



London's  
Air Ambulance  
Charity

# Challenge Badge Resource Pack

This Badge has been created in support of the work of London's Air Ambulance Charity. It is designed not only to spread awareness of the vital work they do whilst raising funds to assist them in their continuing work, but to increase knowledge of first aid and accident prevention amongst young people.



## London's Air Ambulance Charity Challenge Badge

### Resource Pack

The resources in this pack are designed to be used alongside the Challenge Pack and help you with ideas and information to complete the Challenge Badge.

You may also find ideas or information on the London's Air Ambulance Charity website and materials to download on the [schools page](#).

We also have many useful videos on [YouTube](#) and interesting photos on [Flickr](#) and you can follow us on [Facebook](#), [Instagram](#) and [Twitter](#) for latest news and updates.

We'd love to hear about your Challenge activities, please share your photos with us by email to [community@londonsairambulance.org.uk](mailto:community@londonsairambulance.org.uk) or on social media.

London's Air Ambulance Charity has made every attempt to ensure the accuracy and reliability of the information provided in this guide. However, the information is provided "as is" without warranty of any kind. London's Air Ambulance Charity does not accept any responsibility or liability for the accuracy, content, completeness, legality, or reliability of the information contained in this guide. It is the responsibility of the groups and organisations participating in this challenge to ensure health and safety when the activities in this guide are carried out.

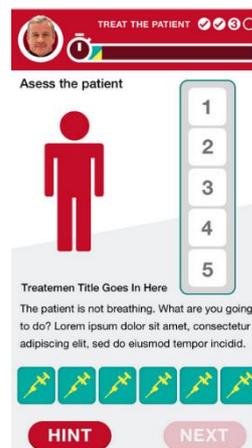
## Be a lifesaver with the HELIMED app



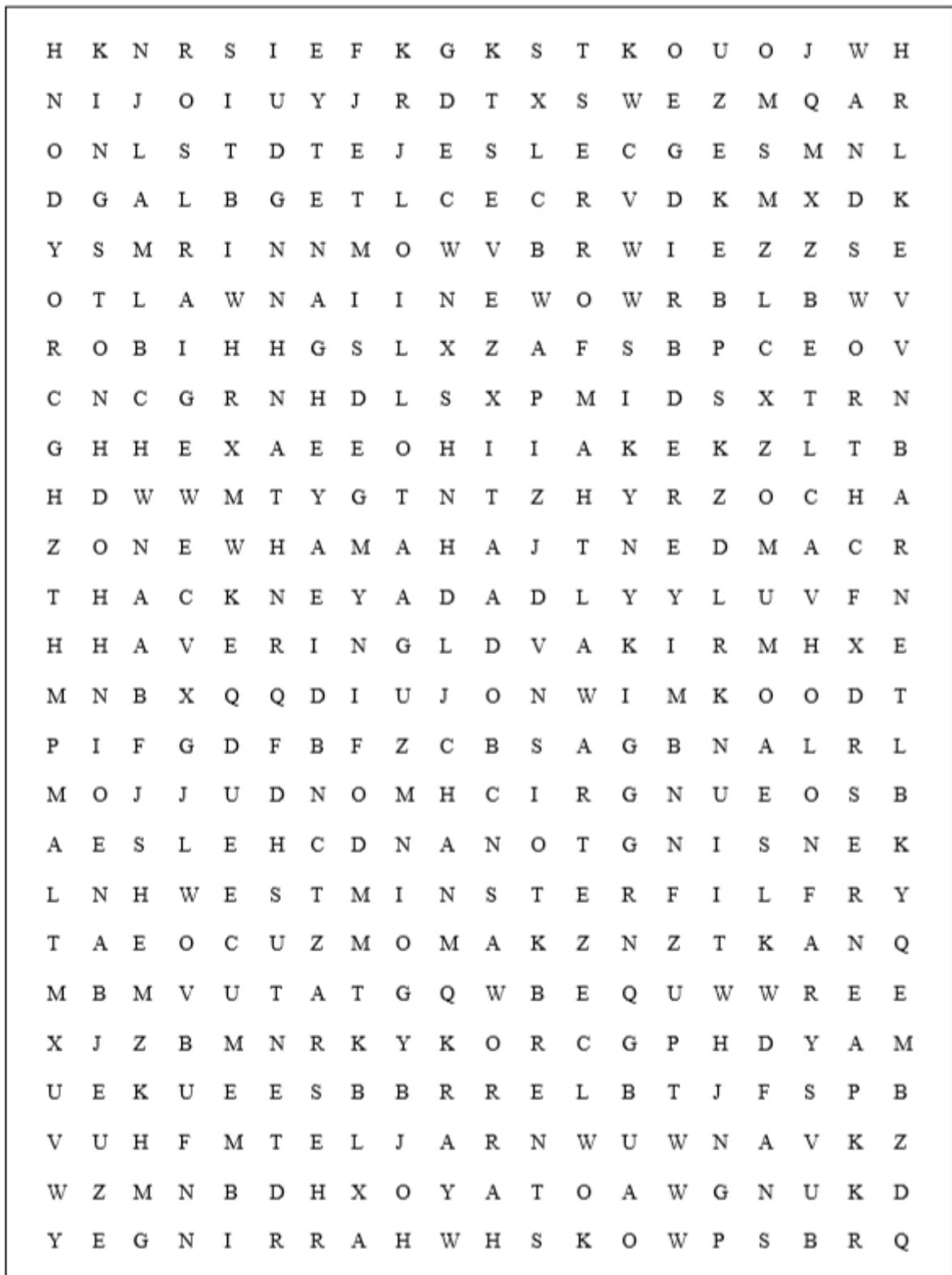
London's Air Ambulance has a free to download educational app "HELIMED" which allows users to take on the role of a pilot, doctor or paramedic to undertake lifesaving missions in a race against the clock. Designed for school children aged 12 to 14, but available to all internationally.

