

# TOT ON FIRST AID DAY-I

March 28, 2006

Venue : Elisbridge School No. 10, Navrangpura ward, Ahmedabad

Duration : 10:00 to 18:00

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**[A] Introduction of Program:**

Continuous Education Program is implemented by City Primary Education Committee of Municipal Corporation, Ahmedabad with the support of Ministry of Human Resource Development. Program has wide network with 128 Nodal Centre in entire city. All Nodal Centre have been administered by 128 Nodal Motivators. Total: 1278 Asst. nodal motivators are assisting to program at root level. The object of the program is that to provide non formal education to dropout children & youth of above age of 15 & to facilitate and train youth for income generation activities. 90% female are associated with this program. Total: 78000 beneficiaries are associated with this program from different wards of Ahmedabad city. AMC had adopted strategies to coordinate & link UEVR Program with other exciting developmental schemes & programs in city. A part of this we have organized TOT on First Aid for Nodal Motivators of this program. Trained nodal motivators will provide this training to Asst. Nodal motivators. Both Nodal motivators & Asst. Nodal motivators are key functionaries for coordination of each centre to City Primary Education Committee. Also they are main implementator of every educational & vocational training at centre.

**[B] Rationale of the program:**

In the context of the DRM – UEVRP program, to prepare ward level disaster management teams on first aid is the key component for long term risk management in ward. As part of capacity building activities, TOT had been organized for Nodal motivators on first aid.

**[C] Importance of First Aid Training Program:**

In normal circumstances or critical situation like disaster strikes, First aider can give first aid and contribute to victims and save their lives before affected person gets properly medical treatment. History says that local volunteer & community performs crucial role in emergency situation. All trained volunteer will be register as DMT member in their respective ward.

**[B] Training Goal for NUNV – PO:-**

To achieve maximum effectiveness in training and to conduct result oriented TOT program.

**[C] Objectives:-**

a) **General:**

- i. To prepare ward level task force regarding first aid in terms of CBDRM.
- ii. To promote volunteerism among community.

b) **Specific:**

- i. To give training theoretically and practically about first aid.

- ii. To realize trainees about importance of first aid training.
- iii. To promote trainees for giving services voluntary in respective ward in any need based situation.
- iv. To clear about importance of materials which given to them and how can be they utilize it.
- v. To make training more participative and easier for understanding.
- vi. Try to aware about negative impact of some wrong beliefs or superstitious in case of snake bite, hysteria etc.

**[D] Whole day session:-**

**a) Registration & Material Distribution:**

All participants had been registered & first aid training related materials, pens & papers had been distributed to them.

- i. C.P.R. :- 62
- ii. S.O.P. :- 62
- iii. Guideline :- 62
- iv. Pen :- 62
- v. Conference pad :- 62

- All the trainees, trainer & respected guests had been warmly welcomed by NUNV-PO and also suggested to them objectives of this first aid training program and how it is related to DRM.

**b) About participants:-**

Total: **62** participants

Sr. No.	Details	Male	Female	Total
01	WDMT	17	45	62
	<b>TOTAL</b>	<b>17</b>	<b>45</b>	<b>62</b>



**Active participation of WDMT members**

**c) About Trainer:**

Mr. Sunil Tiwari, a young and enthusiastic first aid trainer & former United Nations Volunteer.

**d) Learning Sessions for Participants:**

Whole first aid training program had been handled by the trainer & NUNV-PO, before starting learning session recommendation of trainees regarding first aid had been chalked out.

Trainer had covered different topics of first aid during whole day. Like,

- i. Definition of first aid.
  - ii. Why first aid?
  - iii. Golden rules of first aid.
  - iv. First aid in different critical situation.
  - v. Bandages
  - vi. Hysteria
  - vii. Bleeding (Inside & Outside)
  - viii. Making of Stretcher.
  - ix. Burn
  - x. Fracture
  - xi. Poison (Snake Bite & Dog Bite)
  - xii. C.P.R.
  - xiii. Lifting techniques.
  - xiv. Recovery Position.
  - xv. DTD (Diagnosis, Treatment & Disposal)
  - xvi. Do's & Don'ts during Gas leak age and road accident.
- And other first aid related topics.

