

CURRICULUM RESOURCE

Digital Tools for the Workplace: St. John Ambulance for iPhone

OALCF ALIGNMENT

Competency	Task Group	Level
Competency A - Find and Use Information	A1. Read continuous text	2
Competency A - Find and Use Information	A2. Interpret documents	2
Competency B - Communicate Ideas and Information	B1. Interact with others	2
Competency B - Communicate Ideas and Information	B2. Write continuous text	2
Competency D - Use Digital Technology	N/A	2

Goal Paths (check all that apply)

- Employment
- Apprenticeship
- Secondary School Credit
- Postsecondary
- Independence

Embedded Skills for Success (check all that apply)

- Adaptability
- Collaboration
- Communication
- Creativity and innovation
- Digital
- Numeracy
- Problem Solving
- Reading
- Writing

NOTES: Part five of a six-part series on basic workplace and apprenticeship digital tools.

ACKNOWLEDGEMENTS

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DIGITAL TOOLS FOR WORKPLACE AND APPRENTICESHIP BASICS

Note for practitioners:

This series of **Skills for Success Curriculum Resources** is a beginner's guide to the certain handy digital tools for use in the workplace or on apprenticeships. The goal is to provide basics tools to employed learners, or learners seeking employment, so that they can thrive as employees.

This series looks at a range of apps, from imperial-to-metric conversion apps guides to measurement and business basics apps. The goal of the series is to give employees an expanded digital toolkit for use on the job.

These resources are learner-based and activity-focused, with each topic area serving as a walk-through of the information or technology, followed by personalized activities. The activities invite learners to respond to lesson material or explore their own ideas on the subject.

The series is divided into six sections that can be used separately or in tandem:

- Metric Conversions (for iPhone and Android)
- AR Ruler (for iPhone and Android)
- Tradify (for iPhone and Android)
- aTimeLogger (for iPhone and Android)
- St. John Ambulance (for iPhone)
- Server Life (for iPhone and Android)

DIGITAL TOOLS: St. John Ambulance

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This is Section Five: St. John Ambulance for iPhone

Overview

St. John Ambulance Overview

Not all workplaces are dangerous, but accidents can happen anywhere. If accidents are serious, emergency services should be called by dialling 911. And some employees may have received first aid training. But there may be situations where basic first aid knowledge might help avoid disaster.

When accidents occur, always call 911 first. Then ask if anyone has first aid training. The St. John Ambulance app should be used only after you have taken these first two steps. In an emergency, the app has some important benefits. It may help workers:

- reduce mistakes when offering emergency first aid
- offer first aid faster
- increase safety awareness
- reduce on the job accidents
- encourage workers to get first aid training
- encourage employers to offer first aid training

This resource will discuss tips for using the St. John Ambulance app properly. It will help you download the St. John Ambulance app. It will teach the basics of the St. John Ambulance app and help you get familiar with the main features.

Introduction

The St. John Ambulance app could be most valuable during emergencies when:

- no one else is around
- there is no time to wait for help
- no one else knows what to do
- you have no cell service to contact emergency services

But there are some key things to keep in mind before using the app:

- it's important to do your best to stay calm
- try to be sure you understand what you're reading before acting
- if there are others with you, ask them to double check the instructions
- first aid training is much more effective at teaching what to do in an emergency
- the app instructs you to call 999 in an emergency, but in Canada the emergency services number is **911**



Keep in mind the limitations when learning about the app.

Downloading for iPhone

St. John Ambulance App

Now we will get started using the St. John Ambulance app for iPhone smartphones. But first we need to download the app onto the phone.

1. Getting St. John Ambulance for iPhone

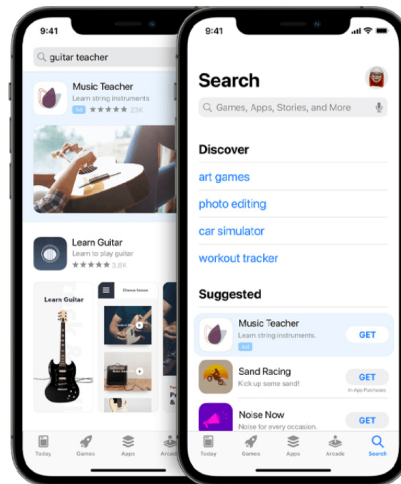


Tap the App Store



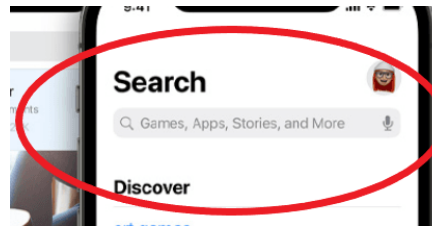
icon:

The App Store looks like this:



Type in the search bar:

St. John Ambulance



Find the correct app. You may have to scroll down a little. Its icon looks like this:



Tap **GET**.