The HELIMED app – developed by Milo Creative in partnership with science education centre Centre of the Cell – enables users to understand more about aviation, medical intervention, leadership and teamwork, while experiencing four virtual life-saving missions based on real-life roadside scenarios that our advanced trauma team attends. Players will be tested on a range of subjects including their maths, physics, medical knowledge and decision making.

The HELIMED app is available on the [App Store](#) and [Google Play](#)



## London Boroughs Word Search



## London Boroughs Word Search

BARKINGANDDAGENHAM

ISLINGTON

BARNET

KENSINGTONANDCHELSEA

BEXLEY

KINGSTON

BRENT

LAMBETH

BROMLEY

LEWISHAM

CAMDEN

MERTON

CROYDON

NEWHAM

EALING

REDBRIDGE

ENFIELD

RICHMOND

GREENWICH

SOUTHWARK

HACKNEY

SUTTON

HAMMERSMITHANDFULHAM

TOWERHAMLETS

HARRINGEY

WALTHAMFORREST

HARROW

WANDSWORTH

HAVERING

WESTMINSTER

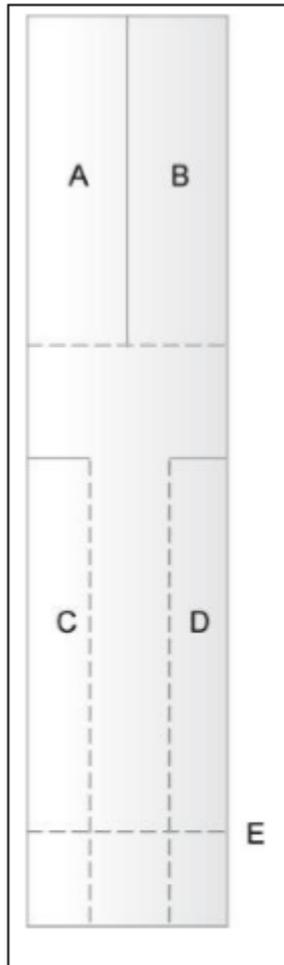
HILLINGDON

HOUNSLOW

## London Boroughs Word Search Answers

H K N + S + + + + G + S T + + + + + W H  
N I + O + U + + R + T + S + E + + + A +  
O N L + T + T E + E + L E + G + + M N +  
D G + L + G E T L + E + R + D + M + D +  
Y S M + I N N M O W + B R + I E + + S +  
O T + A W N A I I N E + O + R + + + W +  
R O + I H H G S L X + + F S B + + + O +  
C N C + R N H D L S + + M + D + + + R +  
+ H + E + A E E O + I I A + E + + + T B  
+ + W + M + Y G + N T + H Y R + + + H A  
+ O N E W H A M A H + + T N E D M A C R  
T H A C K N E Y A D + + L + + L + + + N  
+ H A V E R I N G + D + A + + + M + + E  
+ + + + + D + + + + N W + + + + O D T  
+ + + + + F + + + + + A G + + + L R +  
+ + + + U D N O M H C I R G N + E + + B  
A E S L E H C D N A N O T G N I S N E K  
L + H W E S T M I N S T E R F I L + R +  
+ A + O + + + + O + + + + N + + K A + +  
M + M + U + + T + + W B E + + + W R E +  
+ + + B + N R + + + O R + + + H + + A +  
+ + + + E E S + + + R E + + T + + + + B  
+ + + + M T + L + + R N + U + + + + +  
+ + + + + H + O + A T O + + + + + +  
Y E G N I R R A H W H S + + + + + + +

## Make a Basic Paper Helicopter



- Cut along all the solid lines on the diagram to the left.
- Fold flap A forward and flap B to the back.
- Fold flaps C and D both forward along the dotted lines.
- Fold along the line E upward to give a weight at the bottom.

