

## First Aid and Safety Training Programme at IIT Mandi Kamand Campus

Dated: 26<sup>th</sup> to 28<sup>th</sup> September, 2014

‘First aid’ which is given by someone at the time of emergency can make a huge difference. Sometimes it means the difference between life and death. The most basic first aid protocols are easily remembered with the mnemonic DR-ABC. This stands for; Danger, Response, Airway, Breathing and Circulation.

Poor first aid training decision made by uninformed person will probably do more harms than good. Knowing what action needs to be taken to control an emergency can make the difference between life and death. Emergencies can occur at any time around us in all spheres of life. Someone may be injured at work, school or at home. When this happens, first aid basics will equip anyone around the injured person to reduce the danger posed by the accident. By keeping this idea in mind, NSS unit of IIT Mandi organized a twelve hours first aid and safety training programme from 26<sup>th</sup> September, 2014 to 28<sup>th</sup> September, 2014 at IIT Mandi, Kamand campus. Director of IIT Mandi Prof. Timothy A. Gonsalves inaugurated the camp by cutting the ribbon. Prof Gonsalves appreciated the initiative taken by NSS unit and also assured to extend support for the similar types of activities in future.



Different activities in the first aid training programme

The training programme initiated by NSS unit was open for all including students, security

personnel, staff and faculties. More than 50 people got trained in the crucial first aid training. It was conducted with the help of Saint John Ambulance First Aid Training Centre, Chandigarh.

The participants learned techniques like what to do and what not to do as first aider when they approach to an accident site. They were given practical training of properly checking pulse, giving cardio pulmonary resuscitation(CPR) with the help of a dummy, dressing different kinds of bandages, slings for various kind of accidents including fractures with the help of a multipurpose triangular bandage, preparing and maintaining bed of a patient at home or at the accidental sites etc. Besides practical training, the participants were given equally important theoretical knowledge related to several other accidents like snake bites, burns of various degrees, choking, fractures etc.

On the successful completion of the programme a quick viva voce of participants was taken passing which they were eligible for certificates signed by President of India which are valid for three years after which the participants are supposed to take a refresher course.

In all, it was a great learning experience and although it is hoped that the participants never have to face such emergency situation but in case they do, they can help to reduce the danger posed by the accident and help to save someone's life.