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Best Practices No. I

Empowering Safety and Preparedness: Best Practices in First Aid Training for Students and Staff

Context:

Welcome to our first aid training certificate introduction program! We believe that it is essential for everyone to have awareness of first aid treatment, which can be administered to someone who suddenly falls ill or becomes injured. Our program offers a comprehensive explanation and demonstration of first aid knowledge and skills.

First aid is critical in any health-threatening situation, as it can save lives, prevent a situation from worsening, or contribute to the treatment process. It is the initial treatment given to an injured or ill person until they can receive help from a medical practitioner or nurse. Whether the cause of injury or ill-health is work-related or not, first aid covers the initial treatment of any such situation that may arise at the workplace.

As an employer, it is your responsibility to provide adequate and appropriate facilities and equipment for rendering first aid to individuals who may become injured or ill at work. Trainees who are undertaking work experience have the same status as employees in this regard. This statutory duty is discharged as a line management responsibility at college.

At our program, we equip you with the necessary knowledge and skills to provide initial assistance or treatment to students or employees who become injured or suddenly fall ill on-site, before the arrival of an ambulance. Join us in our commitment to promoting first aid awareness and creating a safer and healthier environment for all.

Objectives:

To achieve the goal of implementing best practice activities, the following objectives have been laid out:

1. Foster the development of knowledge and skills pertaining to first aid.
2. Enable students to recognize critical and potentially life-threatening situations requiring first aid.
3. Prevent the escalation of illness or injury in affected individuals.
4. Promote a culture of recovery from various types of casualties.
5. Encourage the reporting of incidents for the preservation and rescue of life.
6. Provide training on administering CPR (Cardio Pulmonary Resuscitation) to protect the unconscious.
7. Develop leadership skills in accidental management.

The Practice:

To ensure that the best practices in first aid are carried out effectively, several measures have been implemented. The first step taken is to provide training on various first aid emergencies such as unconsciousness, heat burns, external bleeding, epistaxis, heat stroke, drowning, shock, choking, electrocution, seizures, poisoning, animal bites, frost bite, foreign body in ears and eyes, angina pain, heart burn, fractures and dislocations. These emergencies were taught by experienced experts who have in-depth knowledge and skills in first aid. The training sessions were conducted in the form of scenarios that

depicted real-life situations, enabling the participants to apply the learned skills in practical situations. These scenarios covered all the essential aspects of first aid, ensuring that the trainees had a thorough understanding of the subject matter.

The training sessions were conducted by experienced experts who trained both students and staff members. The sessions involved practical demo activities, allowing the trainees to practice the skills they learned during the training. Additionally, a doctor with extensive experience in first aid presented the training by using a PPT.

To further enhance the effectiveness of the first aid training, disaster management was also included in the program. The experts provided both first aid and disaster management training, enabling the participants to respond appropriately in emergency situations.

To evaluate the effectiveness of the training, a test was conducted, and question papers were provided to both students and staff members. This ensured that the trainees had grasped the essential knowledge and skills taught during the training sessions.

Finally, to ensure that the trainees were fit to provide first aid services, they underwent a health check-up conducted by a medical practitioner. This step ensured that the trainees were physically and mentally fit to provide first aid services in emergency situations.

Overall, these measures were put in place to ensure that the trainees developed a thorough understanding of first aid and could apply their knowledge and skills effectively in emergency situations.

Evidence of Success:

To ensure that the best practices of first aid training are thoroughly implemented, the following measures have been taken:

- The first aid emergencies, such as unconsciousness, heat burns, external bleeding, epistaxis, heat stroke, drowning, shock, choking, electrocution, seizures, poisoning, animal bites, frostbite, foreign body in

ears and eyes, angina pain, heartburn, fractures, and dislocations were taught by experienced experts. These experts used scenarios depicting real-life situations and covered all essential aspects of first aid to develop the knowledge and skills of approximately 150 students and staff.

- The experienced experts provided both First Aid and Disaster Management programs to train the participants. They presented the First Aid training by PPT and involved both students and staff in practical demo activities to enable them to recognize critical and life-saving conditions for first aid, prevent the escalation of illness or injury, promote recovery norms from any type of casualties, and make an awareness for incidence reporting for preserving and rescuing life.
- The participants were also trained in accidental management leadership skills to prepare them for any unexpected situation that may arise.
- To evaluate the effectiveness of the training, a written examination on First Aid was conducted, and approximately 150 students and staff actively participated in it.
- To ensure the health and well-being of the participants, both students and staff were checked up by medical practitioners. These measures were taken to fulfill the statutory duty of an employer to provide adequate and appropriate facilities and equipment to enable first aid to be rendered to individuals if they become injured or ill at work.

