



GOVERNMENT COLLEGE

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First Aid Training

Report on Three-Day First Aid Training for Students

Government College Autonomous, Rajahmundry.

Date: 04-04-2024 to 06-04-2024 (3days)

No. of Participants : 374

Introduction:

A comprehensive three-day First Aid Training program was organized at our college by YOUTH RED CROSS & RED RIBBON CLUB from 04-04-2024 to 06-04-2024, aiming to equip students with essential first aid knowledge and skills. The program was conducted by certified first aid trainers from Indian Red Cross Society, East Godavari Branch and targeted students from various disciplines, underscoring the importance of prompt response in medical emergencies. The training was held in different classrooms, with 90-130 students participating.



Day 1: Basics of First Aid and Emergency Response

Objective: To introduce students to the fundamentals of first aid and basic emergency response techniques.

The first day of training began with a brief introductory session on the principles of Red Cross, importance of first aid knowledge in everyday life and its impact during emergencies. Trainers covered:

Understanding First Aid: Definition, objectives, and the role of a first aider.

Assessing the Situation: Steps for identifying emergencies, assessing surroundings, and understanding basic response protocols.

Basic First Aid Skills: Checking vital signs, the ABCs (Airway, Breathing, Circulation), and initial treatment priorities.

Handling Emergency Situations: Effective communication, calling for help, and staying calm.



The day concluded with practical demonstrations of how to approach and assess an injured person, as well as hands-on practice for students in groups.

Day 2: Practical Application of First Aid Techniques

Objective: To develop hands-on skills in addressing common injuries and emergencies.

The second day focused on practical, scenario-based learning, where students engaged in:

CPR (Cardiopulmonary Resuscitation): Students were taught and practiced CPR techniques on mannequins, covering both adult and pediatric CPR.

Management of Wounds and Bleeding: Techniques for cleaning wounds, applying dressings, and managing bleeding with pressure application.

Dealing with Fractures and Sprains: How to stabilize fractures, create makeshift splints, and manage dislocations.

Burn and Heat Stroke Management: Basic treatment for burns and heatstroke, with steps for cooling, covering, and preventing further injury.

Trainers supervised each activity, offering feedback and ensuring students could apply techniques confidently.

Day 3: Specialized First Aid Skills and Certification



Objective: To cover specialized topics, conduct evaluations, and issue certifications.

The third day covered specialized topics and concluded with an assessment of students' first aid skills. Key areas included:



Handling Choking and Respiratory Distress: Techniques to assist someone choking (Heimlich maneuver) and how to handle respiratory emergencies.

Poisoning and Allergic Reactions: Identification of symptoms, prevention, and basic first aid for poisoning and severe allergies.

Emotional and Psychological First Aid: Understanding the importance of providing emotional support to injured individuals.

Practical Test and Feedback Session: Each student was assessed on CPR, wound care, and fracture management, and received feedback from trainers.



The training concluded with a brief ceremony, where each student was awarded a First Aid Certification, acknowledging their readiness to respond effectively to emergencies.

Conclusion:

The First Aid Training program proved invaluable, as students gained both theoretical and practical insights into first aid. Feedback from participants highlighted increased confidence in handling emergencies and a strong desire to maintain and build upon their skills. The college plans to organize follow-up sessions and advanced training to foster a campus culture of safety and preparedness.

Acknowledgments:

We extend our gratitude to the Indian Red Cross Society, East Godavari, Andhra Pradesh, the college administration, and all students who actively participated in making this event a success.