

STRETCHER BUILDING

Supervision Ratio (Adults:Students): 1:8

Approximate Session Duration: 1hr

Please note APOEC staff will run you through this session on the morning of programme.

OBJECTIVES

- Learn how to build stretchers in the outdoors
- Improve communication and teamwork
- Take on leadership opportunities
- Experience carrying a patient on a stretcher

ORGANISATION

- APOEC staff will prepare activity equipment and building cards

ADDITIONAL SESSION EQUIPMENT

Per group of 8-10 participants:

- Stretcher building cards (set)
- Poles (2)
- Old blue rain jackets (2)
- Large tarp (1)

ADULT HELPER BRIEFING

- On the day, APOEC staff will meet with Lead Adult to run through the session and then all other assisting adults to run through their roles – Supervising one group for the duration (ensuring the stretcher is made properly; safety management of the group especially when carrying the stretcher with someone on it)
- On session, the Lead Adult is to check who has the first aid kit and to assign each adult to a group

STUDENT BRIEFING

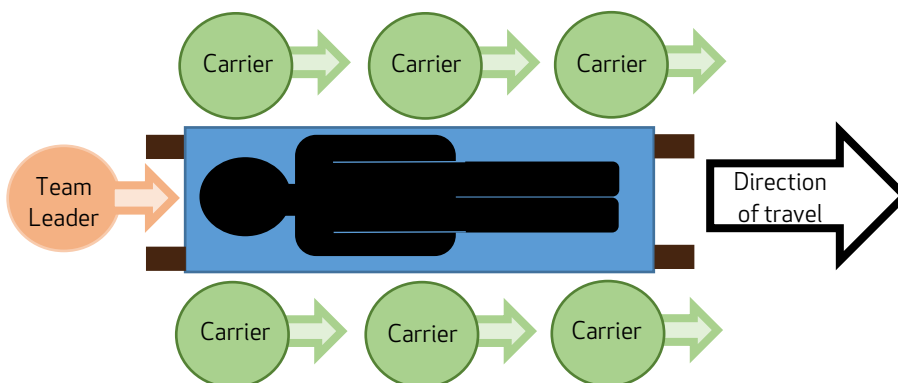
- Brief outline of the session
- Roles and responsibilities of students during the task (all helping in building and carrying)
- How to build the stretchers (use the instruction cards provided)
- How to safely carry the stretcher and work efficiently as a team
 - ⇒ How to check it has been constructed correctly
 - ⇒ How to make the patient feel safe and comfortable
 - ⇒ Appoint team leader (TL) as “the eyes” of the group
 - ⇒ TL is behind the stretcher the patient’s head end of the stretcher, walking forwards (*see diagram*)
 - ⇒ The team does not manouvre the stretcher until the TL tells them to lift/lower/move etc. (clear communication)

- ⇒ Counting up/down helps control lifting and lowering
- ⇒ Hold the stretcher with relatively straight arm (endurance)
- ⇒ How to manouvre uphill and downhill
- ⇒ Notify TL if tired (do not let go or drop)
- ⇒ Regular repositioning to help carriers

SESSION

- Brief students and adults as above
- Depending on the age and ability of the students, either demonstrate the two methods of building a stretcher when in the outdoors (using a tarp; using a jacket) or give them the cards, allocate a team leader and run it as problem solving
- There are usually 8 – 10 participants per stretcher group
- Once they have built each type of stretcher, brief them on safe stretcher carrying (as above)
- Have the students carry the empty stretcher around a circuit to practice communication and safe carrying
- Once you're happy they can use it safely, put a student on the stretcher as the patient and take them on a course (i.e. old school to APOEC)
- Depending on time, you could swap around the groups / patients etc.
- If time allows, for Y9+, progress to the rope stretcher (see stretcher cards)

DIAGRAM OF STRETCHER SET UP



DEBRIEF

- How did the team leader find their role?
- How was the communication between team leader / carriers?
- How did the patient feel on the stretcher?
- How do you think this would be carrying an adult down from the mountains?
- Which stretcher do you think was the best & why?

PACK DOWN

- Ensure all equipment is dry / cleaned off before storing