**New Task!**

Download the app.

- Follow the steps above and download the app.
- Make sure the icon appears on your phone.
- Once it's downloaded, we will try it out!



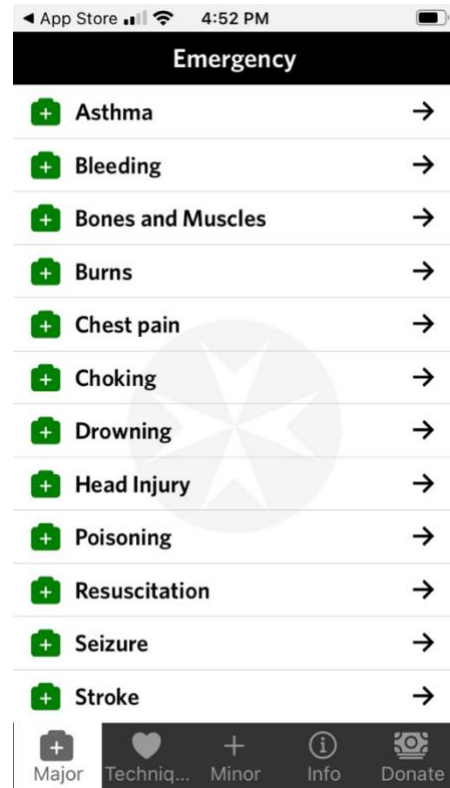
Using St. John Ambulance

2. Using St. John Ambulance

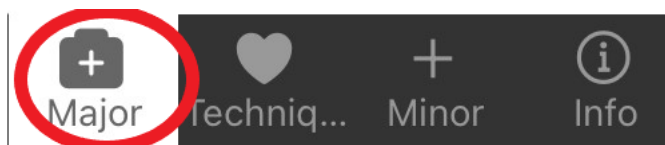
The St. John Ambulance home screen looks like this:

It is a list of major injuries and illnesses. These are injuries and illnesses that are considered **emergencies**.

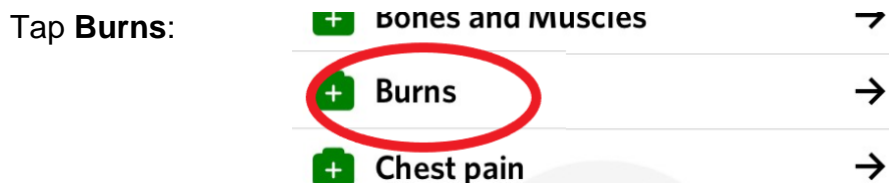
These are things that must be dealt with at once, and the instructions here will help.



You can go back to this list at any time by tapping the Major icon on the bottom of the screen:



Let's look into some different categories of the app. To find out how to respond to an injury or illness, tap the category.

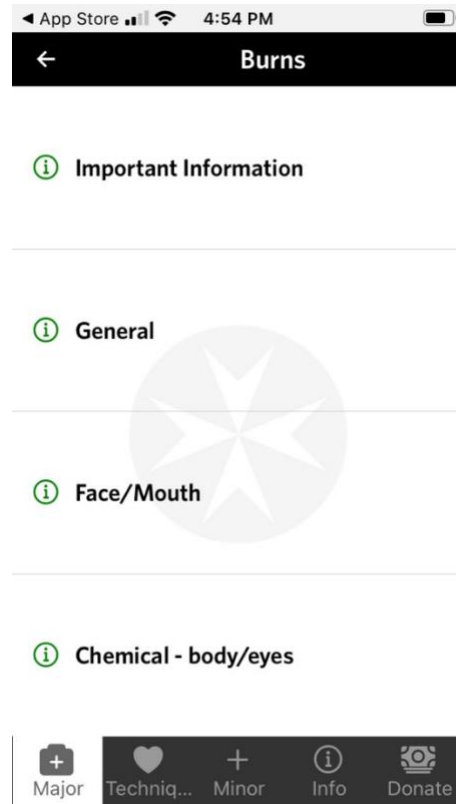


This screen will appear:

It is a list to some of the most important information related to burns and related injuries.

