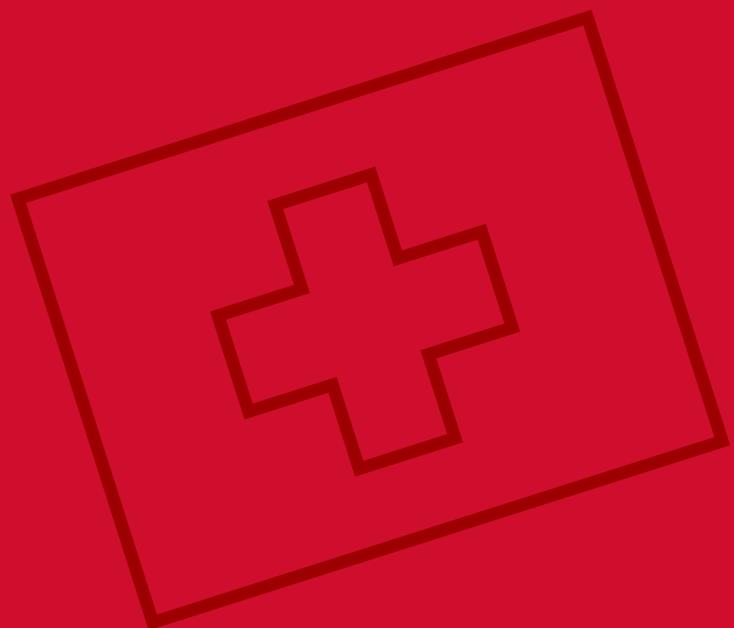


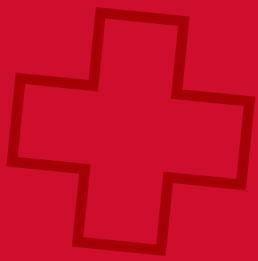
TEACHER TRAINING MODULE

PHE IV

FIRST AID SCHOOL PROGRAM



CHAPTER 1: FIRST AID SCHOOLS PROGRAM



Primary school students will be taught:

1. Basic first aid skills for common injuries, including head injuries.
2. How to contact emergency services.

FIRST AID EQUIPMENT

In order to deliver first aid training lessons, the school will likely need to invest in equipment. This could include:

- Resuscitation manikins for secondary schools.
- Bandages and dressings.

What does first aid training in schools involve?

As previously discussed, first aid training in schools will differ depending on the age of the students.

The basic first aid knowledge helps in treating:



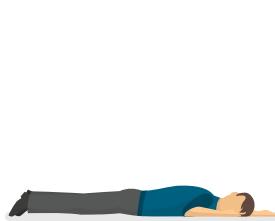
Bleeding



Burns



Heatstroke



Unresponsiveness or unconsciousness



Head injuries



Muscle injuries



Joint injuries



Choking



Fainting



Chest pains



Asthma



Allergic reactions

Some basic skills that will be taught to students include:

- How to contact emergency services and how to effectively explain the situation.
- The importance of checking the safety of the area and how to do this.
- How to stay calm and think clearly.
- The importance of speaking to the patient and keeping them alert.
- How to get details of the illness or injury.
- How to treat cuts, scrapes, bleeding, and blood loss. This will also include
- How to apply pressure to a bleeding wound.
- How to treat burns.
- How to apply a bandage.
- How to deal with a sprain, fracture, or break.
- CPR training.
- What to do in the case of a head injury.
- What to do in the case of an allergic reaction.
- What to do in the case of a nose bleed.

EXAMPLES OF WHAT TO DO IN CERTAIN SITUATIONS

RECOVERY POSITION

- If a person is unconscious and is breathing, they should be placed in the recovery position. This position ensures that someone is still able to breathe and will not choke.



PRESSURE BANDAGE

- The pressure bandage will help you to control bleeding and reduce swelling.

How to do:

- Place a pad on the wound and wrap the bandage around the pad. Using normal pressure, secure the bandage.



CALL THE EMERGENCY

Dial 112 or 911

Tell them:

- Your name
- Where you are
- What happened
- How many people are injured
- Wait before you end the call. Allow the emergency people to ask all their questions.

SPRAIN – MUSCLE INJURY

If you are playing and you misstep.

What to do:

- Rest > stop doing the activity
- Ice > apply ice to the affected area
- Compression > to minimize swelling
- Elevation > raise the injured area



SUNSTROKE

When the sun is shining on your head for a long time you can have sunstroke.

