

## First Aid Education for Safety of Students

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**Abstract:** Safety of students is prime concern of teachers, parents and community. Every school has a legal responsibility to take care of each and every member of the school. In schools accidents happen in school premises, near by the roads of the school and while coming and returning from schools. In addition to that school students have to face injuries, fractures, fainting, like situations which will be problematic to themselves and others. That is why the parents are more worried about the safety of their children. Among the safety measures first aid is of prime importance. First aid and basic life support are so important that teaching basic first aid should be compulsory in all schools. Knowledge of first aid benefits the individuals themselves regardless of whether an emergency affects them directly. Therefore the school should be equipped with right supplies of first aid to protect the well being of students, teachers and staff. The present study focuses on the importance of first aid in schools for improving safety of students.

**Key words:** First Aid, Safety of students

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### I. INTRODUCTION

The world has become an uncertain and a risky place. Accidents and risks have become an inherent part of our life. Occurrence of accident is not casual; it is only because of haste, ignorance, carelessness, old age, forgetfulness and unusual courage. We have to think about the accidents and should make us capable for taking immediate action. One can avoid accidents to certain extent through good demonstrations, standard operating procedures and practice. Making better choices to deal with the situation helps to save the life, as life is valuable. Safety has become very important in our daily life.

Safety is protection against random incidents. Random incidents are unwanted incidents that happen as a result of one or more coincidences (Idsø and Jakobsen ,2000).

“Prevention is better than cure” is the proverb which aims at means and methods one has to follow to safe guard him/ her from dangerous situations. The students are safeguarded against attacks, threats and accidents both man-made and natural. Students need a safe learning environment as it helps to focus on learning of different skills which is essential for a successful education and future. It is a fact that Kerala has literacy, longevity, infant mortality rate index as similar to the developed countries but in the case of safety we are far behind. Thummarukudi (2017) explained that per year about 8000 people die due to different accidents. If we consider population and the accident death rate of Kerala the risk of danger is far ahead when compared with the developed countries. Number of people who get injured are more than the number of deaths happened.

In schools accidents happen in school premises, near by the roads of the school and while coming and returning from schools, incidents such as injuries due to collapse of school building, slips or trips, sports hors, tour and trips...etc. Therefore safety awareness must be inculcated among students, teachers, office staff and parents. If everyone gives priority to safety major accidents can be prevented. It is well known that we send our dear ones to those places where we feel they are safe. Parents send their kids to school as they feel safe at there and they also aim the safety of their child at school. It was reported in the New Indian Express, September 12, 2017 that the Honourable Supreme Court wants to improve child safety measures of CBSE schools. UGC have given prime concerns to the safety of students against attacks, threats and accidents. UGC has formulated guidelines on the ways in which the campuses of higher educational institutions can be transformed in to oasis of safety, security and study.

Optimum level of safety can be attained when individuals, communities, government and others to create and maintain the following conditions in schools (www.indiastudychannel.com).

- The school should have a strong building
- The parapet walls of the staircase and terrace must be high
- Schools should be provided safety measures with regard to fire accidents at school

- The class entrance must have proper doors with latches
- Well conditioned tables, chairs and benches should be provided
- Safe electrical work shall be done and it should be beyond the reach of the students.
- Clean water and hygienic toilet should be in adequate.
- Laboratory materials should be placed in cub boards. Chemicals, should be stored in separate safe place
- After the class, boys and girls should form separate lines and walked one sided in other.
- The school building should be located in the place where the students are not distracted. The school should see away from the factories, bus stand and railway stations.
- Schools should have a compound wall or fencing.
- Security guards
- CCTV Cameras
- Authentic ID cards for students and staff.
- Notice boards with helpline numbers against ragging, sexual harassment, accidents, calamities etc...and use them where required.
- Students counseling system for the effective monitoring or problems and challenges faced by students.
- Organize PTA meeting and grievance cell to address to resolve the gaps in the system.
- Schools should have medical facilities as well as an ambulance in ready mode for attending emergency and crisis situations.
- *Basic First Aid*

First Aid is one of the important safety measures to be given prominence in each and every school. It is known that school premise is one of the most common locations which urge first aid services. Wafik (2013) found that mental and physical abilities of children are not developed enough to allow them to protect and defend themselves; they sustain accidents and injuries more frequently, and require first aid more often than adults (Cavusoglu,2002). First aid and basic life support are so important that teaching basic first aid should be compulsory in all schools ( Baser et. al. 2007). In the case of laypersons one chief barrier in providing first aid to injured persons is the apprehension to make mistakes ( Mirza, Bukhari, AlFalogi, Mohammed, Basfar, Kelantan et al., (2017).

