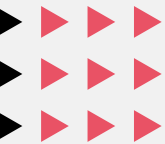
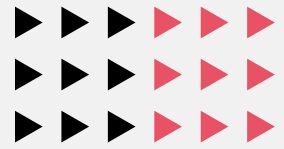




“IMMEDIATE FIRST AID CAN
MAKE A REAL DIFFERENCE.”



BE PREPARED: FIRST AID TRAINING

3. - 12.3. 2022 KOŠICE, SLOVAKIA



FIRST AID TOOLKIT FOR YOUTH WORKERS



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AIM OF THE TOOLKIT



This toolkit is co-creation of
trainers and participants.

We would like this toolkit to be a source of inspiration or a guide for youthworkers, youth, trainers, volunteers, people working with groups and working/living in communities, but also anyone else who finds it beneficial. May it be seen as a way of finding the best solutions for the troubles if occurs, example of good practices for other organisations.

With this toolkit we would like to also bring you closer to the experience we had on the training course and share with you the impact it had on participants and their local environments - by pictures, leading principles, activities from the program, workshops from the participants and by follow-ups.



ABOUT THE PROJECT



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Trainer/Ambulance paramedic

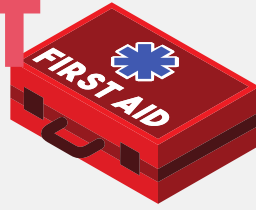
Be prepared: First Aid Training course gave 28 youth leaders and youth workers the opportunity to improve and gain practical knowledge in one of the most important areas of youth work – safety and first aid. This knowledge is necessary in everyday work, when small injuries or even more serious accidents can happen at any time. In addition, hundreds of mobility projects are carried out each year – youth exchanges or trainings, involving thousands of young people and youth workers, during which various dangerous and risky situations may arise where knowledge of first aid is essential.

The aim of the project was to increase the competences of youth leaders and youth workers in the field of first aid.

Participants got:

- Theoretical knowledge and practical skills in providing first aid using the right techniques, being able to assess the situation and ensure vital functions until the arrival of a professional emergency medical service in sudden unexpected situations in which the health or life of any of us may be endangered;
- Knowledge to justify the importance of providing first aid in the emergency care system in the event of sudden lifethreatening and health-threatening events;
- The acquisition of practicable knowledge and skills in dealing with sudden life and serious health-threatening events of an accidental and /or non-accidental nature;
- A positive attitude towards providing first aid and preventing sudden threats to life and health. We want to get rid of any uncertainty in the spirit of the motto “the only bad first aid is none”.

FIRST AID KIT



First aid kits come in many shapes and sizes. You can purchase one from your local drug store, internet stores, gas station, etc. You can also make your own. Some kits are designed for specific activities, such as hiking, camping or boating.

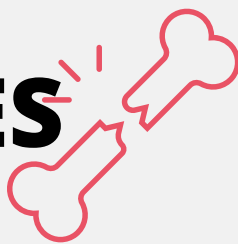


**A well-stocked first aid kit is a handy thing to have.
To be prepared for emergencies:**

- 1 Keep a first aid kit in your home and in your car.
- 2 Carry a first aid kit with you or know where you can find one.
- 3 Find out the location of first aid kits where you work.



FRACTURES



Causes

- Fall
- Impact
- Car accident
- Pressure on bones and joints
- Sport and adrenaline activities

Symptoms

- red/cyan/purple/blue swelling
- visible shift of a bone
- bone rattle
- noticeable movement restriction
- pain around the fracture or whole body part

First aid

- Safety - make sure to keep patient in "comfort"
 - be aware of foreign blood
- Analyze - know what happened, locate the fracture
- Activity - immobilize damaged area, prevent shock, cool down the area (water, ice pack)
- **DO NOT** try to fix the fracture!

MINOR WOUNDS



Causes

- Abrasions
- Hematoma
- Lacerations
- Excoriation
- Incision
- Puncture wounds
- Gunshot wounds

Symptoms

- A wound with, or without, an embedded foreign object
- Pain from skin surface wounds
- Bruising or discolouration of the skin
- Loss of normal function in the injured area
- Pale, cold, sweaty skin

First aid

- Apply direct pressure to the bleeding wound
- Raise the injured area
- If a foreign body is embedded in the wound
- Keep the patient at total rest
- Seek medical assistance if needed

BURNS



Causes

- Fire
- Hot water
- High voltage
- Acids and bases
- Sun

Symptoms

1. Degree- redness
2. Degree- blisters
3. Degree- damage of each skin layer
4. Degree- charring



First aid

- Cool down for at least 10 minutes under constant stream of water
- Remove any rings, necklaces, watch...
- DO NOT use bandage, instead use plastic wrap or use only water and wait for ambulance



HEAT STROKE



Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long.

Heatstroke can occur without any previous heat-related condition, such as heat exhaustion.

Symptoms:

- Fever of 40 degrees Celsius or greater
- Changes in mental status or behavior, such as confusion, agitation and slurred speech
- Hot, dry skin or heavy sweating
- Nausea and vomiting
- Flushed skin
- Rapid pulse
- Rapid breathing
- Headache
- Fainting
- Seizure
- Coma



First aid:

- Put the person in a cool tub of water or a cool shower.
- Spray the person with a garden hose.
- Sponge the person with cool water.
- Fan the person while misting with cool water.
- Place ice packs or cool wet towels on the neck, armpits and groin.
- Cover the person with cool damp sheets.
- If the person is conscious, offer chilled water, a sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
- Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing or movement.



HYPOTHERMIA



Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.

Symptoms:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness



First aid:

- Be gentle.
- Move the person out of the cold.
- Remove wet clothing.
- Cover the person with blankets.
- Insulate the person's body from the cold ground.
- Monitor breathing.
- Provide warm beverages.
- Use warm, dry compresses.
- Don't apply a warm compress to the arms or legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop. This can be fatal.
- Don't apply direct heat.

