



BAHRIA UNIVERSITY (KARACHI CAMPUS)

Occupational Health and Safety (ENV - 101)

Assignment 03

Spring 2023

Class: BSE 2B

Course Instructor: Ms. SADIQ TARIQ

Assignment Date: 09 June 2023

Student Name: ABDULLAH

Shift: Morning

Due Date: 15 June 2023

Marks: 05 Points

Registration #: 81962

Question 01: Explain and Summarize the Qualities and Skills of a Good First Aider.

Answer:

Qualities of a Good First Aider

Following are the qualities of a good First Aider:

1) Good Communication Skills:

Communicating with sick and injured people can be a challenge. Therefore, you should choose someone who has excellent communication skills and a natural ability to talk to people.

2) Ability to Work in a Team:

First aiders are often required to work alongside members of the emergency services, especially the ambulance service. You should look for someone who is a good team player.

3) Ability to Work Under Pressure:

A first aider should be able to keep their 'cool' under pressure and be able to manage tasks whilst having an awareness of the overall situation.

4) Leadership:

A first aider may have to take command of a potentially volatile situation.

5) Knowledge of Their Own Limits:

A first aider should know the limits of their skills and knowledge and be able to call for further help when required rather than try to 'go it alone'.

6) Empathetic:

It's your job as a first aider to reassure them that everything will be just fine.

7) Observant:

First aiders need to be able to evaluate a situation and assess the related risks as soon as possible.

8) Physically Fit:

Possessing a good level of physical fitness is crucial for first aiders to reach the victim on time, pull them out of that situation when needed, and take them to the emergency services.

9) Confident:

A competent first aider is confident in handling a situation and administering any assistance the case demands.

10) Quick Thinker:

First-aiders must use their time effectively when they know about an emergency.

Summary:

A good first aider is someone who can provide immediate and effective care for someone who is injured or ill, before professional medical help arrives. A good first aider has the knowledge, skills, and attitude to provide effective and appropriate care to someone who is injured or ill in an emergency. They can communicate well, work in a team, handle pressure, lead when needed, know their limits, show empathy, be observant, be physically fit and perform specific technical skills.