

# Understanding First Aid



A National Advocacy Council Project



# INTRODUCTIONS

- Welcome to Understanding First Aid Training Programme
- The course is divided into 7 sections.
- You can complete the course in your own time with a support staff or in a group.
- There are 7 videos as part of this training.
- After each session there is a recap slide to support you to remember the information.
- We hope you enjoy this course.

# AIM OF THIS TRAINING & GROUND RULES



Training Rules



The aim of this training programme.

# CONTENTS

## Section 1 Raising the Alarm



## Section 2 Bleeding



## Section 3 Nose Bleeds



## Section 4 Burns



# CONTENTS

## Section 5 Chocking



## Section 6 Unconscious Person



## Section 7 CPR



## Section 8 Stroke



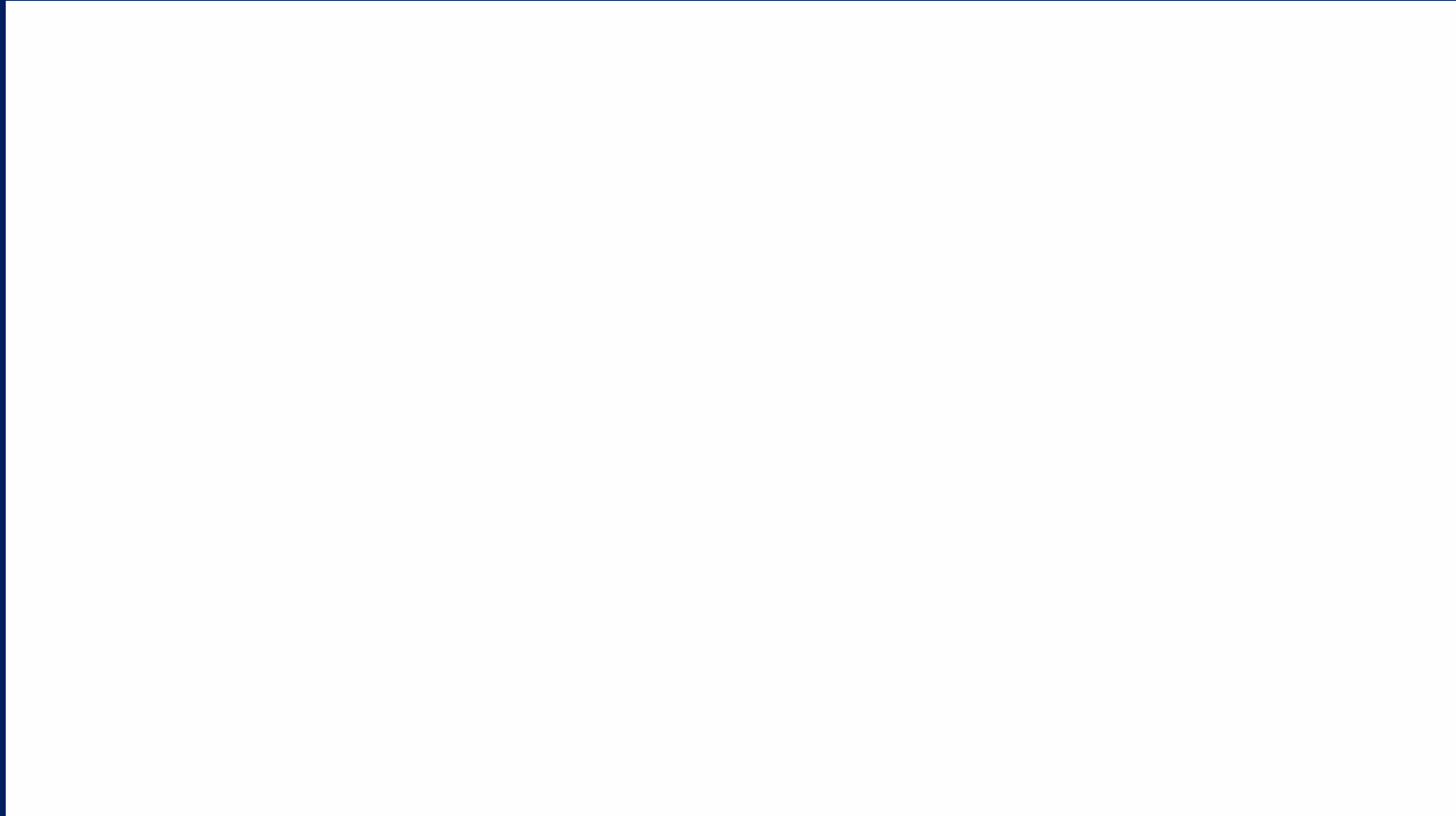
# SESSION 1

## RAISING THE ALARM





# VIDEO - RAISING THE ALARM





# **TIME TO PRACTICE MAKING A CALL**

- When should you call for help?**
- What number do you call from a mobile phone?**
- What number do you call from a landline phone?**
- Let's practice putting our phones on loudspeaker.**
- What is the Eircode of your home.**



