

## **First Aid Class 11-10-11**

***Kirstin Patterson***

This week instead of having their usual module classes on Tuesday, both transition year groups attended a class on first aid. The class lasted around two hours and was hosted by Patrick O'Carroll who is trained to teach first aid. Patrick talked about what actions we should take in an emergency situation.

Firstly he told us about a new programme named I.C.E. (In case of emergency). This is a nationwide campaign which will hopefully include every single person in the country. He then asked us to go into our phones and place I.C.E. in front of our emergency contacts. This means if doctors/paramedics need to contact your guardian they simply press 'I' and your I.C.E. contacts will come up. If everyone in the country simply places I.C.E. in front of their emergency contacts it will save a lot of much needed time. Your contact should go something like this, 'I.C.E. Mam' or 'I.C.E. Dad'.

Next he told us about putting someone in the recovery position; this is a very important piece of information. Simply placing a casualty in this position can be the difference between life and death. It is also extremely important to know how to open someone's airway, and it is so easy. You just tilt their head backward slightly and make sure it stays in this position. We all practised both of the above as to make sure we knew how to respond to a casualty.

Lastly Patrick told us about saving a choking person. This is slightly harder due to the fact that you need to be completely accurate when placing the blows to someone's body as you can cause a lot of damage.

To find out more about these skills, visit the St. Johns ambulance site and click on 'First Aid Advice' here you will find a very detailed list of important procedures to follow in an emergency situation.

<http://www.sja.org.uk>