

Certificate in Integrative Palliative Care – 3
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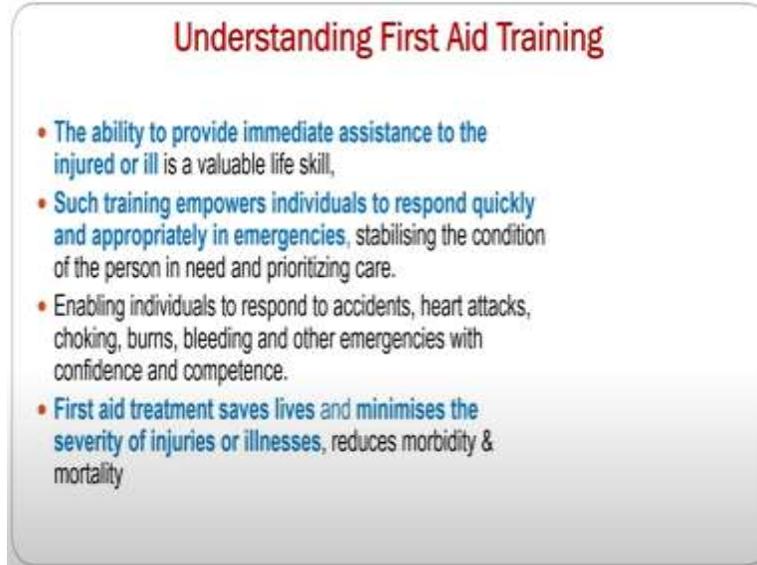
Week-12
Lecture 88: Purpose of First Aid Training

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Hello everyone. In this week we are learning first aid. So what is the importance of the first aid and what is the purpose of first aid training that we are going to discuss in this lecture.

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Understanding First Aid Training

- The ability to provide immediate assistance to the injured or ill is a valuable life skill,
- Such training empowers individuals to respond quickly and appropriately in emergencies, stabilising the condition of the person in need and prioritizing care.
- Enabling individuals to respond to accidents, heart attacks, choking, burns, bleeding and other emergencies with confidence and competence.
- First aid treatment saves lives and minimises the severity of injuries or illnesses, reduces morbidity & mortality

The first aid training the ability to provide immediate assistance to the injured or ill it is a very valuable skill if one develops this skill they will be helpful to many people around and such training empowers the individual to respond quickly and appropriately in emergency situation. Enabling individuals to respond to accident, heart attack, choking, burns or any calamity, natural calamity will give them confidence and competency to the individual who has learned first aid. First aid treatment saves lives and minimizes the morbidity and mortality and seriousness or severity of the illness.

This is the understanding about the first aid.

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Requirements of First Aid Training

- The importance of remaining calm
- Communicating effectively with emergency services and providing accurate information
- Gather individuals to be the first line of response in an emergency
- The training covers a wide range of topics, including CPR, wound care, choking and basic life support.
- To provide basic care for injuries like cuts, burns and fractures.
- Respond to different medical emergencies from heart attacks to strokes to seizures and more.



CPR

What are the requirements of the first aid training? First of all, you will learn how to remain calm in a difficult situation or in emergency situation. Then effective communication you will learn how to communicate with the victim with the people around and with your colleagues who are helping you in first aid or the medical professional when they arrive at the scene of the emergency. You will also learn to work as a team by gathering individuals, by gathering volunteers or people who are around in response to an emergency.

The training covers a wide range of topics starting from first aid, very simple first aid to the CPR and even advanced life support. To provide basic care for injuries like cut burns and fractures is also included in first aid and respond to different medical emergencies from heart attack to stroke or seizures and many more.

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The Benefits of First Aid Training...

- First aid training course is, firstly, a compulsory qualification in many roles from childcare to personal training and beyond.
- First aid certification and knowledge are important in these fields due to factors like the nature of the services they provide or the ages of the groups they work with.
- It is often a government requirement for many businesses to have one trained person with basic first aid skills
- on-premises emergency care supplies like pain relief and an automated external defibrillator

So at one end you are learning very basic emergencies like cut burns and fractures on other end very severe medical emergencies like heart attack stroke or seizures. What are the benefits of first aid the first aid training of course is compulsory qualification in many roles from child care to personal training and beyond. See suppose you are involved in a child care or some other services where this first aid training is must.

