

FIRST AID TRAINING PROGRAMME
(For Home Guards)

April 23, 2006

Venue : IRCS, Gujarat State Branch, Juna Vadaj - Ahmedabad

Duration : 10:00 to 17:00

Networking with: Home Guard Dept. of City

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[A] Importance of First Aid Training Program:-

In situation of natural & manmade disaster generally people are first respondent those who are living in particular hazard prone area. Moreover it is seen & experienced in past disasters that local people have the first hand to save affected persons, they may be their family members, neighbors or local volunteers. With the humanity every people try to save others in abnormal circumstances whether he/she is trained or untrained. Training provides special skill in subjective manner. If person is trained, he/she may try to save others much more effectively. So, training is very important.

It is seen in the history of disaster that home guard had played better role in disaster situation, so it is necessary to trained them about first aid so they can perform very well and minimize the risk of life of anyone.

[B] Training Goal for NUNV – PO:-

To achieve maximum effectiveness in training and to conduct result oriented training 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. :- 21
- ii. S.O.P. :- 21
- iii. Guideline :- 21
- iv. Pen :- 21
- v. Conference pad :- 21



b) About participants:-

Total: **21** participants

| Sr. No. | Details | Male | Female | Total |
|---------|--------------|-----------|-----------|-----------|
| 01 | Home Guards | 17 | 00 | 17 |
| 02 | Volunteers | 3 | 01 | 4 |
| | TOTAL | 20 | 01 | 21 |

c) About Trainer:

Mr. Suresh Gami, DM Supervisor and first aid trainer from Indian Red Cross Society.

d) Learning Sessions for Participants:

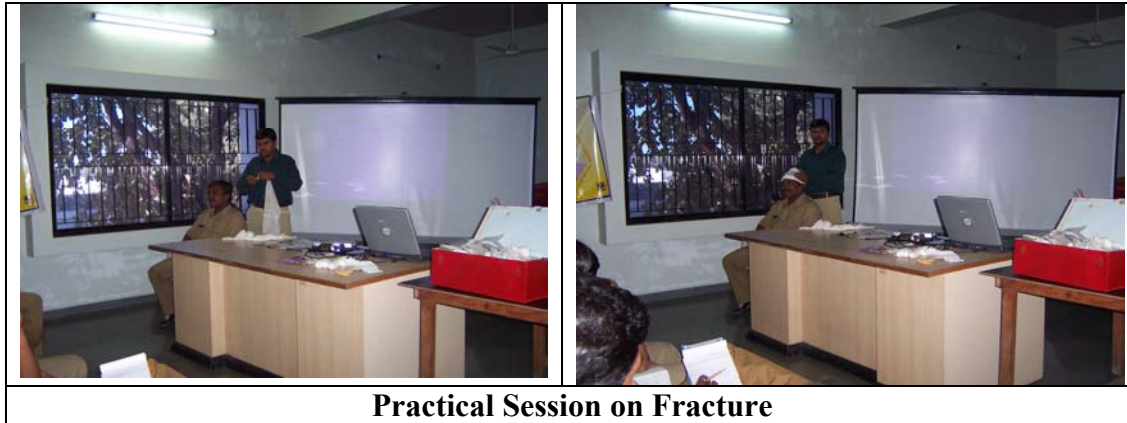
Whole first aid training program had been handled by the DM Supervisor, before starting learning session recommendation of trainees regarding first aid had been chalked out.

Trainer had covered different topics of first aid during whole day by lecture, practical and Power Point Presentation. Like

- i. Definition, Scope and rules first aid.
- ii. First aid in different critical situation.
- iii. Bandages
- iv. Hysteria
- v. Bleeding (Inside & Outside)
- vi. Making of Stretcher.
- vii. Burn
- viii. Fracture
- ix. Poison (Snake Bite & Dog Bite)
- x. C.P.R.

- xi. Lifting techniques.
 - xii. Recovery Position.
 - xiii. DTD (Diagnosis, Treatment & Disposal)
 - xiv. Do's & Don'ts during Gas leak 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, dummy 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 snake bite?
- ii. What steps should we take in burning situation?
- iii. Types of snakes.
- iv. What are the legal issue occur during road accidents?
- v. What is the first aid for chlorine gas leakage and for Cold burn? etc

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 then 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:

➤ Platoon Commander:

- During training program I could learn how to manage the Mass Casualty.

➤ Solanki Mahesh, Volunteer:

- In training I could learn that we can not decide death but we have to try with CPR for saving life of any one.

ii. General:

- How to diagnoses the casualty and give first aid during drowning, bleeding, fracture, and burns situation.

- How to transport casualty during disaster

(3) How obtained knowledge will helpful in future?

• **General Feedback :**

- The knowledge will helpful in our daily life because, before this we didn't have any technique for emergency aid and manage casualty.

• **Specific Feedback :**

- Nareshkumar Parmar, Home guard:

- I will use my knowledge when I see any person suffers in any life threatening situation and in normal injury & share obtained knowledge with working staff.

(4) How they will use of material in future?

1. After sometime we will forget some points and then we will read these materials so that we can refresh our knowledge.

2. CPR was very interesting topic but it is necessary to read book of CPR so that we can follow the seven step as per the guideline.

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

- Lastly, with the help of poster DM Supervisor suggested to participants Do's & Don'ts while giving first aid to anyone.

[F] Suggestions to Participants:

As per the suggestion from NUNV – PO, DM Supervisor 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.”

[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.

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