In an emergency, you will not have a lot of time. But be sure to read the **Important Information** section.

Staying calm and reading the important sections will be critical to getting the best results for the injured person.



The Important Information section will help you avoid mistakes when addressing the situation:

← Important Information

When treating burns:

- Do **not** remove anything that is sticking to the burn
- Do **not** over cool the casualty as there is a risk of lowering their

The General section offers more details about dos and don'ts:

← General

1. Do not touch the burnt area
2. Leave any clothing stuck to the burn in place unless it is contaminated with [chemicals](#)
3. Leave any blisters intact



Now you try it.

Search the Categories.

Choose a category in the major injuries and illnesses section.

Which did you choose?

1. After you Tap the category, what is on the list of sections?

2. Tap one of the sections. What are three important instructions?

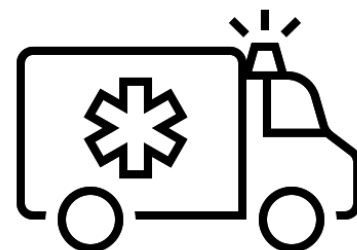
Staying Calm

Staying calm is challenging during an emergency. Here are some tips to help you stay calm in emergency situations:

- **Breathe:** Take deep breaths through the nose to help you calm down and to avoid panicking or overreacting.

- **Focus:**
 - Take a moment to collect yourself and think things through.
 - Be sure that you have calmed down before making decisions.
 - Close your eyes for a moment to focus your thoughts.

- **Assess the situation:**
 - Are you breathing fast?
 - Are you feeling weak?
 - Are you feeling shaky?
 - Notice your emotions and **then** act.



**Reflect!**

Acting in an emergency.

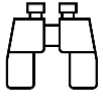
1. How do you react under pressure? Write your answer below or discuss with your group or instructor.

2. Which of the following methods will you try to use to stay calm under pressure?

Check all that apply:

- Breathing slowly and deeply through your nose
- Pausing a moment to be sure you have calmed down
- Closing your eyes for a moment to focus your thoughts
- Taking a moment to assess the situation
- Being sure you are calm and focused before acting

3. Which of these methods do you think you will find most challenging? Why?



Let's look at an example.

J and K are doing construction work at a building site in the country. While working, a beam falls on K's head. J runs over to K and sees that K's head is injured. Their boss is supposed to be arriving soon and might know what to do. But J is worried that K's injury is serious. J calls 911.

While waiting for emergency assistance, J uses the St. John Ambulance app.

1. What section of the St. John Ambulance app should J go to?
2. What are the two types of head injuries described in the app?
3. What are some symptoms J should watch for?
4. What should J do in response to K's injury?

More Features of St. John Ambulance

You can also access Minor injuries and illnesses by tapping the **Minor** icon at the bottom of the screen:



This will bring you to another list:

- ☰ Allergic reaction →

- ☰ Cold →

- ☰ Diabetes →

- ☰ Faint →

- ☰ Heat →

Let's explore this section. Tap Allergic reaction and then fill out the chart below:

What are some ways to recognize an allergic reaction?	What should you do if a co-worker is having an allergic reaction?

There is also a section called Common techniques which can be accessed by tapping the heart icon at the bottom:



This section gives tips on things like:

- assessing the situation
- treating shock
- hygiene

Let's explore this section. Tap the **Assessing the situation** section.

1. What does the assessment technique D.R.A.B.C. stand for? Write each word beside the letter in the chart below.
2. In each column list some tips for each part of D.R.A.B.C.

D _____	R _____	A _____	B _____	C _____

Skills for Success

The **Skills for Success** (SFS) are the everyday skills Canadians need for work, learning and life. Several SFS are required for you to be successful using the St. John Ambulance app:

- **Communication.** Communication skills are essential when dealing with emergencies. Sharing information accurately is critical.
- **Digital.** The St. John Ambulance app requires flexing your basic digital skills. You will need digital skills to download and navigate the app.
- **Problem Solving.** Working with different digital systems requires some problem solving. Identify the problem. Then think about it carefully. Then work toward a solution.
- **Collaboration.** Collaboration may be required to make sure the proper first aid is delivered in an emergency. Work together, help each other, get more help as needed.

Learn more about the Skills for Success here:

<https://www.canada.ca/en/services/jobs/training/initiatives/skills-success.html>

- Also see the other resources in this series: **Digital Tools for Workplace and Apprenticeship Basic Skills**