First aid certification knowledge are important in this field due to factors like the nature of the services they provide or the ages of the group they work with. So extreme of ages if you are working with you should know first aid. It is often a government requirement in many of the businesses. So, first aid training skill one has to develop. Sometimes in some of the factories and organization on premises emergencies can occur.

So many of the workers or supervisors has to undergo first aid training and that is the benefit that wherever you are working you will be useful to the organization.

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The Benefits of First Aid Training...

- As an essential tool that empowers individuals to save lives and prevent further harm,
- First aid training courses from a registered training organisation enhance confidence and preparedness in emergencies.
- A first aider who can remain calm and provide prompt aid to prevent further injury to an injured person in a medical emergency can be a **great help to emergency services before they arrive to take the injured body to the nearest hospital.**

As an essential tool that empowers individual to save lives and prevent further harm so it gives you empowerment to save lives and registered training or training organization enhance the confidence and preparedness in the emergency. The first aid Provider who can remain calm and provide prompt aid to prevent further injury to an injured person or in a medical emergency can be of great help to emergency services before the arrival of the medical professional or before the victim is taken to the nearby hospital.

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The Benefits of First Aid Training

- Enabling people to provide immediate aid saves lives,
- all the knowledge qualified first aiders possess can be used **anytime, anywhere:** at home or at work and everywhere in-between.
- Having this first aid knowledge significantly improves the chances of survival and recovery,
- First aid training also promotes a sense of **community and responsibility.**
- Trained individuals can assist others in need, whether it be a family member, friend or stranger.
- By providing immediate care, they can provide emergency treatment and potentially save someone's life.
- This sense of responsibility and community can also **inspire others** to seek out first aid training

Other benefits are it enables you to provide immediate help. So, it may save lives.

Secondly it can be given once you are trained in it you are empowered to give this services anytime anywhere and even in home care setup or in at the workplace where you are working. It improves the chances of survival and recovery and minimize the morbidity or further harm to the victim. Also promotes the sense of community and responsibility you feel that you are very important part of the society around you and you it makes you responsible to do something very important to save life. And trained individuals can assist others in need, whether it can be a family member, friend, or stranger. By providing immediate care, they can provide emergency treatment and potentially save one's life.

This type of services can inspire other generation or your colleagues or your younger generation to get into this profession and learn the first aid.

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It will definitely lift up your self-image that you feel proud, you feel satisfied, one type of satisfaction that you are helpful to society, helpful to community and you are part of the whole system around you in your organization.

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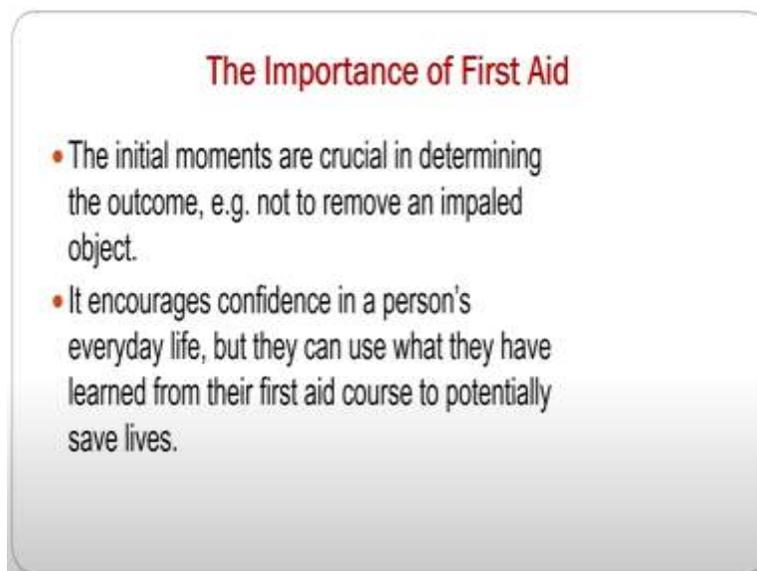
The Importance of First Aid

- Accidents and emergencies are unpredictable events that can occur at any given time, in any location, and to anyone.
- Sometimes they are un-noticed!
- Knowledge of basic first aid procedures like cardiopulmonary resuscitation or with the use of automated external defibrillators can save lives.
- In emergency situations **every minute counts**, so learning how to administer first aid techniques learned through first aid courses plays a vital role in stabilising a person's condition in the event of a sudden illness, injured limb or cardiac arrest, preventing the situation from deteriorating further.