# ANY QUESTIONS?

## Questions



1. What do you think about it?

- Good
- Bad
- Not sure



# SESSION 2

# BLEEDING





# BLEEDING



## What should you do if you are bleeding?

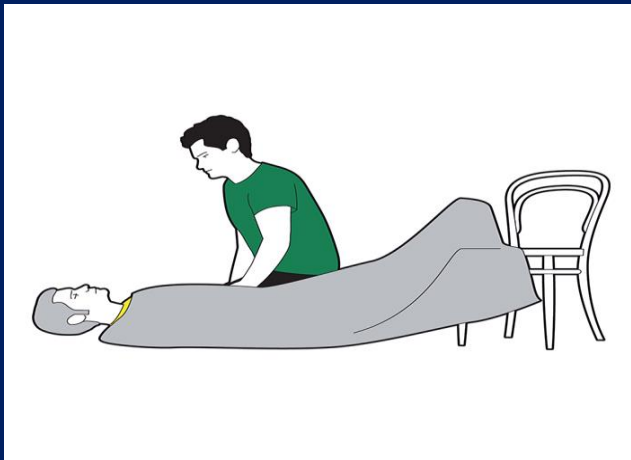
- Clean the wound with an antiseptic wipe or water from a tap.
- Control the bleeding by applying pressure and covering the wound.
- For a small cut, you can use a plaster.
- For a large cut, you can use a sterile bandage.



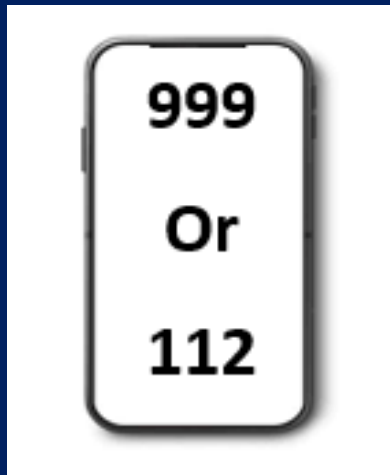


- Plaster and sterile bandages can be found in your first aid kit.
- When you have put on your plaster or bandage, it is important to keep the wound up.
- Check if the person is feeling ok.





- If the person is feeling weak or unwell.
- Lie the person down.
- Raise the person's legs.
- Cover the person with a blanket to keep warm.
- If you are unable to stop the bleeding, **call the ambulance service for help.**