You can scale up this model as much as you want. You just drop the model with the blades facing upwards and the weight at the bottom facing downwards for the best results.

## Make a Flying Paper Helicopter

How to make a paper helicopter that will really fly:

- Cut out a strip of paper measuring 25.5 x 3.8 cm.
- Measure 13.4 cm from the bottom of the strip of paper.
- Draw a line across the paper width-wise.
- Measure 2cm above the line you just drew.
- Draw another line parallel to the first.
- In the centre of the second line (the 2cm line) make an "X."
- Draw a perpendicular line from the "X" all the way up to the edge of the paper.
- Measure 1.3 cm from the edge of the paper on both sides of the first line and make an "X" at each point.
- Cut along the first line from the edge of the paper to the 1.3 cm mark on both sides of the paper.
- Cut from the centre line at the top of your paper down to the second line.
- Fold one of the flaps at the top toward you using the second line as a guide.
- Fold the other flap away from you.
- Using the cut marks on the first line, fold both flaps inward, lengthwise, toward you.
- Unfold the two flaps at the bottom.
- Measure 0.6 cm up on your paper and make an X. Fold the strip of paper upward using the X as a guide.
- Fold the paper up again by 0.6cm until there is no more paper.
- Fold the side flaps in.
- The bottom of the helicopter will be heavier than the top. Grab the bottom of the helicopter and throw it into the air. See if it flies.

## Calling 999

The [London Ambulance Service](#) provide an online resource where you can find out more about calling 999 in a medical emergency. Please refer to this for the latest guidance.

Areas which Challenge Badge participants may wish to investigate include:

- When to call 999
- How to call 999
- What happens when you call 999
- Who will treat you
- Emergency Heart Care (including How to Use a Defibrillator)
- Emergency Stroke Care
- Emergency Trauma Care

[The British Heart Foundation](#) website provides information on CPR and Defibrillators. These include video resources.

[The British Red Cross](#) website provides guidance on Everyday First Aid and also has First Aid Education Resources.

[The St John's Ambulance](#) website has a first aid section, looking at a range of common conditions and how they can be treated using first aid techniques.

## A Seatbelt song

Tune of 'Here We Go Round the Mulberry Bush'.

