

Department Of Public Health Dentistry

Special Event Report – Poonjeri Satellite Centre

World First Aid Day

Date – 14/9/19

Introduction

World First Aid Day is observed on every second Saturday of September to raise awareness that how first aid can save lives. In 2019, it falls on 14 September. It is an annual campaign to promote the importance of first aid training in preventing injuries and saving lives. On World First Aid Day, the Red Cross tries to ensure the public have the skills needed to save lives when an emergency happens. First aid training provides more than the knowledge and skills to effectively respond – it also provides the confidence to act when needed. Red Cross First Aid offers a wide variety of first aid and CPR training courses. Its main aim is to raise awareness of how first aid can prevent injuries and save lives everyday and in crisis situation. It also promotes the accessibility of the first aid. In 2000, World First Aid Day was started by the International Federation of Red Cross and Red Crescent Societies (IFRC). Also, it raises awareness about the need of first aid and the right way to use it. IFRC says that first aid should be available to everyone because it helps at the time of accident and sometimes it is effective also in saving lives of people.

Objectives

- The first aim of World First Aid Day is to do necessary actions to save the life of injured person.
- The second aim is to handle the condition of an injured person by giving first aid and try to avoid infection.
- The third aim is to take patient immediately to the hospital before any mishappening.

Programme in Poonjeri Chettinad Hospital

On the occasion of World First aid day (September 14) health education program was conducted in Poonjeri satellite centre.

Awareness was created on various topics such as:

Importance of helmet

Importance of using helmet while driving even if it is only for short distances. People are willing to invest in costly vehicles for 70,000 or 80,000 but not in standard quality helmets.

Following road safety

Loss of life happens while trying to save five seconds by skipping a signal or by overspeeding. People must follow road rules by not going in the wrong direction or crossing the road when there is no pedestrian crossing. Using a seatbelt while driving in the car especially in highways or even for short distances. Stop drunk driving in order to prevent loss of life to the drunk person and the innocent pedestrian or nearby vehicle driver.

About First Aid

The first step of First Aid is the thought of helping others and the knowledge with which to do so. Steps of administering first aid after an accident were enumerated. Statistics of death due to road accidents were also told to stress on the importance of the issue. The audience was quite interactive and interested in the programme presented by us.

Gallery









CPR FIRST AID

≈ STEPS

1 Check if conscious or unresponsive. Tap the person's shoulder and shout. If no response, shout for help and call for an ambulance.

2 Open airway. Check for breathing. Tilt the head back and lift the chin. If breathing, give 2 full breaths.

3 If not breathing, Give 2 full breaths (1.5-2 seconds each). Breathe slowly into the mouth, pinching the nose shut. If no response, shout for help and call for an ambulance.

4 Check for pulse. If no pulse, start chest compressions. Push hard and fast in the center of the chest, 100-120 times per minute.

5 Landmark for hand position. Place the heel of one hand on the center of the chest. Place the other hand on top of the first hand. Lock your elbows and shoulders.

6 Chest compressions. Push hard and fast in the center of the chest, 100-120 times per minute. Allow the chest to rise fully between compressions.

7 Give 2 full breaths. Breathe slowly into the mouth, pinching the nose shut. If no response, shout for help and call for an ambulance.

8 Repeat steps 4-7. Continue CPR until help arrives or the person shows signs of life.

9 CPR is as easy as C-A-B

C Compressions: Push hard and fast in the center of the chest, 100-120 times per minute. Allow the chest to rise fully between compressions.

A Airway: Tilt the victim's head back and lift the chin to open the airway.

B Breathing: Breathe slowly into the mouth, pinching the nose shut. If no response, shout for help and call for an ambulance.

10 AED: Use an Automated External Defibrillator (AED) as soon as possible. Follow the voice prompts.

11 First Aid Day - 11th Sept

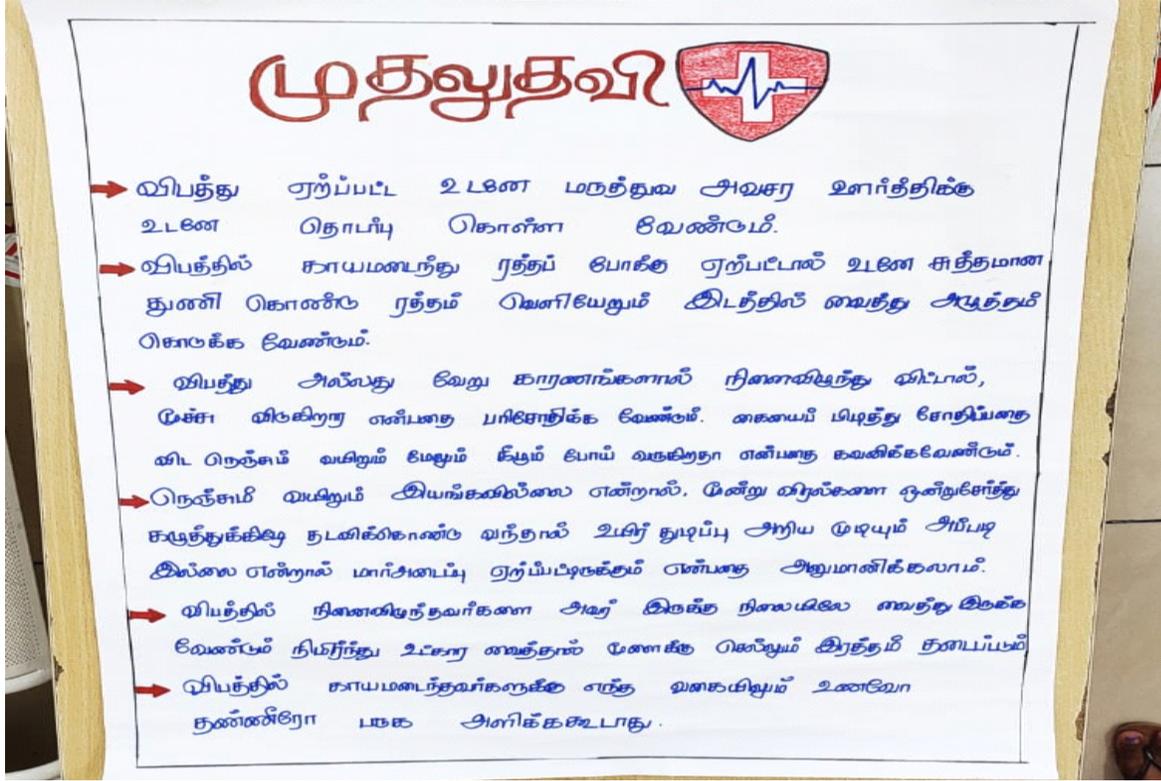
விழிப்புடன் பயணம்! விபத்தில்லா பயணம்!

போதையில் பயணம்
பாதையில் மாணம்

நில்
கவனி
செல்

சிக்குரை
மதிப்போம் !!
சிக்கரை
குறிப்போம் !!

உயிர் அணிவோம்...
கவசமில்லா குரை
உயிர் அகன் உரை



Video :

https://drive.google.com/file/d/19aIHyzuSszqbXSrQiPqBKmC6K2JdFQm_/view?usp=sharing

Patient feedback video:

Patient feedback video was collected from one of the audience member who was very active and attentive throughout the show. He was the former President Of Lions Club, Mammalapuram and Principal Of Government School

https://drive.google.com/file/d/19vZPVqEi1CkuT5DVCD-vyGpUd_GJ91nX/view?usp=sharing