you identify and use the appropriate emergency equipment in different situations?

7

What is the process for handling violent and threatening behaviour?

What is a 'chain of command' and why is it important?

Can you effectively respond to different types of emergency situations both in indoor and outdoor environments?

4

What is equipment failure?

2

What are the roles and responsibilities of key members of an organisation in emergency situations such as wardens, marshals, HSR's, first aiders and managers?

3

What are the tools you can use to recognise an emergency?



1

Can you identify some possible emergency situations that may occur in the Sport, Aquatic and Recreation industry?

Do you know the different emergency services available and who to contact in different situations?

