

Role play cards | **Unresponsive and not breathing**

What's happening?

Two friends are out shopping for the day. They go to the toilets in the shopping centre. At first, the bathroom appears empty but as they get further in they discover someone lying on the floor.

Ideas for staging and props

- Carry some shopping bags.
- Arrange chairs and tables into a set that looks like a public bathroom.
- If the helper decides they need to give chest compressions, swap the person on the floor for a manikin or something you can press on. Don't give chest compressions to the person playing the role.

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Unresponsive person

You're unresponsive and not breathing. Lie on the floor on your back.

If anyone tries to wake you, don't respond. Remain relaxed and floppy.

If anyone tries to check your breathing, stop breathing for a moment and make sure your chest doesn't rise and fall.

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Helper

You're out shopping for the day with a friend. You're bursting for the loo. You are chatting with your friend as you enter the toilets. You are looking forward to getting home and trying on your new clothes.

As you get closer to the cubicles you notice someone lying on the floor. The person looks very pale and you're not sure if they're breathing. You think they need help urgently. You go to help them.

How you are feeling: You are a calm person and know that you would want someone to help you if you were unwell.

Important: If you decide to give chest compressions, swap the person on the floor for a manikin or something you can press on. Don't give chest compressions to the actual person playing the role.

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Bystander

You and a friend are spending the day at the shopping centre. You are chatting to your friend as you enter the toilets. You are really pleased with the trainers you have just bought. As you get closer to the cubicles you notice someone lying on the floor.

Your friend wants to help but you tell them that neither of you should touch the person. You think touching a stranger is really risky – you don't know what has happened to them and you might make the situation worse.

How you are feeling: You are worried about the person, but nervous about stepping in to help.