

First Aid

A report by Colette Mythen and Molly Nieuwenhoff

From the 18th of October till the 10th of December, Transition Year students completed a First Aid course. Students were split into groups, and while socially distanced, learned First Aid skills which will likely prove useful in the future.

Each Thursday, groups of fifteen took part in a First Aid program. Students were given the whole day off to master this valuable information. The instructor, Michael, kicked off the day with teaching the girls the Heimlich maneuver. We were taught how to recognise a choking victim and how to save them. The girls then put their knowledge to use on dummies, as Michael graded their performances.

After a quick chat at break with their friends the girls got back to work. TY's were schooled the specifics on COVID-19; how it spreads, how it affects our bodies and how to protect yourself from contracting it. Following that, students were trained how to bandage two types of wounds and to tie two types of arms slings.

The final topic students studied was cardiac arrest. We were shown how to identify if someone has entered cardiac arrest and the first seven steps to take if they spot this. Students were taught how to deliver mouth to mouth CPR and how to use an Automated External Defibrillator. The girls practiced and practiced these steps on the dummies until they were perfect.

The day ended with a test. Michael handed out quiz sheets, and with no help, each student had to complete it. The girls had to get at least 80% to pass it or else they would not be qualified to give basic First Aid. Fortunately, every student passed and we are proud as a school to say all 150 TY students are certified Basic First Aiders.