Mirza et. al. conducted a First aid educational training course for secondary school students and found that the programme was very effective with good level of knowledge in both gender. The study results showed that there were statistically positive correlation between total knowledge and behavior right through the study. The study recommended that schools should process and procedures for first aid for students within secondary school and regular and frequent training courses are crucial for students into recognize the practical aspects of first aid. The investigator hoped that a mandatory training course to be included within the educational curriculum of secondary school students by the ministry of education based on their study results. Joseph (2015) found that poor and moderate knowledge was Observed among teachers and most teachers are willing to administer (66%) first aid if provided with required training. Wounds and syncopal attack were among the commonly encountered situations requiring first aid management at schools.

### ***First aid and its importance***

First aid is the temporary and immediate treatment given to a person who is injured or suddenly becomes ill with the facilities or materials available at that time before regular medical help is imparted. First aid knowledge is invaluable for both individual and community and it can be applied if proper knowledge is acquired. If an accident happens, the presence of a helpless witness cannot do anything to the injured. Here comes the benefit of first aid education which potentially allows the witness to assist an injured or ill person in emergency situation and to save the life. Knowledge of first aid benefits the individuals themselves regardless of whether an emergency affects them directly.

Studies revealed that first aid education is essential in schools. Training of first aid is beneficial to those working and living with individuals who require ongoing special attention. Maitra (2007) conducted a study to identify the profile of injuries sustained by children in school accidents and suggest preventive measures. 10 and 12 year old pupils suffered most injuries in school grounds /play grounds by playing sports. Engeland, Roysamb, Smedslund , and Sogaard(2002) found that students whose teachers implemented the program enthusiastically had better attitudes towards first aid and were more knowledgeable in first aid.

Sosada, Zurawinski, Stepien, Makarska, and Myrcik,(2002) studied evaluation of the knowledge of teachers and high school students in Silesia on the principles of first aid. The study recommended first aid education programmes in secondary schools in terms of extending social safety.

This present study focuses on the importance of first aid in schools for improving safety of students.

### **Objectives**

1. To analyze the essential first aid facilities in schools.
2. To suggest the measures to improve the first aid knowledge of students, teachers and other members of school as a part of ensuring safety.

### **Essential first aid facilities of school**

Every school has a legal responsibility to take care of each and every member of the school. Therefore the school should be equipped with right supplies of first aid to protect the well being of students, teachers and staff. Important first aid requirements of a school are listed below.

*First aid kit and first aid room* : First aid kit which include plasters, dressings ,bandages, safety pin, gloves, scissors, cleansing wipes, thermometer, cream and sprays, painkillers, medicine for cough and cold, distilled water etc.... should be placed in a first aid room. Medicine should be checked regularly to make sure that they are usable and a mechanism of replacement if out of date. The room should be hygienic with proper light and ventilation and must readily available when needed. There should be an in charge of first aid room and Kit whose duty is giving access to a victim with the facilities.

*First aider*: Minimum one first aider who has completed his/her training course should be available in every school. So they can give immediate help to casualties for injuries and illness that are common in schools. First aider ensures ambulance and other medical help when necessary.

*Help line*: School should display medical and safety help line numbers in the notice board for handling emergency situations.

*First aid practice*: JRC, scout and guides and NCC students should be updated with their first aid knowledge and their first aid practice which should be given by authorities. This should be extended to the teachers and other members of the school.

### **Measures for the improvement of first aid knowledge**

After ensuring the first aid facilities First aid knowledge of the school members should be improved continuously. School should be a safe place and for that school authorities should make proper arrangement for health and safety in schools. Some of the measures to improve the first aid knowledge are as follows.

- First aid training for teachers should provide yearly.
- First aid training and practice should be encouraged in students regularly.
- Improve first aid room and first aid kit facilities.
- Regular first aid training to JRC, Scout and guides students.
- First aid programmes such as seminars, work shop, and training should be organized for parents also
- Books on first aid should be available in school library.
- Firsthand experience should be provided to students on first aid. For that teachers can take them to hospitals, health centers and nursing homes etc.
- First aid is to be included in the secondary school curriculum with enough importance

## **II. CONCLUSION**

‘Life is worthy’. If better prevention measures are taken, we can save a life. It should begin from children. For that schools need a change. Safety is a mission of schools. Proper safety measures not only make school safer but benefits the surrounding communities also. First aid is a life skill that reduces life risks through faster treatment. Every member of the school should have the skill of first aid as it gives the potentiality to help others and save lives.

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