**Let's all do the car seat click**

**The car seat click**

**The car seat click**

**Let's all do the car seat click**

**We're going for a ride.**

**Sit in the seat and click the belt**

**Click the belt**

**Click the belt**

**Sit in the seat and click the belt**

**And then you will be safe.**

**Let's all do the car seat click**

**The car seat click**

**The car seat click**

**Let's all do the car seat click**

**We're going for a ride.**

Actions:

Verses one and three move round in a circle pretending to drive;

Verse two sit down and mime fastening a seat belt by bringing two closed fists together.

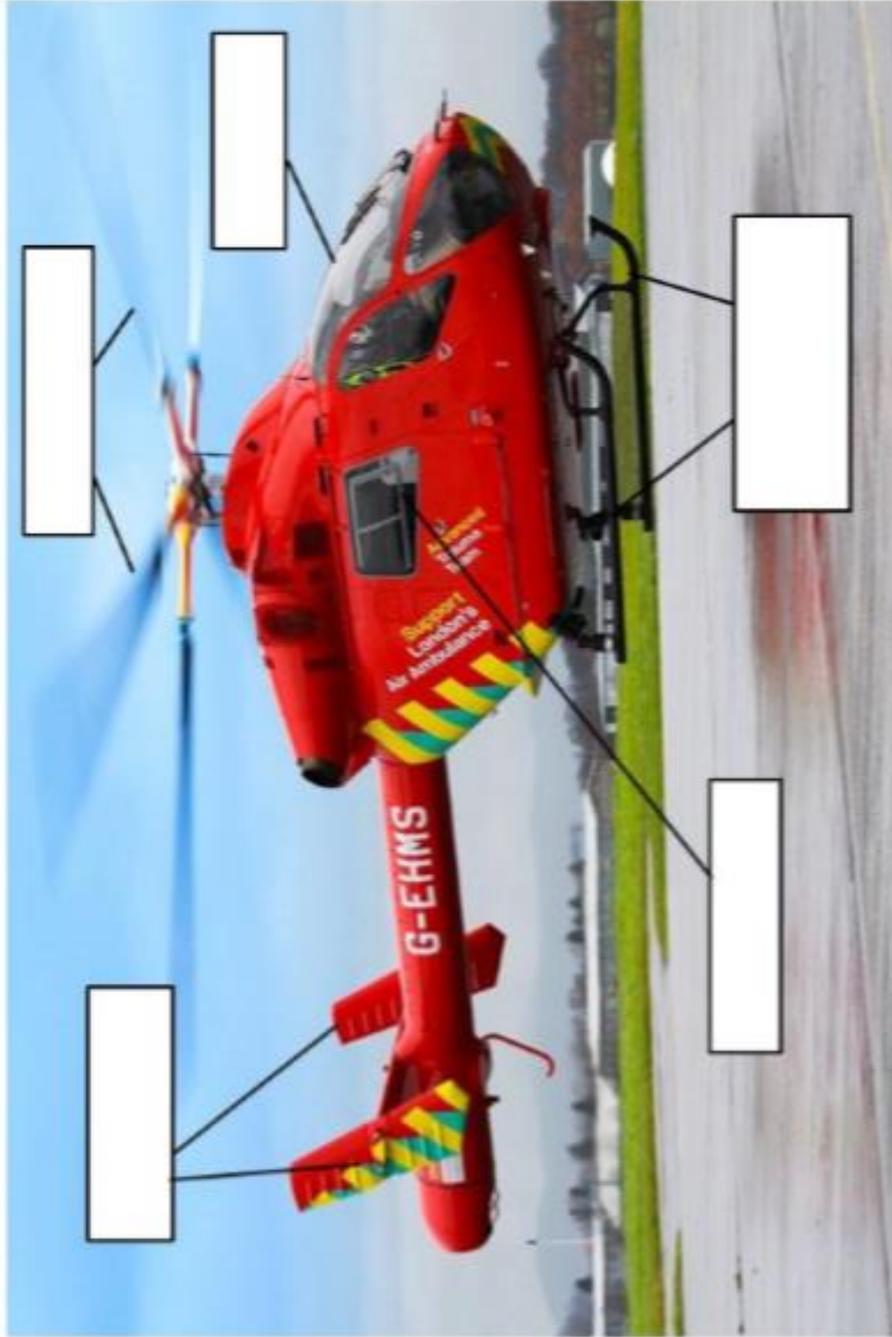
Remember to remind children that there are lots of different types of car seat and seat belts or harnesses but they must all click to be fastened properly.

