

FIRST AID TRAINING PROGRAMME

(For NSS volunteers)

Date : January 18, 2006

Venue : Nav Gujarat College, Ashram Road, Ahmedabad

Ward : Juna Wadaj

Duration : 10:00 to 17:00

.....

[A] 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 NSS volunteers perform crucial role in emergency situation. All trained volunteer will be registered as DMT member in their respective ward.

[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. :- 54
- ii. S.O.P. :- 54
- iii. Guideline :- 54
- iv. Pen :- 54
- v. Conference pad :- 54

- 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.



Introduction session- Subjective speech by NSS coordinator

- b) **About participants:-**
Total: **54** participants

Sr. No.	Details	Male	Female	Total
01	NSS volunteer	09	17	26
02	WDMT	13	09	22
03	Volunteer	04	02	06
	TOTAL	26	28	54

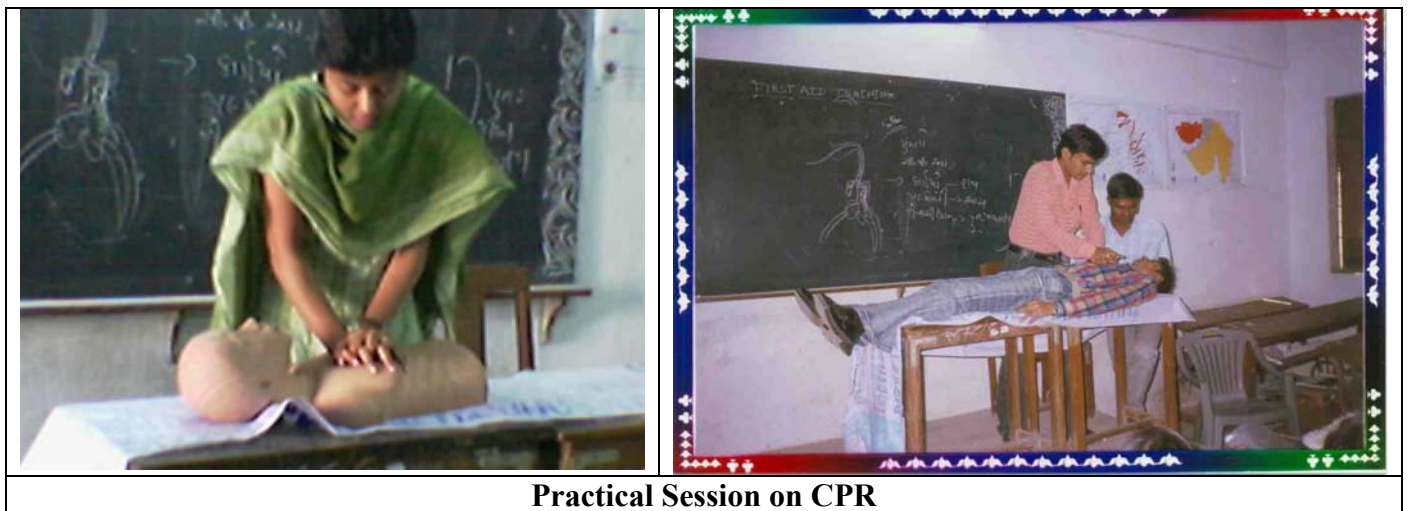


Active participation of NSS volunteers & WDMT members

- c) **About Trainer:**
Mr. Suresh Gami, a young and enthusiastic first aid trainer from Indian Red Cross Society.
- 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 snake bite?
- 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.

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:

- Female NSS volunteer :
 - During training program I could learn how to give first aid a during any situation of disaster and how to prepare against disaster.
- DMT member from Naranpura ward:
 - In training I could learn, in disaster situation like earthquake, fire occurs how to give first aid.
- Female DMT member from Shahpur ward:
 - After attending this training I could learn how to use locally available things in first aid and reduce the risk as practically.

ii. General:

- To give first aid incase of Burn, Snake bite, fracture, Electric Shock, Hysteria, Dehydration etc.
- About inside and outside bleeding.
- Different types of Bandages.
- To make stretcher.
- Do C.P.R. and try to save life of anyone.

(3) How obtained knowledge will helpful in future?

• **General Feedback :**

- During any situation of natural and man made hazard or routine life. We will give first aid and try to help others.

• **Specific Feedback :**

- DMT member from Paldi ward :
 - While any critical situation will occur, obtained knowledge will helpful to our family members, friends & others.

- (4) How they will use of material in future?
1. NSS volunteer:
 - I will sharp my knowledge through these books & try to help others.
 2. Female DMT member from Sardarnagar ward :
 - I will read these books and try to learn 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.

[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.”

[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.

February 07, 2006

Reported By:-
Mrugesh Raval
NUNV – PO
UEVRP
AMC- GSDMA-UNDP
Ahmedabad
94272 44744 (M)