



HELP WITH YOUR HELP

Headquarters
First aid training

**IMPLEMENTATION GUIDE FOR THE
INTRODUCTORY FIRST AID COURSE**

We will discuss the significance of first aid for all Finnish people throughout our 140th anniversary. To support this, we have designed an introductory first aid course. **The course is designed to take one hour, to be open for everyone, and to act as a free introduction to basic first aid.** The training provides vital first aid skills through practical activities. All participants receive a certificate.

The course can be organised anytime during 2017. For instance, the Red Cross Week is a particularly good time for the course, since the week has focused on the importance of first aid skills in the last few years.

All branches can organise an introductory first aid course. Your branch does not need to have a first aid group: basic knowledge of first aid is enough. The introductory course is a low-threshold event where you can also spread information about other activities in your branch, such as the friend visitor activities and emotional support services. The trainer or the instructor should read the first aid guide and revise the things to be trained.

If your branch can organise a four-hour emergency first aid course, that course can be held instead of this introductory course.

It is easy to have new people join Red Cross activities in connection with the course. It is important to spread information about the specific activities in your branch.

Contents of the introductory course

- How to secure a person's breathing: clearing the airways and placing the person on their side; first aid for someone about to suffocate
- How to stop bleeding
- How to protect the patient from cold

Implementation of the introductory course

In the activity following the demonstration, the participants will learn, under supervision, the simple measures to secure a person's breathing and to stop bleeding. The participants will also practice protecting the patient from cold and get to know the Red Cross mobile application and the 112 Suomi application.

Number of participants: 20 people. One instructor per 10 participants. The auxiliary materials delivered to the branch are intended for courses with 20 participants.

The goals of the course activities are the following:

- showing that you can learn important first aid measures even through short practice
- that knowledge and practice give more courage to offer help
- that all participants get to practice
 - o securing breathing by tilting the head back so that the person can breathe
 - o placing an unconscious person on their side
 - o stopping bleeding and making a pressure bandage
- that each participant knows how to provide first aid for someone about to suffocate
- that each participant knows how to protect the patient from cold

Required equipment and facilities

The training can be organised indoors or outdoors. The facility should have enough space to practice placing an unconscious person on their side in 3–8 groups of three people, depending on the number of participants.

The light covers, blankets, foil sheets or sleeping pads of the branch can be used to cover the floor or the ground.

Bandage supplies:

- FRC pressure bandage, 2 pcs
- First aid bandage, 4 pcs
- Triangular bandage with instructions, 1 piece
- Triangular bandage, 3 pcs

Foil sheet / protective cover / blanket, 2 pcs

Instructions:

- lying on the side secures breathing
- how to stop bleeding and apply a pressure bandage
- obstruction in the airways
- Mobile application for first aid
- 112 Suomi application
- covering the patient

A Red Cross first aid kit for a presentation, cf. a control point assignment during the Red Cross Week.

The Red Cross mobile app for first aid, downloaded on a smartphone.

The 112 Suomi app and its instructions, also downloaded on a smartphone.

Videos:

- First aid for an unconscious person
- An obstruction in the airways

The videos should be saved on a memory stick, or they can be downloaded from the Red Cross website.

Implementation

The exercises of the introductory course are done in pairs or in groups of three..

I IMPLEMENTATION WHEN THERE ARE 20 PARTICIPANTS

Introduction, approx. 5 minutes

Short introductions and presentation about the course contents.

The participants are divided into groups of 2-3 people and each group is directed to one of the three control points. Each control point has several groups practising at the same time. The instructors describe the activities of each control point briefly, and then demonstrate the first aid measures for an unconscious person and a suffocating person. After this, the participants go to the control points with the instructions printed on cardboard.

At the bandage control point, the instructor demonstrates and gives instructions for the process of making bandages.

Control point 3 is a "cold" control point where instructors observe the activities from further away and go to the control point to give instructions when necessary. If there are several instructors available, this control point can also have an instructor who demonstrates the activity.

Demonstration, 5 minutes:

Works best when the instructors demonstrate the activity on site

The demo can also be a video clip.

Activity at the control points, 10-15 minutes

Control point 1 (one instructor is at this control point)

How to check and secure breathing

How to place a person on their side (the patient is on their back, on their stomach or sitting up)

Control point 2 (the second instructor is at this control point)

How to stop bleeding

How to make a pressure bandage with a first aid bandage, a pressure bandage and temporary equipment (a triangular bandage or a scarf)

Control point 3 (can be an unoccupied point if there are no instructors available)

Obstruction in the airways (this was demonstrated in the beginning)

First aid mobile app

112 Suomi mobile app

Protecting the patient

Final discussion

Introducing Red Cross activities and handing out the certificates.

