



FIRST AID



Summer term saw the long awaited First Aid Course which was run by St John's Ambulance. 27 children spent the day learning how to deal with common ailments and practicing putting each other in the recovery position and using the mnemonic "please miss, I've got a tooth ache and I need the loo!" This helped them know where to place the casualty's limbs and ensured they realised the importance of keeping the airway open.

The children became adept at assessing with the support of **Dr ABC**.

D = danger (is it safe to approach),

R = response (open your eyes, tap their shoulders),

A = airway (tilt the head back)

B = breathing (put your ear to their mouth and look down the body to see if their chest is rising)

C = circulation (check their pulse). The children learned about the importance of getting

assistance quickly and dialing **999 or 112**.

The afternoon focussed on bandaging bleeds in various places such as hand and head. The children became increasingly proficient and were very good at talking to and reassuring the casualty.



I'm glad I did this course today as I want to be a paramedic when I grow up. I have already seen inside an ambulance, but today I learnt what to do in an emergency. (Child age 9)

I know how to call an ambulance and what to say if my Mum got hurt. (Child age 7)

I think all schools should learn First Aid, this is a really useful life skill, schools should run more stuff like this. (Child age 11)