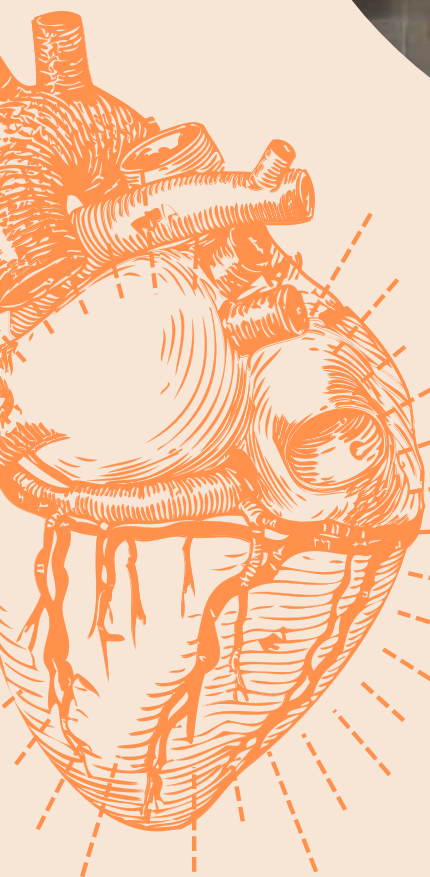


A
COLLABORATIVE
INITIATIVE
BETWEEN
NTU WSC
YOUTH
AND SG
RED
CROSS



BE A HERO, SAVE LIVES

ENGAGING STUDENTS THROUGH THE ART OF FIRST AID

POST-EVENT REPORT

DUSA PROJECT 2019

YAN BIAO GUO

Project Summary:

First aid is the immediate help given to someone who suffers sudden illness/injury before professional medical aid arrives, with the goals to preserve life, prevent conditions from worsening, and to promote recovery. Since accidents can happen anytime and anywhere, equipment of essential first aid skills can make a profound difference during times of emergency. It is therefore with sincere optimism that I wish to see such life-saving skills be taught to our fellow students, many of whom might have the opportunity to utilise their knowledge when required.

In this report, the first aid workshop conducted for the THK student beneficiaries will be briefly detailed. This one-day work shop targeted mainly the 8 – 15 year olds (Primary 3 to secondary 2 levels), and covered basic first aid aspects such as responding to medical emergencies, basic wound treatments, common heat injuries and et cetera. Practical sessions were conducted along with theory classes to provide hands on opportunities for the student participants.

Intended aims of the Basic First Aid Course:

1. Create safer environment by equipping more people with first aid skills.
2. Nurture first-aid interest in youths.
3. Task students with the responsibilities to help other, reminding them that they can make a difference regardless of their age.
4. Allow students to enjoy themselves during this fun-filled course.

Event Details:

- Date: 27th July 2019
- Time: 9am-2pm
- Venue: THK Family Services Centre (Jurong West, Singapore)
- Organizers: NTU WSC (Youth), Singapore Red Cross
- Sponsor: OG Department Stores

- Participants were split into two age groups:

1) Primary 3-5 (10 pax)

2) Primary 6 to secondary 2 (7 pax)

Total participants = 17

- Volunteers: 4 Student representatives from NTU WSC Youth (THK)

Course Contents Covered:

1. Introduction to First Aid & common First Aid Kit items

2. Common Medical Conditions:

- Fainting
- Breathing Emergencies
- Burns
- Fractures
- Dislocations
- Sprains
- Bleeding

3. Practical Sessions include techniques to tackle:

- Forehead bleedings
- Forearm bleedings (with elevation slings)
- Shoulder dislocation (large arm sling + Immobilisation)
- Wrist Sprain (elevation slings)

Event Day



Ice Breaking activities with the mentor (top) for students from lower primary levels, and introduction to first aid (bottom).





Teaching tools include: Crepe Bandage, Triangular bandage, First aid handbook, alcohol swaps etc.



Student attempting a first aid revision quiz (top). Our friendly Red Cross coach demonstrating the application of crepe bandage for the wound management class (left).



Students proudly presenting their very own handiwork – a pressure bandage for wound and bleeding control.



Our very own student coach in action, assisting students with their bandaging.



At the end of the workshop, a recap is given to wrap up the day as well as emphasizing crucial techniques of first aid.

Reception of Event:

The workshop garnered many positive feedbacks from the THK staffs and students themselves. Many of them mentioned that these useful skills they have learnt will undoubtedly be beneficial in the future. Moreover, given the turnout rate of 17, it was more than our initial estimate of 10 students. This overwhelming response could suggest more of such courses be conducted for the subsequent batches of students. For the NTU volunteers, this workshop has provided an extra opportunity to bond with their fellow student beneficiaries, improving their image not only as tutors who inspire them to excel academically, but also imparting essential life-saving skills that are valuable for their personal development.





Acknowledgement:

This course was well-received by both the student beneficiaries and NTU student volunteers. I am grateful to the OG Department Stores and the College of Science for this opportunity to make an impact in our community. This project would also not be possible without the dedicated support from the Singapore Red Cross, members of the THK Family Services Centre, and my very own fellow volunteers from the NTU Welfare Services Club, all of whom are crucial to the genesis and success of this event.

In Partnership with



Sponsored by