## Helpful Golden Hour

	<p>Use the six empty boxes of the letter H to show how you spent your Golden Hour. Each box represents 10 minutes draw a picture or write a few words to show how you helped other people.</p>	

## London's Air Ambulance

Look at this picture of London's Air Ambulance. Using the parts of a helicopter listed down the side of the page label the picture.



**Rotor blades** - The rotor blades spin very fast to lift the helicopter into the air.

**Cockpit** - The cockpit is where the Pilot and Co-Pilot to fly the helicopter and to navigate their flight.

**Landing Skids** - The helicopter uses the skids as a flat surface to land on as it doesn't have wheels like a land ambulance would.

**Cabin** - This where the patient is taken to hospital on a stretcher. There is lots of medical equipment in here. It is where the Dr and Paramedic sit.

**Rudders** - The rudders move to steer the helicopter.

## Helicopter Landing Game

This game is a similar game to musical chairs, although it can be played without music.

Everyone is given a piece of A4 paper to draw a hospital helicopter landing pad on.



The helipads are then scattered around the floor.

The players fly (run) around the room without stepping on the landing pads until a leader shouts for them to “land”.

Only one player can land on a pad; if 2 or more players are fighting for the same pad they are both/all out, as only one helicopter can use a landing site at one time.

When ready, the leader then tells the group to “fly” again. The leader then removes one or more landing pad(s) from the floor, and shouts again for the players to “land”. Anyone who is unable to land on a pad is out.

The winner is the player that successfully lands on the last landing pad.

## First Aid Equipment Pairs

The following 2 pages of this pack show some of the equipment used by the Doctor and Paramedic from the London's Air Ambulance team.

Print out the page and cut out the pictures and text boxes, then give them to the group and let them try and match them up. You will need to mix them up as they are currently in the same order.

If you have the facility to enlarge them, the children in your group may find it a little easier. They will be a bit more robust if they are printed onto cardboard or are laminated.

You could play a number of games:

Split the group into teams. Divide the pictures evenly amongst the teams. Place all text cards in the centre of the room. One at a time, the group try to find their pictures. The first team to match all the pictures to the text wins.

Or

Give half the group a picture card, and the other half a corresponding text card. Without speaking, ask the group to find their partner.

Or

Print out a full set of cards for each person and see who can pair them all up correctly the quickest.

Or

Another idea of your own using the pictures and text.