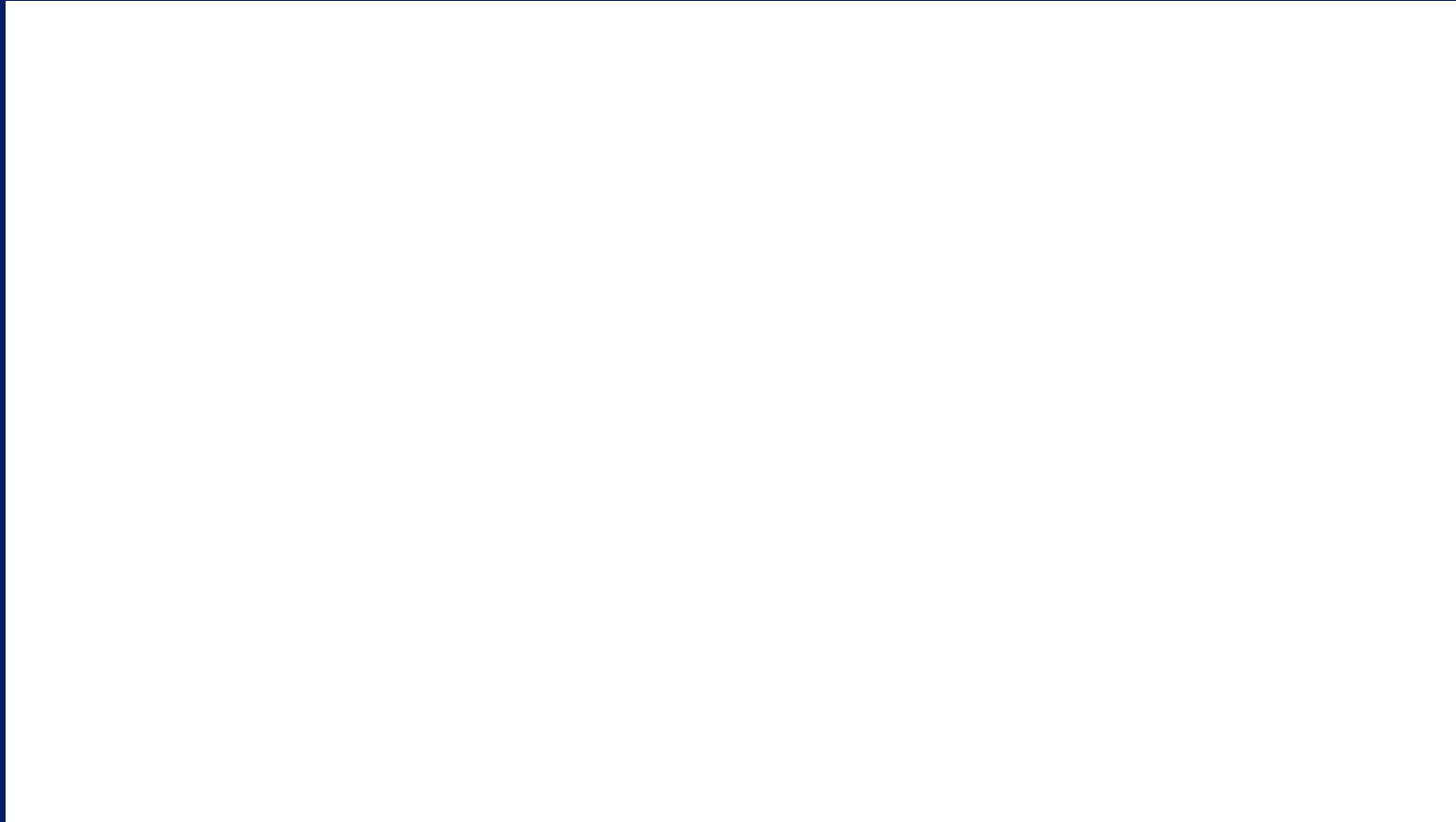
- If you are making the call from your mobile phone, you can call **999 or 112.**



- If you are making the call from a landline phone, you can call **999.**



# VIDEO – BLEEDING



# QUICK QUIZ



1. What do you use to clean a wound?
2. What do you use for a small cut?
3. What do you use for a large cut?
4. Where can you find a plaster and a sterile bandage?
5. Do you tilt forward to stop a nose bleed?
6. Where do you pinch your nose to stop a nose bleed?



# ANY QUESTIONS?

## Questions



1. What do you think about it?

- Good
- Bad
- Not sure



# BREAK TIME



# SESSION 3

## BURNS





# VIDEO – BURNS





# BURNS YES OR NO.....



Should you remove jewellery that is close to a burn?

YES



No



Should you remove clothes that are close to a burn?

YES



No



Should you run cool water on your burn for 10-15minutes?

