

**ALERT VOICE FIRST AID  
TRAINING- EXTENSION ACTIVITY**

DATE: 11<sup>TH</sup> AND 13<sup>TH</sup> FEB 2019

VENUE: MSSW

During the second week of February, Rotaract Club of Madras School of Social Work organized a two-day training program with the support of Rotaract Club of Kodambakkam. The two-day training on first Aid was carried out by trainers from Alert Foundation. The objective was to teach young volunteers the essentials of responding to medical emergencies. This training was to equip people with better knowledge and techniques ranging from CPR to treating burns. The two-day program was carried out on 11<sup>th</sup> and the 13<sup>th</sup> of February 2019. The total strength was 75.

The students were split into two batches and were under the guidance of trainers **Mr. Nikhil and Mr. Neelagandan**. The first day started with an introduction to first steps one must take when the students witness a medical emergency. The students were taught that one's own life comes first in any situation, even when attending to victims in dangerous situations. First, the area is to be checked for safety; then one must check their responsiveness. By this time it is necessary to assign the task of calling an ambulance to another person nearby. Finally, their breathing is checked. If necessary, CPR or Cardiopulmonary Resuscitation is started.

The trainers demonstrated various recovery positions that could potentially save a victim's life, which we then practiced.

As the training session progressed, the trainers taught CPR to the students. The trainers demonstrated on dummies, which the students also practiced. CPR, in short, involves giving chest compressions to a person for 30 seconds and then giving two rescue breaths. For this exercise, the students were given special masks and gauze. Later that day the students practiced on a dummy that was connected to the laptop to record their progress. They received the results. Useful criticism was given by the trainers.

The last activity of that day was to practice on an AED machine, i.e. an Automated External Defibrillator, a portable device that analyses the irregularities of the heart and delivers electricity accordingly.

The second day was focused more on everyday medical emergencies. The first topic covered was bleeding. The trainers addressed different types of bleeding, namely internal bleeding and external (abrasions, incisions and amputations). They also answered various doubts and encouraged participants to share anecdotes. The students practiced the right way to dress a wound.

Next, the students learnt about fractures. They were put into pairs and were asked to practice the ways to tie a sling around the arms and legs. The trainer evaluated our skill and offered suggestions.

Another valuable skill learnt was the Heimlich manoeuvre, in order to save a choking person. The students were asked to practice on an adult-sized dummy and then a baby-sized dummy.

The students breezed through a few potential situations and the techniques to deal with them, including seizures and strokes.

When it comes to bites, snake and dog bites are the most common; however, insect bites may also be a problem. In the case of snakes, a tourniquet is used to prevent the poison from reaching the heart. They must be placed lower than the heart and then person is to be rushed to the hospital. When it comes to dogs and insects bite, the students learned that cleaning the wound and visiting the doctor is usually the best option.

Burns are a very common medical emergency. From light splashes of oil to direct flames, a person is likely to suffer either first, second or third-degree burns. Depending on the severity of the burn the trainer prescribed the various methods of treatment. The trainers then covered electric shocks, for which the only option is to remove the person from the situation and no first aid is possible.

The last topic discussed was heat-related ailments, like heat exhaustion and heat stroke. Demonstrations were conducted to show the students rescue techniques in order to carry or move a victim to secure locations in case of dangerous situations. The students were also

quizzed on recently acquired knowledge through a game called Kahoot! The training thus came to a close successfully.



No.of.Volunteers: 75