Impact:

This best practice is designed to create a safe and secure environment for all employees and students, instilling in them the critical knowledge and confidence to effectively manage an emergency without fear or confusion. By participating in first aid training, trainees are equipped with the skills needed to react in an emergency and understand the contents of their first aid kits. This training also makes each employee an unofficial health and safety risk manager, ensuring

that everyone is aware of the necessary precautions to take in order to minimize risk.

Learning how to apply bandages and control blood flow are critical skills that can be used not only in the workplace, but also in everyday life. In schools and other institutions, children are more prone to accidents that may require swift action to prevent further complications. Having trained first aiders on site can help prevent minor injuries from escalating, creating a safer environment for everyone.

In addition to providing necessary care, a speedy response from a first aider can prevent injuries from worsening. By becoming trained in first aid methods, individuals can feel more secure and confident when dealing with emergency situations, which can also help to reassure those around them.

Overall, this best practice provides numerous benefits, including increased safety and security for employees and students, the development of critical skills, and a heightened sense of confidence in emergency situations. It is important for all individuals to be equipped with the necessary knowledge and skills to manage an emergency effectively, and this program provides a valuable opportunity to do so.

Obstacles:

1. The students lacked awareness and knowledge about the importance of First Aid training, which presented a challenge in implementing the program effectively.
2. Despite the significance of the training, some students showed a lack of motivation to participate actively, which made it difficult to achieve the desired outcomes.
3. Given the busy semester schedule, it was challenging to allocate sufficient time for providing practical exposure, which was essential for the training program's success.
4. Some participants displayed an indifferent attitude towards

voluntary services during emergency situations, which could impact their ability to respond effectively.

5. Despite the benefits of the program, a few students did not show interest in participating, making it difficult to reach the desired number of participants.
6. Some female students may have experienced hesitation or discomfort during the check-up process, which required special consideration and attention from the organizers.

Resources Required:

1. Experienced First aid Trainer.
2. Case studies on Casualty and Disaster preparedness.
3. Audio visual aids on various relief work of disasters and emergencies.
4. Basic Healthcare.
5. Capacity building schemes for supporting the community.

Photographs:

1. Lecture on the First Aid (2017-18)



2. First Aid Check Up by Medical Professionals (2017-18)



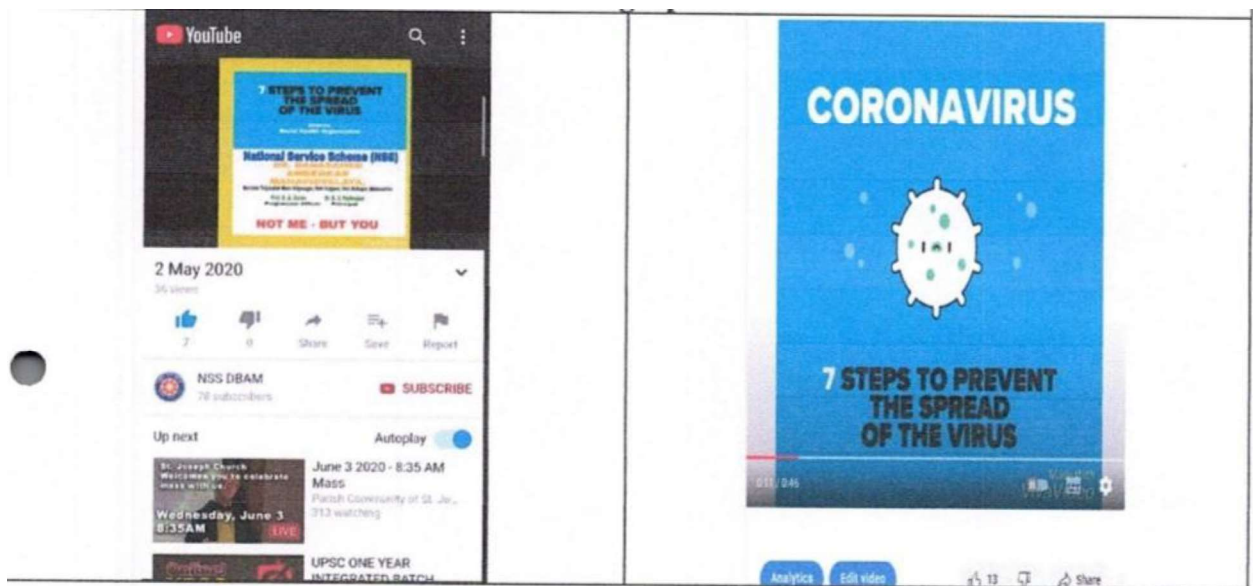
3. Students Discussion on First Aid (2018-19)



