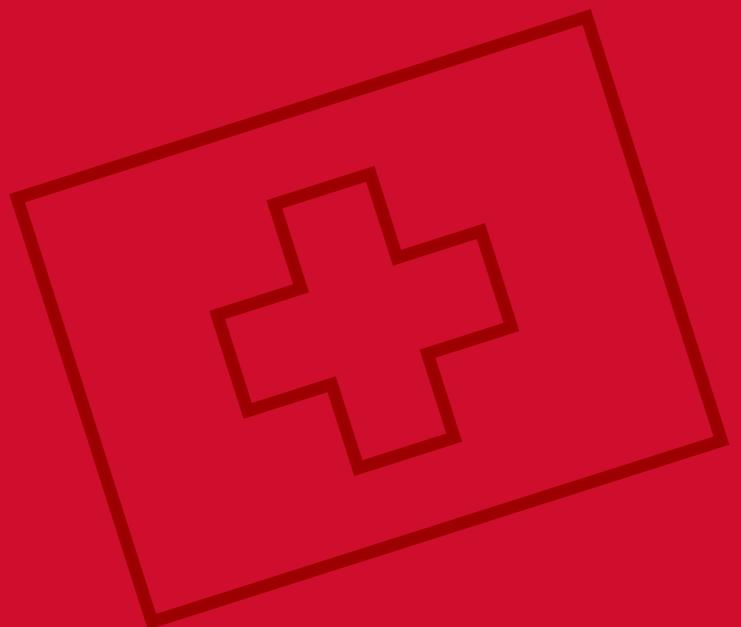


TEACHER TRAINING MODULE

PHE III

INTRODUCTION TO FIRST AID



CHAPTER 1: FIRST AID TRAINING IN PRIMARY AND SECONDARY SCHOOLS IN NIGERIA

WHAT IS FIRST AID?

First aid is the first and immediate assistance given to any person with either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery until medical services arrive. First aid is generally performed by someone with basic medical training.

AIM

Remember the aim of First Aid is embedded on 3 Ps....(Preserve life, Prevent worsening condition and Promote recovery)

IMPORTANCE OF TEACHING FIRST AID AND EQUIPPING SCHOOLS WITH FIRST KITS

1. Knowledge of first aid promotes a safer and healthier environment. Schools that have properly trained and students who are well equipped with first aid skills contribute to enhancing the safety of the schools. Accidents are common among students while they are at schools. The accidents might be in form of simple injuries, serious wounds or fractures. Whatever the case, the victim should be given initial assistance until the doctor arrives. Therefore, It is imperative to have trained teachers and students who can utilise their skills and take quick action to treat the affected person and apply the right procedures to prevent more damage.

2. As first aid offers a range of benefits, therefore, it is a must for the teachers and students to get a proper first aid training so that they can contribute to preserving lives. Without an initial medical assistance, a mild injury might turn into a serious one. Moreover, serious injuries when not treated on time can be fatal. To ensure the safety of all the staff members and students, it is important to have first aid in the schools. It is vital to make everyone aware of the basic methods they should apply after an accident occurs.

3. Most Nigerians do not know how to perform first aid. When an incident occurs, some Nigerians instead of coming to the aid of the victim will rather prefer to use their smart phones to record the incidents, others who are "spiritual" may resort to prayers while the last group will be crowding the place and even obstructing the first aiders. According to the staticstics from the Red Cross, only few people in Nigeria ,fewer than one per cent of people have first aid training, representing one of the lowest rates in the world. Whilst the situation is improving, Nigerians should be doing more to become first aid ready.

Why is first aid important in schools?

School-age children are generally at higher risk of being involved in accidents and sustaining injuries. Although many of these injuries are likely to be relatively minor, in some cases a child or young person could sustain a serious or life-threatening injury on school premises.



Furthermore, illnesses and health conditions can be much more serious in children compared to adults. Performing first aid can help to reduce the seriousness of a situation, prevent injuries and illnesses from worsening and even save a life.

The majority of injuries sustained in schools occur during physical activities and other outdoor exercises.

Why is it important to teach first aid in schools?

Below are some statistics that demonstrate how important first aid is in schools.

On average, 400,000 young people are injured in the UK at school every year. 270 children and young people die in school every year as a result of a cardiac arrest.

