**G.D GOENKA PUBLIC SCHOOL, SARITA VIHAR**

**FIRST AID INSTRUCTIONS TO**

**DRIVERS, CLEANERS & HOUSE KEEPING STAFF**

**THEME:** First aid instructions to drivers, cleaners and house-keeping staff.

**REPORT:** First aid for common emergency situation which can occur in school or in bus.

**DATE:** 22.03.2016

**EVENT REPORT**

A session was held to give instructions to the above mentioned category of staff members, who were 50 in number, regarding how to handle emergency situations which might occur in bus, play ground or premises. The session began with an introduction and confidence building up session for all the participants present, by telling them that they are all capable and responsible citizens, and in case of emergency, should be confident & not driven by negativities.

Importance of First Aid:

1. Preserve life, and minimize damage.

2. Prevent further harm/damage.

3. Promote recovery.

Instructions were given in detail with explanations and demonstrations, to deal with the following situations:
1. Nasal bleeding (Epistaxis)- Make the child sit with head bent in front, put ice packs on head and pinch the nostrils and tell the child to breathe from mouth.

2. Fainting – This occurs due to less blood supply to brain, hence make the child lie down and raise foot end above the level of heart, should be alright in 1 mt. Check airway, if obstruction, then CPR would be required. Call parents and emergency services. Fainting can be due to heat exhaustion in view of approaching summer months, so very necessary to give ORS (electoral) solution, give to child in sitting position.

   a) Minor Injury like abrasions, scratch, superficial cuts – clean the area with anti-septic soln. and apply band aid.
   b) Major injury- like cuts, lacerations, when injury is big, deep and bleeding. First of all quickly clean the wound and arrest bleeding. This is done by a sterile swab and pressure of thumb. If it is larger then take a bigger swab and press with the heel of hand. Tie a pressure bandage, (demonstrated), see if there is any doubt of fracture, give support to the injured part and transfer.
   c) Blunt Injuries- may be associated with fracture. See for swelling tenderness and pain. Give support and immobilize the part with help of splints, as shown, and inform parents.

4. Vomiting- In this case the child should be in sitting position, so that the vomitus does not enter the airway. Clean the mouth and make him comfortable, Sy. Domperidone can be given.

5. Choking – It is due to obstruction of airway. It can be due to swallowing of any foreign body like coin, toffee etc. It is of 2 types:-
   a) Partial–in this case the child can breathe and cough, so tell the child to cough, the article will be thrown out. Do not thump the back as it may descend down to airway.
   b) Complete-It is much more serious and the child is breathing with difficulty cannot cough. The child crosses his hands near his neck and
thumping blows given on the back between shoulder blades with heel of hand.

All these maneuvers were demonstrated on one of the participants. Technique of bandaging, using splints, position of the patient in various conditions was demonstrated.

The participants had some questions which were replied appropriately.