What is the importance, see accidents and emergencies can happen anywhere. They are unpredictable. It can happen at home also or it can happen in the factory or organization you are serving with.

So once you know first aid, anywhere you are useful, your services are important. And sometimes for this is unnoticed see people might have noticed that such as things has happened to the victim. So basic knowledge of first aid procedure like CPR can save lives.

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The Importance of First Aid

- The initial moments are crucial in determining the outcome, e.g. not to remove an impaled object.
- It encourages confidence in a person's everyday life, but they can use what they have learned from their first aid course to potentially save lives.

Emergencies and you will understand the importance of the time in such emergency situation every minutes counts like in CPR you have to revive the person within four to six minutes so as soon as you see the victim you start doing CPR cardiac compression and the every minute counts because by decreasing the period of giving first aid you can increase the rate of survival Secondly, the initial period is very crucial. Whenever an emergency happens, you have to react immediately and not to remove an impaled object, but sometimes immediate decision-making power is important.

You will learn how to make fast decision, precise decisions like a object entering into the neck of a victim. You need not remove the object that may cause further bleeding, tearing of the big vessel blood vessels and massive bleeding. So you will know where to remove the object, where not to remove the object all such decisions are will be taken by you once you are trained in first aid, It encourages confidence in person's everyday life. Everyday you will gain something new experience and it will increase your confidence and you will be very very watchful about your surrounding. You will feel responsible and you will start acting immediately.

It equips individual with ability to assess the emergency scene. You will be able to assess every situation very fast and immediately. By taking immediate action the person's condition can in the best of possible scenario go from life threatening to stable before medical. So if the person is suppose has got heart attack and sudden his heart is stopped and if you immediately start CPR. At least he will become stable till the medical professionals arrive so if you don't give CPR he is likely to die.

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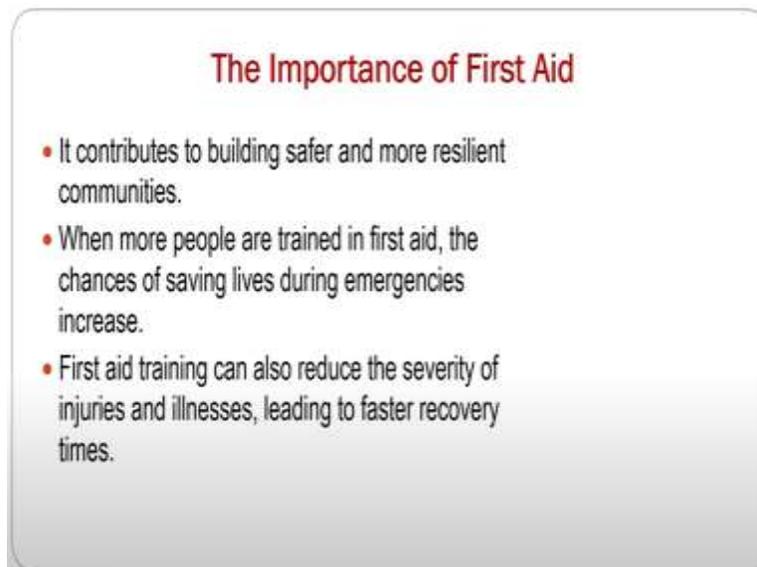
The Importance of First Aid

- First aid training helps in situations where advanced care help may be delayed, like in remote areas or during natural disasters,
- Individuals with adequate first aid training can step in and perform CPR until professional medical help arrives.
- This can be particularly crucial in saving lives and minimizing the severity of injuries.
- First aid training empowers individuals to take control of the situation.
- It will make a tangible difference in critical situations.