For monitoring the patient's heart

For cutting clothes to look at the patients injuries

To listen to the patient's heart and breathing

Worn by the paramedic and Doctor to protect them when flying

Used to cover wounds

To keep the patients neck still in case it is injured

Used when patients have problems with breathing

To talk to the staff in the control room

Given to patients who need more blood

To stop germs to and from the patient

These can be given to the patient to stop their pain

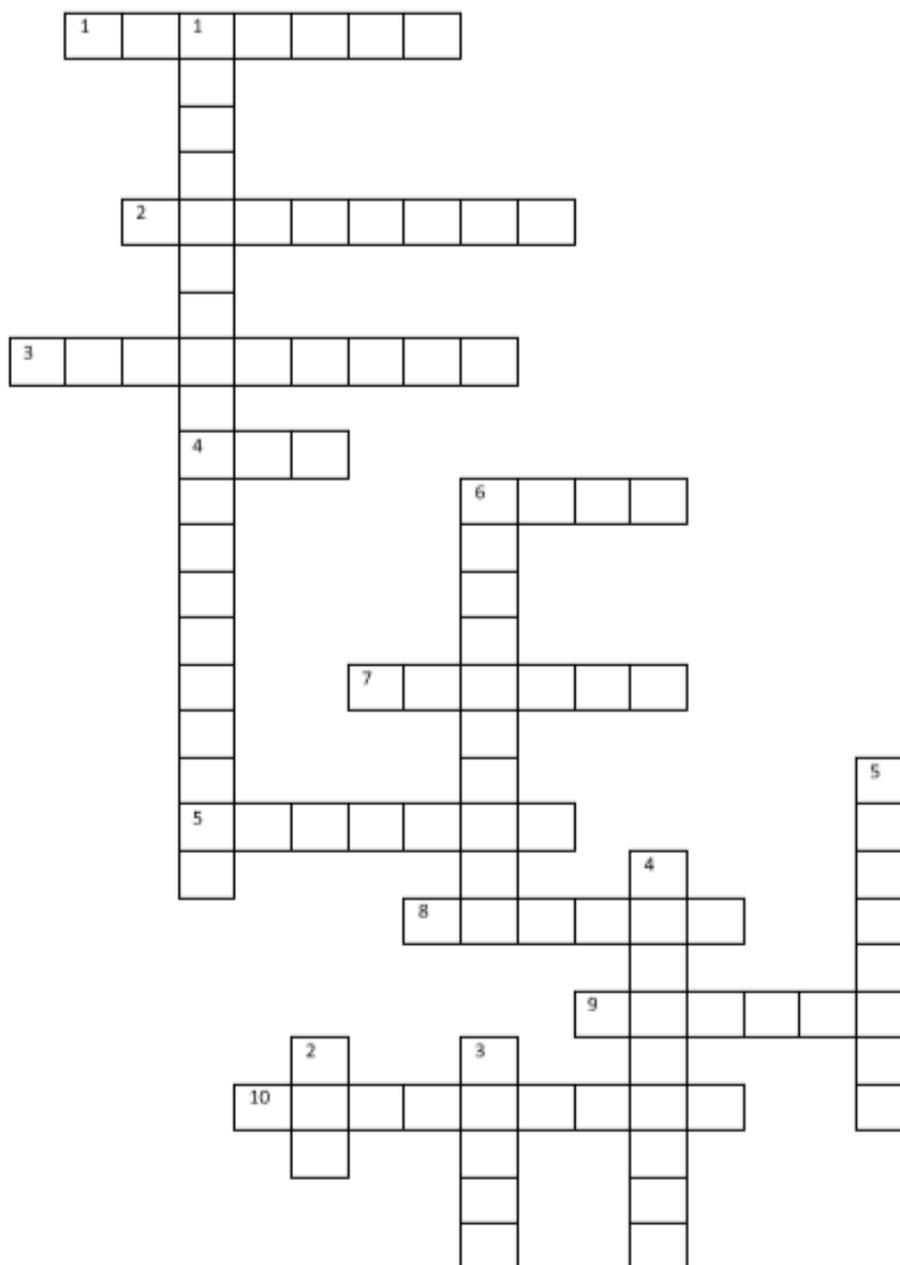
Used to lift a patient who may have hurt their back