II IMPLEMENTATION WHEN THERE ARE 10–12 PARTICIPANTS

Introduction, 5 minutes

Only the instructors introduce themselves; no introductions from everyone!

The participants will all be instructed at the same time.

How to check and secure breathing and how to place a person on their side:

The instructor demonstrates the first aid measures and after this, the participants practice them in groups of three

How to stop bleeding

The instructor demonstrates the first aid measures and after this, the participants practice them in groups of three

Obstruction in the airways

First aid mobile app

112 Suomi mobile app

Protecting the patient

Final discussion

Introducing Red Cross activities and handing out the certificates.

III IMPLEMENTATION FOR A LARGE GROUP (MASS TRAINING)

Introduction, 5 minutes

Only the instructor/presenter speaks!

Demonstration on a stage or elsewhere that everyone can see.

Announcements, step by step

After this, everyone practices at the same time in pairs and does the announced activities (for example: the process of helping an unconscious person lying on their back is read and practiced step by step)

This enables the training activities to be done step by step.

This type of implementation requires more bandage supplies and more instructors, in addition to the presenter, to observe the participants.

Final discussion

Introducing Red Cross activities and handing out the certificates.

REPORTING

Submit the information about your introductory course at rednet.punainenristi.fi/auttaja14ov. This way, we will know the numbers of the courses and participants, and we can inform others of this as a part of Finland's centenary celebrations.

<https://rednet.punainenristi.fi/auttaja14ov>

INSTRUCTIONS

First aid for an unconscious person

Placing an unconscious person on their side is practiced according to the illustrated instructions. It should be emphasised that after the airways have been cleared, the breathing should be checked at intervals of 5–10 seconds.

First, one participant will act as the unconscious person, and the other participant will turn them on their side. This activity is practiced with the unconscious person lying on their back and on their stomach, and the participants should switch roles.

At the end, the participants will practice moving the unconscious person from a chair or from a sitting position to the floor. One member of the group acts as the unconscious person and the others help them. If there is time, they can switch roles.

The goal is that after the exercise, each participant knows how to check breathing and turn an unconscious person on their side.

Illustrated instructions:

- The patient is lying on their back
- The patient is lying on their stomach
- The patient is sitting up

INSTRUCTIONS

How to stop bleeding

At this control point, the participants will practice how to stop bleeding from the wrist and the palm, and how to make a necessary bandage according to the instructions. Some participants start the bandage exercise with first aid bandages, some with a pressure bandage, and others with a triangular bandage or temporary equipment. At the beginning, you can dress the wrist and then the palm. Bandage supplies are switched so that everyone can try both the “prepared” bandage supplies and the temporary supplies (triangular bandage or scarf). Each participant must practice how to stop bleeding and how to make a bandage.

Illustrated instructions:

- How to stop bleeding

INSTRUCTIONS

Obstruction in the airways, protecting the patient and mobile applications

The control point has three sections. Once everyone has practiced clearing an obstruction in the airways, the group will move on to practice how to protect the patient, and when this section is completed, the participants will get to know the mobile apps.

Illustrated instructions:

- Obstruction in the airways
- Protecting the patient
- Mobile apps

A foreign object in the airways (obstruction in the airways)

Look at the illustrated instructions to learn the first aid measures in a situation where a foreign object obstructs the breathing. Take turns practicing the measures: both a strike between the shoulder blades and the right spot for the grip (do not practice the actual grip).

Next, you will practice how to cover the patient according to the illustrated instructions.

One member of the group acts as the patient, and the others aid this person. It is good to practice various methods for covering up the patient (depending on the number of supplies); switch roles.

INSTRUCTIONS

First aid application for smartphones

The group gets to know the 112 Suomi app and the Red Cross first aid app. Attached are the cardboard instructions for using the apps. **You should download the apps on your phone!**

Suomi
Finland
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Suomen Punaisen Ristin lahja satavuotiaalle Suomelle on kouluttaa tuhansia uusia auttajia kaikkialla Suomessa.

The gift of the Finnish Red Cross for Finland's centenary celebrations is to train thousands of new volunteers throughout Finland.