

27-28, June, 2016



## Training on 'First Aid' for Volunteers of Shimla City

*In cooperation with Himachal Pradesh State Red Cross Society*

**बुआरे-BUARE (Building Urban Action For Resilience In Emergencies)**

*"A Community Based Disaster Risk Management (CBDRM) Project"*

**IMPLEMENTED BY MUNICIPAL CORPORATION SHIMLA**

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UNDP-MC SHIMLA

## Objective of the Training:

- To train ward volunteers on First Aid
- To create Master Trainer on First Aid

## Need of First Aid Training-

Shimla is prone to different disasters like earthquake, landslide, road accidents, fire etc. Hence, preparedness and mitigation are essential components to manage disasters. Community is always a first responder of any emergencies and First Aid is an important part of this. Considering this vulnerability, this training has been organised for volunteers.

This training has been organised in collaboration with Himachal Pradesh State Red Cross Society.

## Schedule of the training:

Day-1 27/06/2016	
Session-I	
Time	Topics
10:00 to 10:30	Principles of First Aid A brief description of the Structure and Functions of the Body
10:30 to 11:30	Practical: Triangular bandage and etc application to the Head, Back, Shoulder, Elbow, Hand, Hip, Knee and Foot. Arm slings, small and St. John
11:30 to 11:40	Tea Break
Session-II	
11:40 to 12:00	Fracture-Cause, Varieties, signs and Symptoms
12:00 to 12:30	Treatment of fractures- The Skull, Lower Jaw, Spin, Rib Breast bone, Collarbone, Shoulder-blade, Arm Forearm, Hand
12:30 to 1:00	Practical: Treatment of fracture, Appliances of splints
1:00 to 1:45	Lunch Break
Session-III	
1:45 to 2:15	Individual fractures (cont.) Pelvis, Thigh, Knee cap Leg and Foot, Dislocations, sprains, strains-Signs, Symptoms and Treatment
2:15 to 2:45	Practical: treatment of fractures, treatment of trains
Session-IV	
2:45 to 3:45	General description of the heart and Blood vessels, Circulation of the Blood, Wounds and Hemorrhage, Wounds accompanied by Arterial hemorrhage, The situation of the main arteries pressure points Wounds accompanied by Capillary of venous Hemorrhage-Varicose Veins Hemorrhage form special regions-Bruises
3:45 to 3:55	Tea Break
3:55 to 4:15	Practical: Compression of arteries
Session-V	
4:15 to 4:45	Injuries to internal Organs-Hemorrhage Burns, Scalds, Stings bites of snakes and rabid animals, animals, frost bite Foreign bodies in Eye, Ear and Nose

4:45 to 5:15	Practical: Treatment of fracture and hemorrhage
<b>Day-2, 28/06/2016</b>	
Session-VI	
9:30 to 10:00	Respiration-natural and Artificial Asphyxia The nervous system Insensibility
10:00 to 11:00	Practical Artificial Respiration
Session-VII	
11:00 to 11:30	Poisons Transport of the Injured- For Males, Hand Seats and Stretcher Exercises For Female, Hand Seats
11:30 to 11:45	Tea Break
11:45 to 12:45	Practical: Transport of the injured
Session-VIII	
12:45 to 1:15	Preparation of the Reception of accident Cases- Recapitulation
1:15 to 2:00	Lunch Break
2:00 to 2:30	Practical: preparation for the bed, removing clothes, etc
2:30 to 3:30	Viva
3:30 to 3:45	Tea Break
3:45 to 4:45	Written test
4:45 to 5:00	Closing remarks followed by vote of thanks

### Photographs of the training:









**List of Participants:**

<b>Sr No.</b>	<b>Name</b>	<b>Profession</b>	<b>Address</b>	<b>Contact Number</b>
1	Chattar Singh	Student	Surjan Niwas, Maliyana , Shimla	8894606202
2	Vishal Thankur	Self Employed	Surjan Villas, Bhakhrai, Maliyana, Shimla	9805326295
3	Pankaj Thakur	Student	Pand G Cottage Maliyana, Shimla	9817710022
4	Shiv Singh	Shop owner	Engine Ghar, Shimla	9418855855
5	Vinod Verma	Student	Suraj Niwas, Maliyana, Shimla	7807249307
6	Ram Pyari Verma	Govt Retiree	Sukh Niwas, Errin Villa, Kaithu, Shimla	9816375850
7	Sushma Sood	Govt Retiree	Mew Tara Cottage, Kaithu, Shimla	9418012014
8	Umesh Kumar Thakur	Job	Nr Malbrough House, Chhotta Shimla	9857199315
9	Virat Narwal	Student	Khalini Shimla	8628981685
10	Mamta Chaudhary	-	Lal Pani, Phagli, Shimla	9857169951
11	Sandhira Devi	Shop Owner	Engine Ghar	9418055856
12	Lata Kaushal	House Wife	Rain Bassera, Kaithu, Shimla	9816966950
13	Ramesh	Job	The Mall, Shima	9857254880
14	L R Verma	Job	M C Shimla	9418016782

**Challenges:**

1. To mobilise all volunteers.
2. Many volunteers have confirmed their participation but they could not attend.
3. Total 30 participants have been expected for the training.