Whole training program had been conducted both the way theoretically and practically. Trainees can understand easily and for making learning process easier, trainer had used first aid related posters and kit etc. After completion of every topic of first aid like Recovery Position, C.P.R., stretcher making etc Trainees had performed practically on each other.



Trainer had also suggested that,

- (i) How first aider can give first aid in normal situation and disaster situation.
- (ii) What steps should be followed by first aider.

**e) Question - Answer Session:**

After completion of every topic five minutes question answer session were held. Trainees had raised some questions regarding first aid like,

- i. What steps should we take when insects bite in side eye?
- ii. What steps should we take in burning situation?
- iii. What steps should we take when anyone injured in road accident?
- iv. Types of snakes.

- v. What steps should we take when bleeding from nose?
- vi. What is the reason behind attack of Hysteria?
- vii. We are taking oxygen while breathing, when we do C.P.R. we are giving to person carbon monoxide, is it proper?  
Etc.



**WDMT members asking question**

Thus lots of questions asked by the trainees and satisfactory answers of the all asked questions had been given by trainer and NUNV – PO.

**f) Suggestions by the Trainer to the Trainees:-**

Every first aider should be kept three things in mind when they perform,

- i. We are not doctor. Just first aider.
- ii. We must note definite any one as a dead.
- iii. Priority should be given to much injured rather than less injured without any fillings of relation and religion.

**g) Training Evaluation Format:-**

At the end of the training for getting of feedback of trainees and for knowing that what they had learnt. Training evaluation format had been filled by the trainees.

**h) Feedback of participants:**

(1) Excitement of new learning :-

**i. Specific:**

- Nila D Nayak, WDMT member from Kalupur ward :
  - Learnt about how we can help others in disaster situation.
- Vipul K Priydarshi, WDMT member from Jamalpur ward:
  - Learnt different methods of first aid for Risk Reduction of health of anyone.
- Urmi K Solanki, WDMT member from Amraiwadi ward:
  - Learnt about different types of bandages which can be tide on different shapes like, plain, slope and joint parts of body.

**ii. General:**

- Do C.P.R. and try to save life of anyone.
- To give first aid incase of Burn, Snake bite, fracture, Electric Shock, Hysteria etc.
- About inside and outside bleeding.
- Types of poison.

- Which types of symptoms can be shown while anyone affect by poison.
- (3) How obtained knowledge will helpful in future?
- **General Feedback :**
    - During any situation of crisis for any one related health, we will try to help them.
  - **Specific Feedback :**
    1. Sejalben M Patel, WDMT member from Jashodanagar, Vatva ward:
      - When any one falls in trauma, I will try to give sympathy and relief.
    2. Narendra B Vaghela, WDMT member from Elisbridge ward:
      - I will give first aid speedy, consciously and real.
    3. Dharmendra Rathod, WDMT member from Sabarmati:
      - When natural and man made hazards will occur, I will help needy people.
- (4) How they will use of material in future?
1. Hetal B Prajapati, WDMT member from Khadia:
    - I will give these booklets to my friends for reading and also will teach people through personal contact.
  2. Parul B Vyas, WDMT member from Paladi ward:
    - I will read it and give other literate person for reading and also will guide illiterate person.
  3. Sangeeta Patel, WDMT member from Naranpura ward:
    - I will read it and follow it while giving first aid and try to help others.

**[E] Do's & Don'ts while giving FIRST AID:**

- Lastly, with the help of poster NUNV – PO suggested to participants Do's & Don'ts while giving first aid to anyone.
- Participants have taken oath to serve voluntarily to community in any emergency situation.



**Participants having oath as volunteer**

**[F] Suggestions to Participants:**

NUNV – PO suggested to participants that

- “Every participant is responsible member or volunteer from Disaster Management Team of their particular Ward so they will have to perform their duty in any critical situation in their ward & urban area without any bias of religion or caste and behave as volunteer.”

**- Every participant will have to provide training to their subordinates. Date of training will be April 15, 2006.**

**[G] Objective Assessment:**

- After completion of whole day training program, it can be visualize in the feedback of participants that general and specific both the objectives had been achieved and also training goal had touched by NUNV – PO and also had learnt more and more from participants.

May 31, 2006

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