First-aid training helps in situation where advanced care help may be delayed and many a times you are in a remote area where you may not get has access to the emergency help or it the it is delayed because of the traffic or because of some other natural calamities. In this situation you are the only one available and many you have to gather the people like you who are ready to help or who are trained volunteers in first aid and you can handle the situation. So individual with adequate first aid training can step in and perform CPR until the professional help arrives and this can be particularly crucial in saving lives and minimizing the severity of injuries. In many natural calamities, people do make temporary medical setup or a hospital like you know and to segregate the people who are who needs immediate attention and from the people who who are not much affected or there is a less injury occurred to them. First aid training empowers individual to take control of the situation you will be if you are properly trained, experience you are overall you will be leader you will be taking control of the whole situation and it will make tangible difference in critical situation.

So you will be useful to people, society by saving life by minimizing the damage and by improving your skills and knowledge in first aid. It contributes to building safer and more resilient communities. See, suppose in your society people knows that you are trained in first aid, the people around will be more resilient and they will feel safe if something happens they will they can immediately call you.

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When more people are trained in first aid the chances of saving life increases. So you should encourage people around you, your friend circle, your colleagues to get training in first aid.

So many organizations or factories they have group of people who are trained in first aid. Now CPR training is must in many of the organization like police department and many of the factory dealing with gas and also thing you know, so it is become a must first aid training CPR training is must for them. First aid training can also reduce the severity of injuries, illness is leading to fast recovery.

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So the final thought three points you have to remember first is understanding the importance of first aid training is the first step. If you want to become a volunteer and get the training done first you should understand how important it is.

Second is to create safer and more prepared community so you should encourage people to encourage more people to undergo first aid training. Once you are trained, you encourage other people to undergo first aid training and build up a community which is safer. And this community is prepared to face any emergencies, any natural calamities, any accidents, any injuries, or any medical-related problem.

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These are the references taken from Sharon McCulloch. She is a CEO and founder of the First Aid Pro Australia.

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Now which are the organizations involved in First Aid. Everybody must be knowing about the Indian Red Cross Society and vaguely you have an idea that Indian Red Cross Society is involved with the blood bank and blood donation and all such things but apart from that this is the first organization in India to come up with First Aid training.

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The Red Cross



- **Henri Dunant**, was a Swiss Christian, humanitarian, businessman, social activist, and co-founder of the Red Cross.
- His humanitarian efforts won him the first Nobel Peace Prize in 1901.
- In February 1863, Dunant was a member of a five-person committee that sought to put his plan into action, which in effect founded the organization that would become the International Committee of the Red Cross.

This Red Cross was Henry Dunant was a Swiss Christian humanitarian, businessman, social activist and co-founder of the Red Cross and he won a Nobel Prize in 1901 and in February in 1863 Dunant was a member of a five-person committee that sought to put his plan into the action and they formed International Committee of Red Cross.

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St John Ambulance, India



- Surgeon-Major William George Nicholas Manley of Artillery established St John Ambulance in 1873.
- In 1912, the St John Ambulance Association was given and the Council was created.
- Prior to 1934, St John Ambulance and the Indian Red Cross had separate identities although they undertook joint relief work.
- The two organisations became affiliated in 1934 to clarify the relations between the two bodies, and to avoid overlapping.
- It has its national headquarters in Delhi and operates as a federation.

Another organization is St John Ambulance in India. Surgeon Major William George Nicholas Manley of the Artillery Division established St John Ambulance in 1873.

And in 1912 the St John Ambulance Association was created. They created a council of

the association. Prior to 1934 this Indian Red Cross Society and St John Ambulance were separate entities. But after that they undertook the joint relief and joint organization. The two organizations became affiliated to each other in 1934.

Another organization is St. John Ambulance India. Surgeon Major William George Nicholas Manley of the Royal Regiment of Artillery established St. John Ambulance in 1873. In 1912 the St John Ambulance Association was granted autonomy and the council was created. Prior to 1934 St John Ambulance and Indian Red Cross Society maintained separate entities although they undertook joint relief work and these two organization became affiliated to each other in 1934 to ensure harmonious relation between the two bodies and to omit the overlapping.

This has a national headquarters in Delhi.

