

FIRST AID

Red Cross Sălaj, Romania

School: Liceul Tehnologic Octavian Goga Jibou, Romania

Summary

Students have learnt the basics of giving first aid.

Introduction

We consider giving first a very important issue to be taught in schools. Knowing the right step can save a life.

Learning objectives

-to learn the basics of giving first aid in case of: loss of consciousness; cardio-respiratory stop; bleeding; dislocations, sprains; burns (in case of electric shock or insulation), drowning.

Resources:

-videoprojector, laptop, mannequin, First Aid handbook

Activity:

The activity was organized by one of the volunteers of the Red Cross in Sălaj, Romania. He presented the students the aims of this workshop. He presented step-by-step and instructions and demonstrated how to help in case of unconsciousness, choking, electrocution. Then, students one by one tried the demonstrated method.

Comments from the learners' surveys

All students found this activity very useful for their every day life.

Final remarks

We think that all students should do this course and learn to give first aid, some day they can save a life just by knowing how to react and what to do in case of emergency.

Supplementary material

<https://crucearosie.ro/cursuri-2/cursuri-de-prim-ajutor/>