Symptoms:

- Red and hot head
- Headache
- Nausea and vomiting

What to do:

- Bring the person in the shade
- Put the person in an upright position
- Let him/her cool down



CHOKING

If somebody has eaten something and now he/she is choking:

1. Try to cough it out
2. Try to slap it out > slap on the upper back of the person
3. Try to squeeze it out > make abdominal thrusts like it is shown on the picture



Cough it out



Slap on the upper back



Abdominal thrust

The 7 Basic Steps of First Aid in those that need CPR

One of the essential learnings that First Aid certificates tackle right off the bat is the seven essential steps of first aid.

The 7 Steps of Basic First Aid

The DRSABCD action plan refers to the things you need to do immediately after an emergency. Here is what each letter of the abbreviation stands for:

Step 1: DDanger

if a person has been harmed during an accident, the first thing you have to do is check for danger. For example, If a car crash has occurred, is fuel coming out of the vehicle? That could pose danger to you, to other bystanders and to the injured individual. The first rule of administering first aid is to never put yourself in danger when attempting to assist somebody who has been harmed.

Step 2: R... Response

Following a thorough danger assessment, you'll need to assess the responsiveness of the injured individual. Are they conscious? Are they capable of answering questions and cooperating?

Step 3: S....Send for help

Calling 000 or 112 on your phone is the next essential step.



Step 4: A....Airway

Once you've gotten the first three steps out of the way, it's time to start administering first aid. Check the injured person's breathing and make sure their airways are clear. If the person is responsive and their airways seem to be clear, you'll next need to determine what course of action would yield maximum benefit. In the event of someone being non-responsive, open their mouth and tilt the head slightly back if the mouth is clear. If it's not, place them on their side and clear the contents of the mouth before moving on to the next step.

Step 5:B..... Breathing

If a person is breathing, you can skip the subsequent steps. In the event of them being unconscious, check for chest movements and if they're breathing, turn them on a side and align the head, neck and spine. Wait for medical assistance to arrive.



Step 6: CPR

When a person isn't breathing, you'll have to administer CPR. Cardiopulmonary resuscitation is an emergency lifesaving procedure that can restore breathing through chest compressions and artificial ventilation (mouth to mouth breathing). When administered immediately in the case of an emergency, CPR can double and sometimes even triple survival rates. It's one of the most important skills you'll get to master when obtaining a first aid certificate.



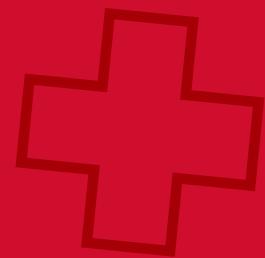
Step 7: Defibrillator

An automated external defibrillator (AED) is often available in public areas and can be used by people who have the right kind of training. The AED is usually administered to unconscious individuals who aren't breathing. The machine "shocks" the heart with an electrical current to re-establish a regular and rhythmical heartbeat. New studies suggest that people are more likely to survive a cardiac arrest if bystanders know how to use the defibrillator and administer this first aid step correctly.

The administration of CPR and monitoring of an injured individual should continue until medical professionals arrive at the accident scene. Alternatively, the procedure needs to be kept up until a person starts breathing on their own and regains consciousness.

Needless to say, first aid steps could be somewhat different, depending on the situation. If a person is choking, in the event of a drug overdose or whenever a severe allergic reaction is taking place, you'll need to respond via a different protocol.





CHAPTER 2: BASIC LIFE SUPPORT

The Knowledge of Basic Life Support is a must for all and not for medical personnel. The following procedure should be followed:

- a. Establish whether the victim is unconscious by shaking or shouting at the patient.
- b. Feel for the pulse by pressing the carotid artery on the side of the neck. If there is no pulse; shout for help and quickly place the victim on his back with firm underlying support.
- c. Secure the airway by removing any loose obstruction such as mucus, blood and dentures and open the airway by bending the neck backwards.
- d. Check if the victim is breathing by looking out for the rise and fall of the chest. If there is no more respiration, start immediate mouth to mouth or to nose respiration.
- e. If there is no circulation (absence of pulsation) give a sharp tap to the left side of the chest and begin cardiac massage. If there is only one rescuer, compress the chest at the rate of 80 beats per minute with two respirations after every 15 compression. For two rescuers; one should continue the cardiac massage at a rate of 60 beats per minute while the second person administers mouth-to-mouth respiration after every 5 compressions.