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**The Indian Red Cross Society
HISTORY**

- During the First World War relief services for affected soldiers in India was provided by a branch of the *Joint War Committee*, a collaboration between the St John Ambulance Association and the British Red Cross.
- On 3 March 1920, a bill was introduced to constitute the Indian Red Cross Society, independent of the British Red Cross.
- The Bill was passed as the *Indian Red Cross Society Act, 1920*
- On 7 June 1920 fifty members were formally nominated to constitute the Indian Red Cross Society



The image displays two logos. The top logo is the Indian Red Cross Society (IRCS) emblem, featuring a red cross on a white background within a red circular border containing the text 'INDIAN RED CROSS SOCIETY' and 'IRCS'. The bottom logo is the St. John Ambulance India emblem, featuring a white Maltese cross on a black background within a black circular border containing the text 'ST. JOHN AMBULANCE' and 'INDIA'.

These are the two logos of the Indian Red Cross Society, Indian Red Cross Society and St. John Ambulance. So during the First World War, relief service for affected soldiers in India was provided by branch of Joint War Committee, a collaboration between the St. John Ambulance and British Red Cross.

In March 1920 a bill was introduced to constitute Indian Red Cross Society. So, in India it was formally formed in 1920 and this bill was passed as the Indian Red Cross Society Act 1920 and on 7th June 1920, 50 members were formally nominated to constitute Indian Red Cross Society.

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The Indian Red Cross Society

- The Indian Red Cross Society (IRCS) is a **voluntary humanitarian organization to protect human life and health** based in India. It is part of the International Red Cross and Red Crescent Movement.
- The society's mission is to provide relief in times of disasters/ emergencies and promote health and care of vulnerable people and communities.
- It has a **network of over 700 branches** throughout India. The Society uses the Red Cross as an emblem in common with other international Red Cross societies.
- **Volunteering has been at the very heart of the Indian Red Cross Society** since its inception in 1920, with the Society having *youth* and *junior* volunteering programmes.
- The Society is closely associated with St John Ambulance India.

It is a voluntary humanitarian organization to protect human life and health based in India. The society's mission is to provide relief in times of disaster, emergencies, and to promote health and care of vulnerable people and communities. The Indian Red Cross Society has a network of over 700 branches across India and it volunteering has been the very heart of the Indian Red Cross Society since its inception in 1920 with society having youth and junior volunteering program.

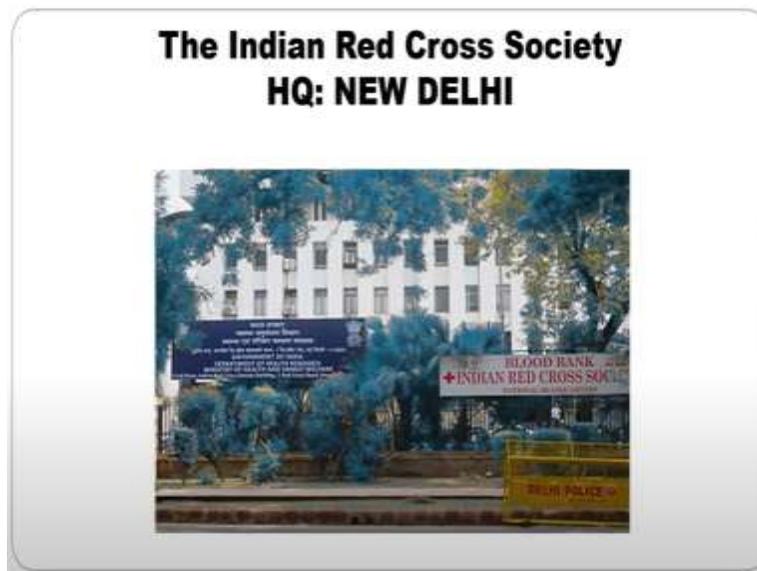
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The Indian Red Cross Society

THE INDIAN RED CROSS SOCIETY
(IRCS) IS A PART OF THE
INTERNATIONAL RED CROSS AND
RED CRESCENT MOVEMENT. ONE OF
THE MOST COMMON ACTIVITIES
THAT ALL NATIONAL SOCIETIES
PERFORM IS FIRST AID TRAINING
AND PROVIDING FIRST AID COVER.