YES

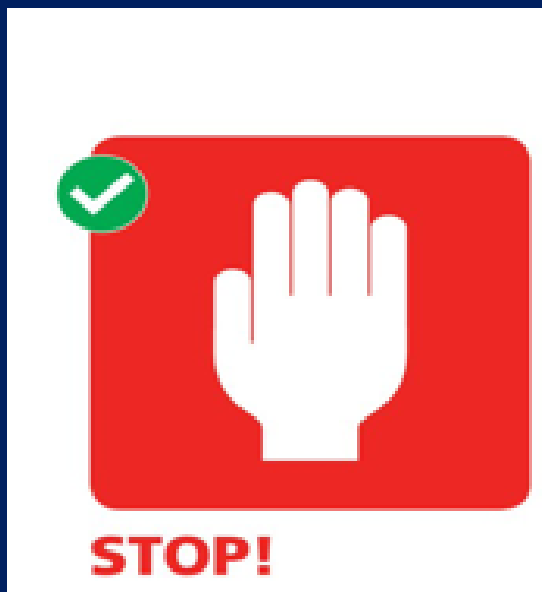


No





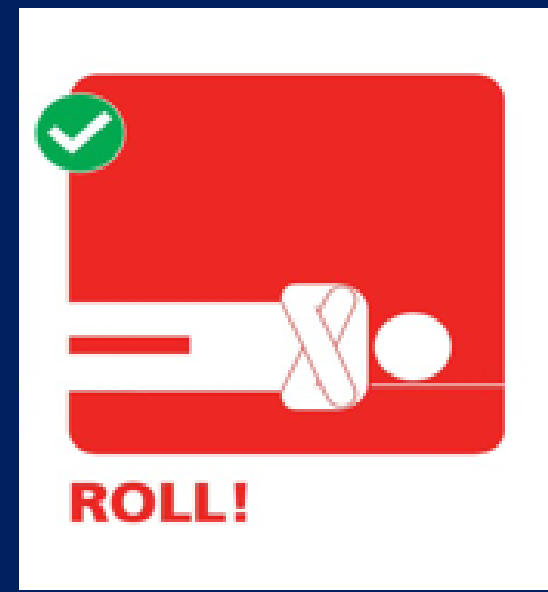
# WHAT TO DO IF YOUR CLOTHES ARE ON FIRE.



