

Safety First

March 2014

St John Ambulance believes every child in Western Australia should have access to vital first aid knowledge. To engage with the children they have been running a free school program called First Aid Focus that provides first aid training to school students of all ages.

At Child Side School we believe that life skills are an essential part of education, and therefore asked for this course to be run with our children. Ruth from St Johns Ambulance was assisted by support staff Bronwyn and Talisha, students from Manea Senior College, to provide this training.

The course covered: introduction and principles of first aid; how to call for an ambulance; dealing with an unconscious casualty; and recovery position demonstration and practice. Ruth walked the children through each stage and then the children took it in turns to practise the skills on each other.

There were many great tips that were provided during the course including: when you dial 000 put mobile phones on speaker phone so the operator and/or medic can guide and support you through the processes; if asking people to undertake a task such as call an ambulance ask them to also tell you when they have done the task; and when placing people in the recovery position or moving them, support the head and neck at all times.

It was a very practical and hands on course, which allowed Ruth and her assistants to observe the children as they applied the newly learned skills. Ruth provided a clear, step by step, process to be followed when we find someone who needs help, called DRSABCD (Danger, Response, Safety, Airways, Breathing, CPR and Defibrillator). Most importantly in this process it was stressed that you have to look after your own safety before you can help others.

A big thank you from all of the children and educators at Child Side School to Ruth, Bronwyn and Talisha for a great course.

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Ruth took the time to find out what the children already knew



Ruth observing the children in action practising their DRSABCD