According to the Red Cross, only 5% of adults have the knowledge and confidence to provide first aid in emergency situations.

The Health, Safety and Environment (HSE) reported that there were 1,668 major injuries to teachers and other employees in schools in one year.

Over 300,000 cardiac arrests occur out of hospital every year in the UK. Of these 300,000 people, fewer than 1 in 10 survive.

The British Red Cross stated that up to 59% of deaths from injuries could have been prevented, had first aid been carried out.

The British Red Cross also stated that knowledge of first aid training could reduce the number of visits to Accident & Emergency (A&E) departments and relieve some of the pressure on the NHS.

A quarter of young people have had to deal with asthma attacks and a third of young people have had to deal with a head injury, even if they have had no first aid training. First Aid for Life found that in these situations, 44% of young people said they panicked and 46% said they did not know what to do.

Teaching first aid in schools could help to save thousands of lives. Teaching first aid to students can not only keep them and their peers safer in school, but it can also help them to promote recovery, prevent the situation from worsening and preserve life out of school. Teaching first aid to children and young people will mean that as they grow into adults, we will hopefully live in a society where fewer unnecessary deaths occur. The health and safety of all students and staff should be of paramount importance.

Importance of First Aid Skills

Equipping teachers and other school staff with first aid skills and knowledge is vital for the following reasons:

It helps prevent conditions from worsening – First aid acts as a temporary treatment until further medical intervention can be sought. Effective first aid can help prevent serious situations from worsening. The first aider can use skills and techniques they have learnt in their training to keep the child stable and prevent the situation from deteriorating.

It increases feelings of security for students and staff – The knowledge that both students and staff will have access to support and treatment in the event of an emergency can create a sense of security for all members of the school community.

It preserves life – Preserving life is one of the three aims of first aid. Those with first aid treatment have the skills and knowledge to help save lives in the event of an emergency. A first aider will also know the importance of contacting 999 as quickly as possible in life-threatening situations and will have important knowledge of the recovery position and CPR. First aiders are also much more likely to remain calm and respond quickly.

It meets legal requirements (Health and Safety at Work etc. Act 1974) – Under the Health and Safety at Work etc. Act (1974), an employer is responsible for ensuring the school has a health and safety policy. This must include first aid arrangements and risk assessments that show who the first aiders are, where first aid supplies are stored and any other first aid arrangements.

Fast treatment – Having access to first aid means you also have access to fast treatment. This helps to reduce the likelihood of an injury or illness having long-term implications. Many injuries sustained in schools will not require any further medical treatment because first aid was performed effectively. They can be treated with simple methods such as applying an ice pack etc. First aiders can help the affected person feel better and relieve pain by performing simple procedures.

It reduces the likelihood of an accident occurring – Knowledge of first aid can make it easier for staff members to identify potential hazards. It also highlights the importance of conducting a risk assessment and how to effectively implement any actions or recommendations from the risk assessment. This can reduce the likelihood of accidents occurring on school premises.

Mental health first aid

Mental health first aid is a branch of first aid that is often overlooked. However, with the rise of mental ill health and mental health difficulties faced by children and young people today, mental health first aid is an important branch of first aid for school staff to be aware of and trained in. According to The Children's Society, 1 in 6 children and young people aged 5-16 are likely to have a mental health problem. Furthermore, 55% of young people aged 16-25 said that they had visited their GP about a mental health difficulty at some point in their lives.

Mental health first aid helps introduce school staff to the risk factors and warning signs of mental health problems in adolescents. It teaches the importance of identifying the issue, the importance of early intervention and how to help a young person who is in crisis. Mental health first aid is particularly recommended in secondary schools.

BASIC QUALIFICATION AS A FIRST AIDER

All school staff should have at least a basic level of first aid training. Schools should have an appointed member of staff who acts as the overseer. This person may not necessarily administer first aid treatment.

The appointed member of staff will:

Take charge when a person is injured or ill.

Ensure first aid equipment is stocked and frequently replenished.

Ensure that an ambulance or other medical professionals are contacted when necessary.

All qualified first aiders must hold a valid certificate issued by an organisation that has been approved by the Health and Safety Executive (HSE). As standard first aid courses often do not include resuscitation procedures for children, a paediatric course or a course designed specifically for school staff is recommended.

In Nigeria the Red Cross offers course on First Aid.