1. STOP!  
DO NOT RUN



2. DROP TO  
THE FLOOR.



3. ROLL ON  
THE FLOOR.



# ANY QUESTIONS?

## Questions



1. What do you think about it?

- Good
- Bad
- Not sure





# SESSION 4 CHOKING

## Universal Choking Sign



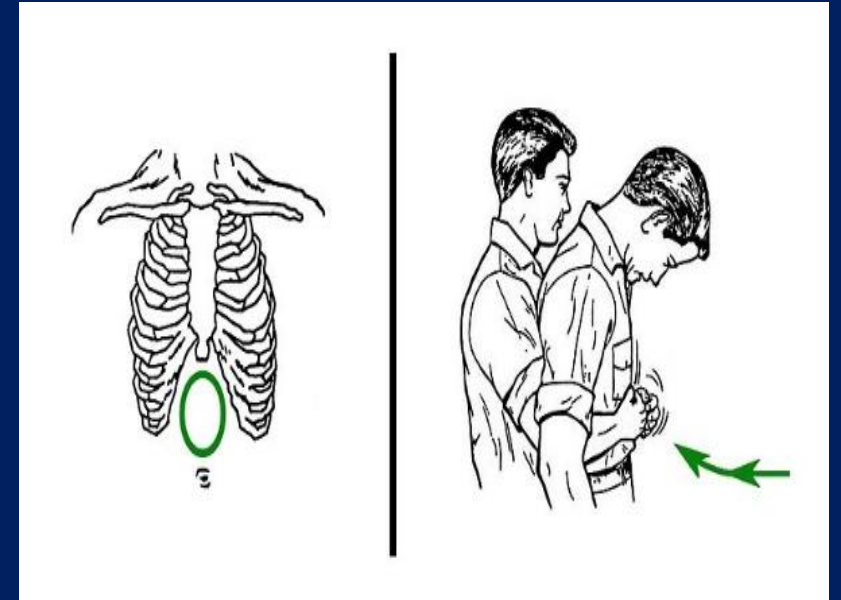




# VIDEO – CHOKING



# TIME TO PRACTICE ABDOMINAL THRUST POSITION



# TIME TO PRACTICE HAND POSITION



# ANY QUESTIONS?

## Questions



1. What do you think about it?

- Good
- Bad
- Not sure



# BREAK TIME



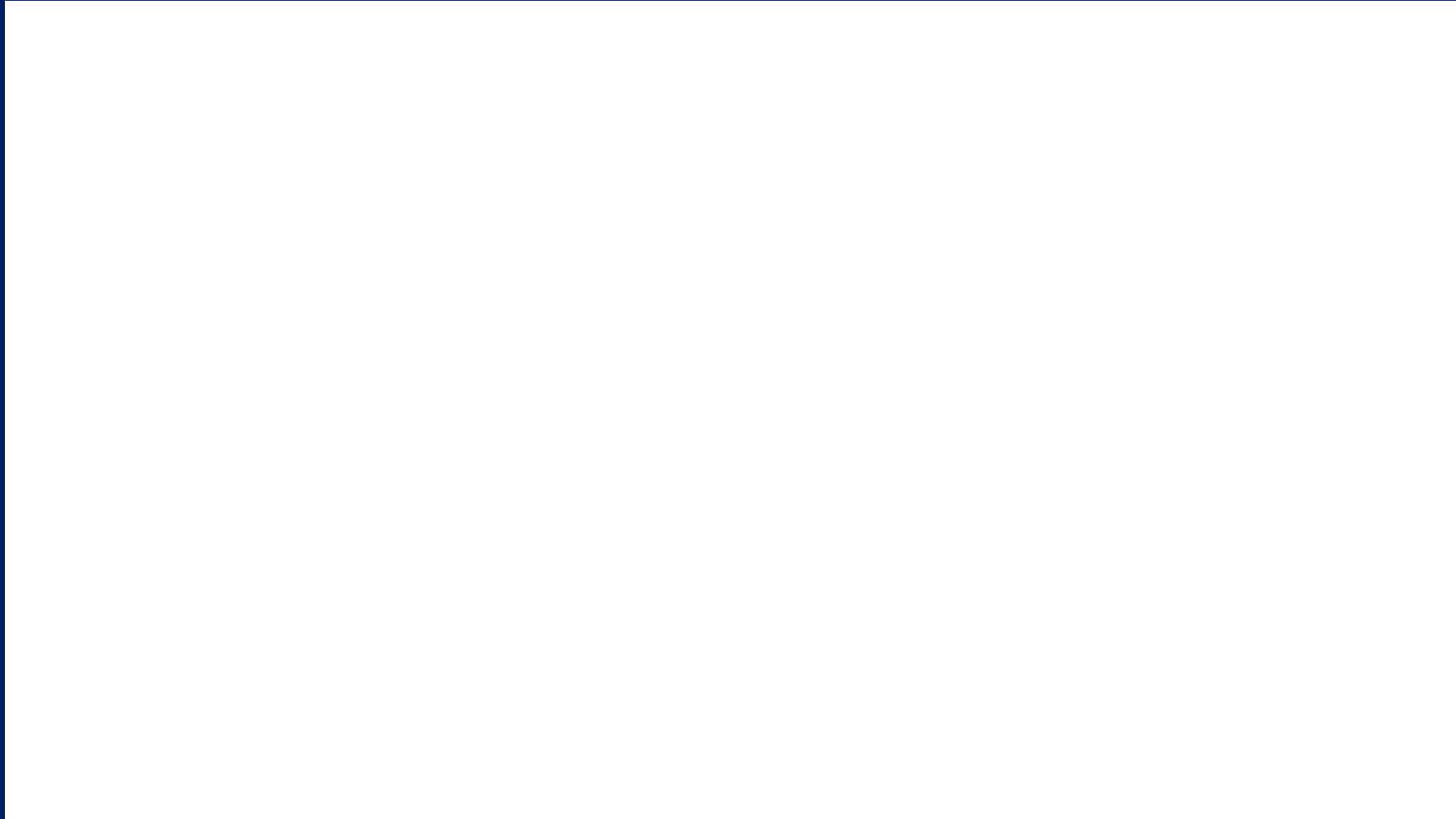
# SESSION 5

## THE UNCONSCIOUS PERSON





# VIDEO – UNCONSCIOUS PERSON



# **LET'S PRACTICE THE RECOVERY POSITION!**





# ANY QUESTIONS?

## Questions



1. What do you think about it?

- Good
- Bad
- Not sure