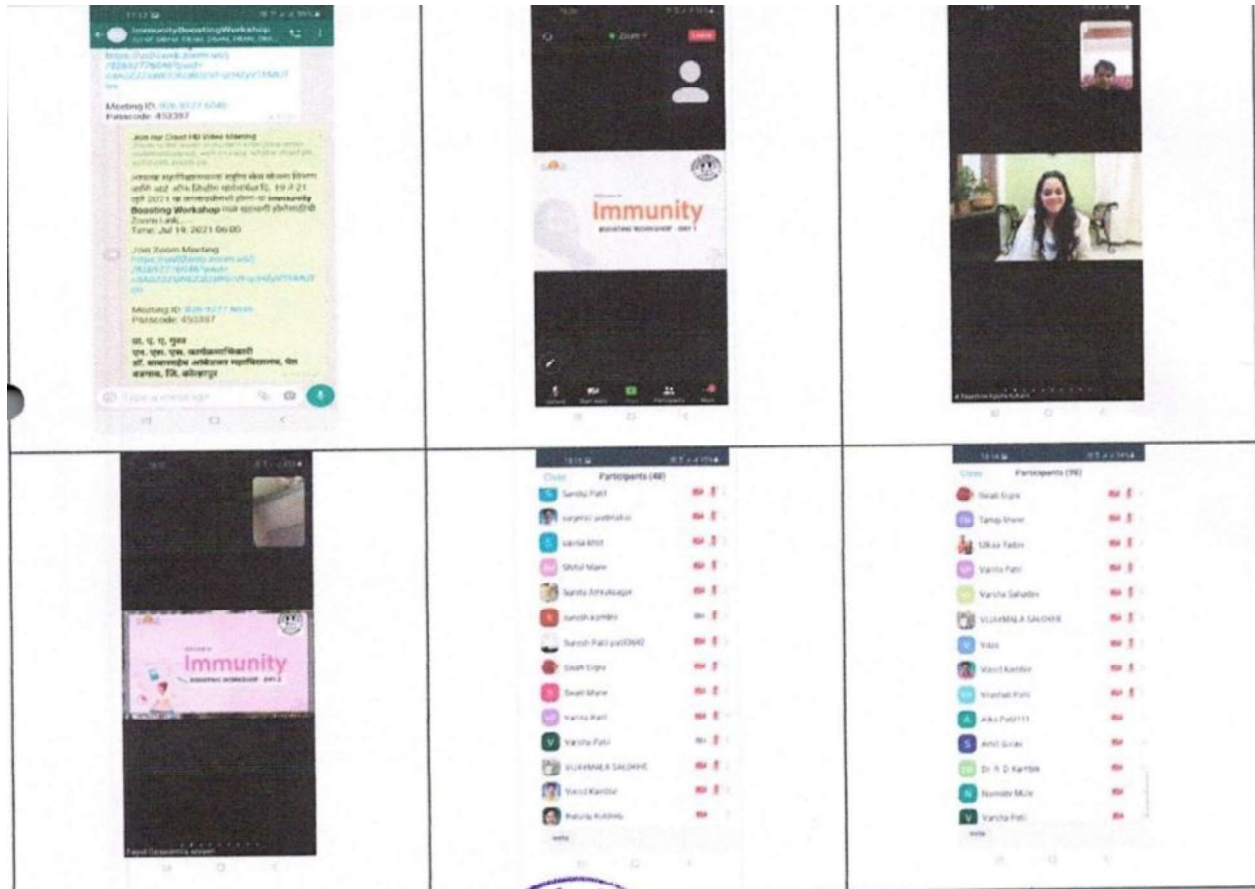
4. Safety Demonstration (2019-20)



5. Online Lecture on Corona Awareness (2020-21)



6. Online Quiz on Immunity Awareness (2021-22)



Bale

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