So there is a special program for young people to volunteer for the Indian Red Cross Society and to learn first aid and it is closely associated with John Ambulance of India. So Indian Red Cross Society is a part of the International Red Cross and Red crescent movement and one of the most common activities that all national societies perform is first aid training that this is the primarily first and foremost activity of Indian Red Cross society is the first aid training and providing first aid cover wherever the calamities or accident or emergency happens.

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This is the headquarter in New Delhi. So to summarize why first is important.

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Why First Aid is Important – Your Personal Benefits

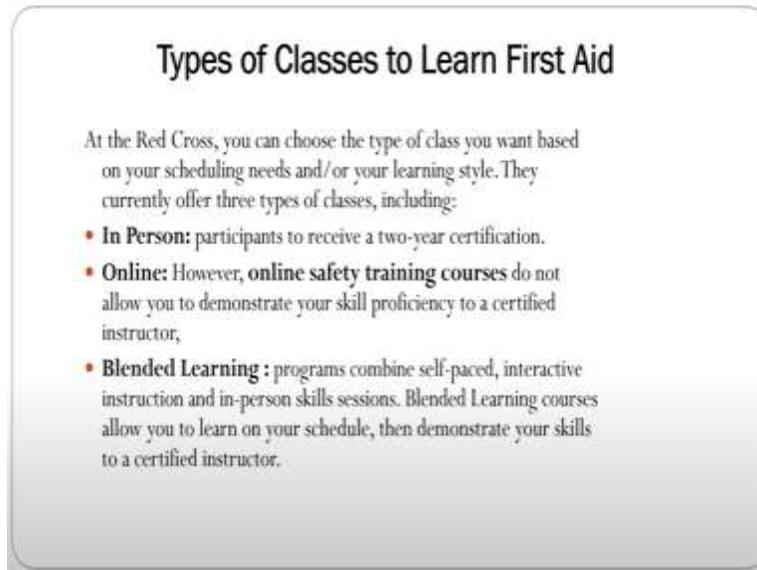
- ✓ It Helps You Stay Prepared.
- ✓ It Doesn't Take Long to Learn.
- ✓ It Looks Good on a Resume.



It helps you stay prepared, if you have learned first aid and you are regular first aid volunteer every time you are awake, aware about your surrounding and you are always prepared to act immediately.

It doesn't take long time to learn to first aid it is not very lengthy course over a period of many months and all that and it looks definitely looks good on your resume as well. These are the benefits of your personal benefits of learning first aid.

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Types of Classes to Learn First Aid

At the Red Cross, you can choose the type of class you want based on your scheduling needs and/or your learning style. They currently offer three types of classes, including:

- **In Person:** participants to receive a two-year certification.
- **Online:** However, **online safety training courses** do not allow you to demonstrate your skill proficiency to a certified instructor,
- **Blended Learning :** programs combine self-paced, interactive instruction and in-person skills sessions. Blended Learning courses allow you to learn on your schedule, then demonstrate your skills to a certified instructor.

There are number of training available on first aid in person training, online training. So, firstly online safety training courses and then followed by the demonstration and skill proficiency to a certified instructor and is blended learning program. When programs combined self-paced interactive instruction and in-person skill sessions are there.

So first aid without in-person training has not much meaning. So even if you are doing online you have to undergo or demonstration training or hands-on training after that to improve your skills.

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What You'll Learn

first aid best practices for a wide range of conditions, including:

- Asthma emergencies
- Anaphylaxis
- Burns
- Choking
- Diabetic emergencies
- External bleeding and severe trauma
- Environmental emergencies
- Heart Attack
- Poisoning
- Neck, head and spinal injuries
- Stroke
- Seizure

• In addition, our first aid classes typically cover information on administering CPR and using AEDs – allowing you to become certified in all three (first aid, CPR and AED) in one convenient class. - IRCS

What you will learn. There are number of situations you will be able to handle like patient having asthmatic attack, having a heart attack, having anaphylaxis means reaction to any substance or a medicine or a drug or burns choking diabetes emergency, external bleeding and severe trauma, fractures, environmental emergencies, natural calamities like trauma, heavy rain, heart attack, poisoning some injuries, strokes, seizures and this typically cover information on CPR as well and as well as using AEDs if you it is included in your advanced course.