# SESSION 6

## CPR





# VIDEO - CPR



# ANY QUESTIONS?

## Questions



1. What do you think about it?

- Good
- Bad
- Not sure





# SESSION 7 STROKE

**F.A.S.T** helps you remember the signs of a stroke.



FACE



ARMS



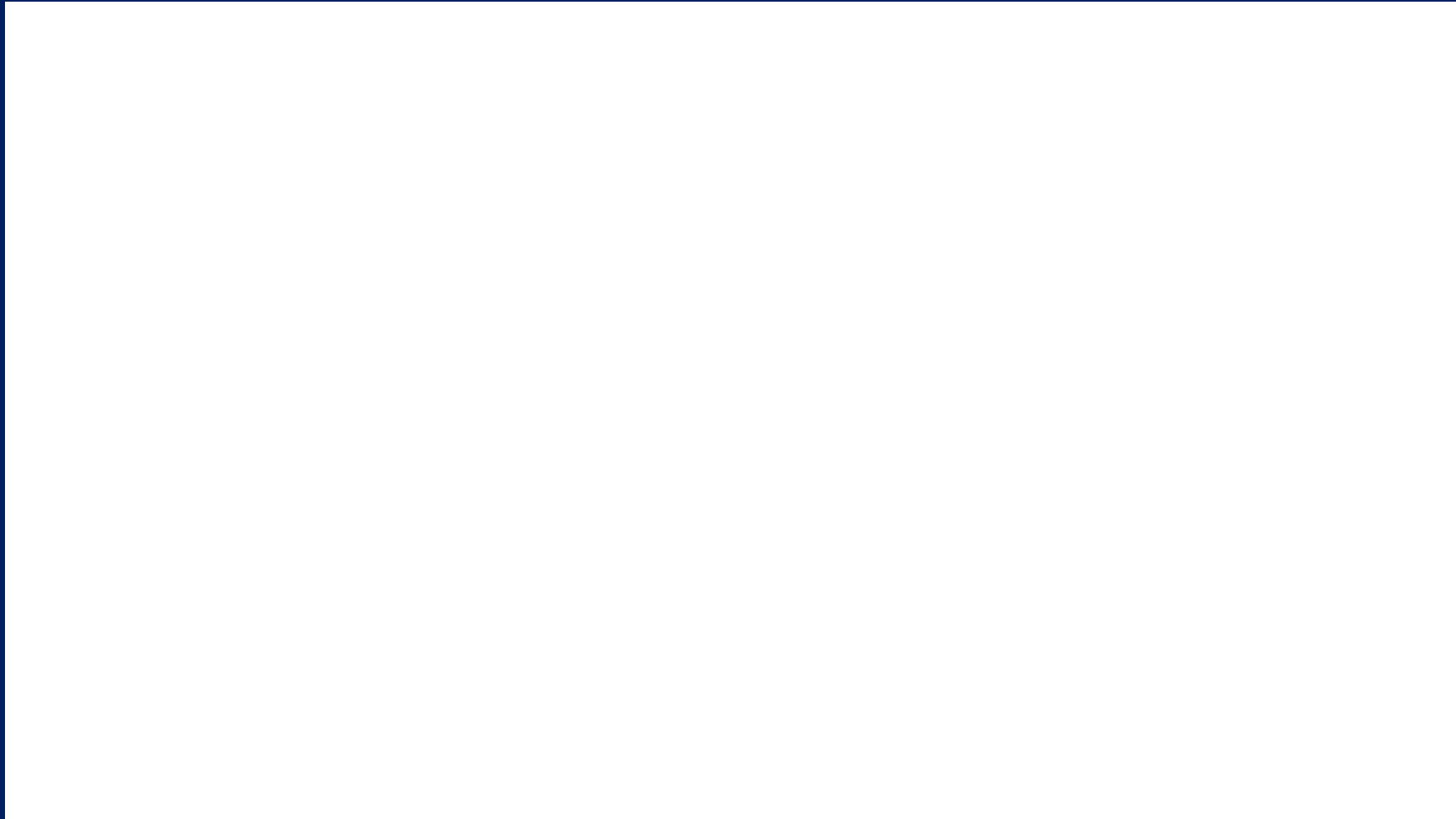
SPEECH



TIME



# VIDEO –STROKE



# ANY QUESTIONS?

## Questions

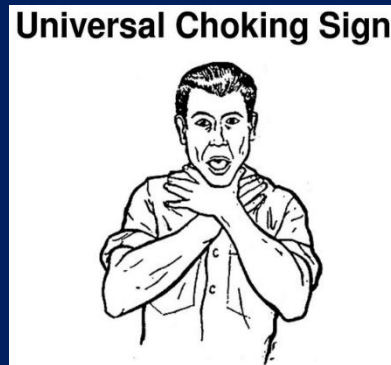


1. What do you think about it?

- Good
- Bad
- Not sure



# WHAT WE LEARNED TODAY





# How to phone an ambulance?

**Call:**

**999**

OR

**112**



My EirCode is:





You have completed  
Understanding First  
Aid Training Course



# Certificate Presentation



NATIONAL  
ADVOCACY  
COUNCIL

**THANK YOU TO THE NATIONAL  
ADVOCACY COUNCIL FOR  
FUNDING THIS TRAINING  
PROGRAMME**