To talk to each other in the helicopter

Carries equipment and drugs the advanced trauma team need

Used instead of the helicopter when it is dark or not safe to fly

## Just For Fun Crossword



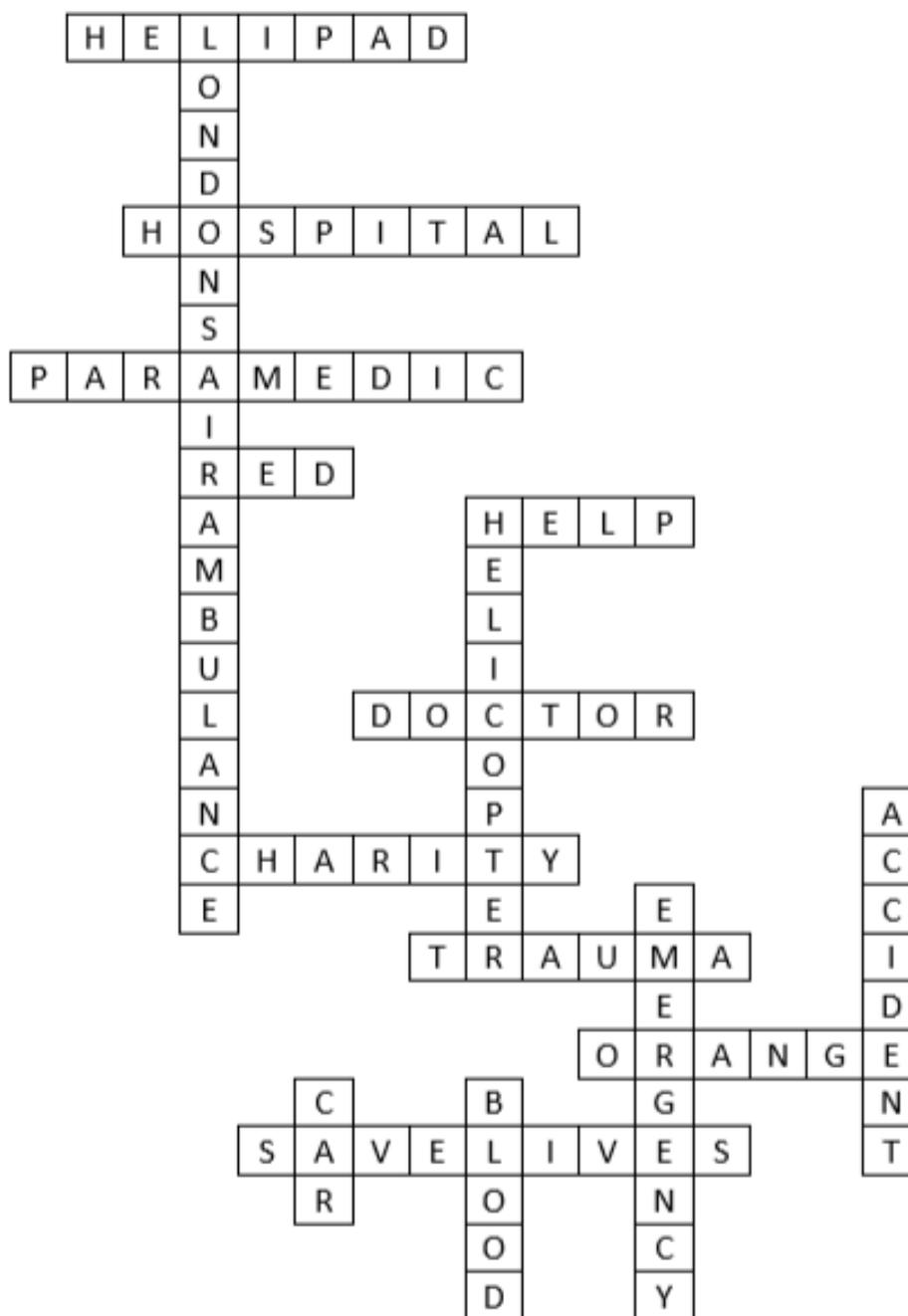
### Across

1. A parking space for a helicopter marked with H
2. Patients are taken here for further treatment
3. Someone who usually works on an ambulance
4. Our helicopter is mainly this colour
5. London's Air Ambulance is a registered \_\_\_\_\_
6. Another word meaning to assist
7. Our team includes a paramedic and a \_\_\_\_\_
8. The Greek/medical word for injured
9. The medical team's flight suits are this colour
10. The medical team use their skills to... (4,5)

### Down

1. This service treats seriously injured patients across London
2. When it is not safe to fly the team will travel in one
3. This carries oxygen around your body
4. 999 is the number you call in an \_\_\_\_\_
5. An unexpected event or mishap
6. An aircraft with rotating blades

(Answers)



Across

1. A parking space for a helicopter marked with a H
2. Patients are taken here for further treatment
3. Someone who usually works on an ambulance
4. The helicopter is mainly this colour
5. London's Air Ambulance is a registered \_\_\_\_\_
6. Another word meaning to assist
7. The title given to someone who has a doctorate
8. The Greek/medical word for injured
9. The medical team's flight suits are this colour
10. The medical team use their skills to (4,5)

Down

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