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The Indian Red Cross Society COURSES

1. Master Trainers T o T with 04 days of First Aid Training and 02 days of Disaster Management (DM) concepts.
2. Instructors with 03 days of First Aid training and 02 days of DM Concepts.
3. Volunteers' training with 02 days of First Aid and 01 Day of DM Concepts
 - Standard First Aid Training Programme - 16 Hours – Course Content- Version April 2019
 - SERV–3 days Volunteers' training Curriculum

Indian First Aid Manual - 2016 (7th edition)

These are the indian courses run by Indian red cross society.

Master trainer trainers that is training of trainer course then instructor with three days of first aid training and two days of DM concept that is disaster management concepts and volunteers training that is a standard training as well as three days volunteers training curriculum.

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First Aid Training

- First aid training is a course that gives everyday people the knowledge and skills to respond to a medical emergency until more qualified help arrives. Usually, it can take up to 10 minutes or more for emergency medical services to arrive—critical minutes that can make the difference between life and death, and full recovery or permanent damage.
- If you work in a school, sports center, or healthcare facility, or you simply want to be prepared to offer life-saving assistance in the course of your daily life, you will need to know:
 - What first aid training is
 - The knowledge taught in first aid training
 - Skills taught in first aid training
 - First aid training and COVID-19

First aid training is a course that gives everyday people the knowledge and skill to respond to medical emergency until more qualified help arrives. Usually it can take up to 10 minutes or more for emergency medical services to arrive and during this crucial period, if you act properly you can minimize the damage to the victim.

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What is First Aid Training?

- **What is First Aid Training?** First aid training courses teach the knowledge and skills that everyday (non-medically trained) people can use to provide assistance in accidents and emergency situations. The procedures taught don't generally require any special equipment and can make an enormous difference to the outcome.
- **THE THREE PRIMARY AIMS OF FIRST AID ARE:**
 - **Preserve life.** First aid skills like stopping a bleed, clearing the airway of a person who is choking, or manually supporting circulation with chest compressions in a victim of cardiac arrest can help to keep a patient alive until EMS personnel arrive.
 - **Prevent a condition from becoming worse.** Stopping a bleed or immobilizing an injured joint can help to prevent the situation from becoming worse until the patient can receive a higher level of assessment and treatment.
 - **Promote healing.** Applying a plaster to a cut or cooling a burn helps to accelerate the process of healing. In the case of a minor injury, first aid assistance may be all that is needed.

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If you work in a school sports center or healthcare facility and you simply want to be prepared to offer life-saving assistance in the course of your daily life you will need to learn what first aid training is. Knowledge about the first aid training skills certain skills like skills of giving first aid, skill of giving bandage, skill of giving splint, skill of doing dressing, skill of preventing bleeding, all such skills are hands-on skills which one has to learn. And during COVID situation also different types of first aid training were required to minimize the problem of the victim.

There are three primary aims of the first aid training. Again three P's which he had learned earlier. First aim is to preserve life, save life as far as possible. Prevent a condition from becoming worse. At least you can minimize the damage if you immediately start your first aid service and promote healing.

So applying plaster or plaster to a cut or cooling a burn will promote healing and prevent further damage.

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First Aid Can Save Lives!

- **AED (Automated External Defibrillator) and CPR (Cardiopulmonary Resuscitation)** training, in particular, will give you the confidence you need to respond if you see someone suddenly collapse. While you might not have a medical degree, you could be the person right there on the scene and have the chance to save a life.



**Automated External Defibrillator
At Airports**

So first aid can save life. if you, this is the advanced training of CPR automated external defibrillator. This is, this type of machine you might have seen in a airport in fix into a cabinet and if some emergency happens or suppose somebody happens to have cardiac arrest and falls down over there then a person who is trained in aid training can open up this cabinet and use this machine automated elect external defibrillator to defibrillate the heart and make the normal rhythm of heart to start. In short, first aid training can vary from the simple training of cuts bonds and fracture to the advanced training of giving CPR and AED and you can save life if you are interested definitely you can approach one of the organization who are running such courses and this will be very very helpful to you in your life. Thank you very much.