EPILEPTIC SEIZURE



Epilepsy is a common condition of the brain in which a person tends to have recurrent unprovoked seizures. About 70% of people with epilepsy gain control of their seizures with medication. People who continue to have seizures are more vulnerable to the potential risks associated with seizures, especially when seizures occur without warning and impair awareness. Epilepsy, like other long-term conditions such as asthma or diabetes, comes with certain risks. If left unchecked these can become very serious. Seizure-related risks are higher when people have poorly controlled seizures. Good seizure control is the first step in reducing seizure-related risks. Seizures can sometimes lead to injuries or falls, and they can occasionally be more serious – even contributing to, or causing, death. Different types of seizures carry different risks.

Symptoms:

- Temporary confusion.
- A staring spell.
- Stiff muscles.
- Uncontrollable jerking movements of the arms and legs.
- Loss of consciousness or awareness.
- Psychological symptoms such as fear, anxiety or déjà vu.



First aid:

- Ease the person to the floor.
- Turn the person gently onto one side. This will help the person breathe.
- Clear the area around the person of anything hard or sharp. This can prevent injury.
- Put something soft and flat, like a folded jacket, under his or her head.
- Remove eyeglasses.
- Loosen ties or anything around the neck that may make it hard to breathe.
- Time the seizure. Call 911 if the seizure lasts longer than 5 minutes.



STROKE



There are two main causes of stroke: a blocked artery (ischemic stroke) or leaking or bursting of a blood vessel (hemorrhagic stroke). Some people may have only a temporary disruption of blood flow to the brain, known as a transient ischemic attack (TIA), that doesn't cause lasting symptoms. High blood pressure, high cholesterol, smoking, obesity, and diabetes are leading causes of stroke.

Symptoms:

- Weakness or numbness of the face, arm or leg, usually on one side of the body.
- Trouble speaking or understanding.
- Problems with vision, such as dimness or loss of vision in one or both eyes.
- Dizziness or problems with balance or coordination.
- Problems with movement or walking.
- Fainting or seizure.



First aid:

- Call 911 immediately
- Note the time you first see symptoms
- Perform CPR, if necessary
- Do not let that person go to sleep or talk you out of calling 112
- Do not give them medication, food, or drinks
- Do not drive yourself or someone else to the emergency room

CHOKING



Choking happens when something—food or another item—is caught in the back of the throat. If the object (or food) blocks the top of the trachea a person may be unable to breathe. This is an emergency. It is also possible that food or other things can get stuck in the esophagus; while painful, this does not cause a person to stop breathing. This article will cover causes, prevention and the treatment of choking.

Symptoms:

Partial choking

- Patient is holding their neck, trying to communicate, coughing

Complete choking

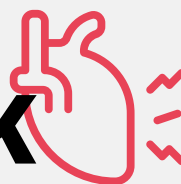
- Patient is holding their neck
- Trying to breathe, can NOT communicate
- Cyanotic parts, danger of faint/collapse



First aid:

- Communicate with patient
- Initiate with 5 Gordon blows on patient's back
- IF the patient is still choking proceed to Heimlich maneuver
- Ask after each maneuver, coughing is a good sign
- If the patient is still choking repeat each method in a 5 to 5 ratio
- If the patient lost consciousness:
 - -Make sure to check for an object in the mouth (take it out if possible)
 - -Check the breathing
 - -If the patient is not breathing initiate CPR + call 112

HEART ATTACK



A heart attack occurs when the flow of blood to the heart is severely reduced or blocked. The blockage is usually due to a buildup of fat, cholesterol and other substances in the heart (coronary) arteries. The fatty, cholesterol-containing deposits are called plaques. The process of plaque buildup is called atherosclerosis.

Symptoms:

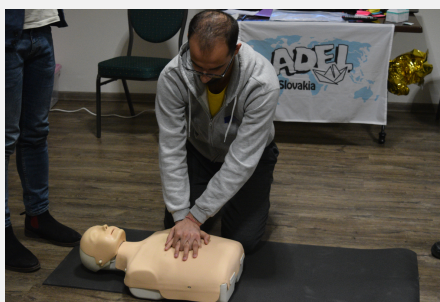
- Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
- Cold sweat
- Fatigue
- Heartburn or indigestion
- Lightheadedness or sudden dizziness
- Nausea
- Shortness of breath



First aid:

- Call 112 or your local emergency number
- Chew and swallow an aspirin while waiting for emergency help
- Take nitroglycerin, if prescribed
- Begin CPR if the person is unconscious

DROWNING



Causes

- Not being able to swim.
- Missing or ineffective fences around water
- Lack of close supervision
- Location
- Not wearing life jackets
- Drinking Alcohol
- Using drugs and prescription medications

Symptoms

- Cold or bluish skin
- Abdominal swelling
- Chest pain
- Cough
- Shortness or lack of breath
- Vomiting

First aid

- Check for breathing
- Tell someone to call 112 for emergency help – if an AED is available, ask someone to get it but don't delay starting CPR
- Give five rescue breaths: tilt their head back, sealing your mouth over their mouth
- Give 30 chest compressions

SHOCK (MASSIVE BLEEDING)



The most common cause of hypovolemic shock is blood loss when a major blood vessel bursts or when you're seriously injured. This is called hemorrhagic shock. You can also get it from heavy bleeding related to pregnancy, from burns, or even from severe vomiting and diarrhea.

Symptoms:

- Blue lips and fingernails
- Low or no urine output
- Excessive sweating
- Shallow breathing
- Dizziness or loss of consciousness
- Confusion
- Chest pain
- Low blood pressure



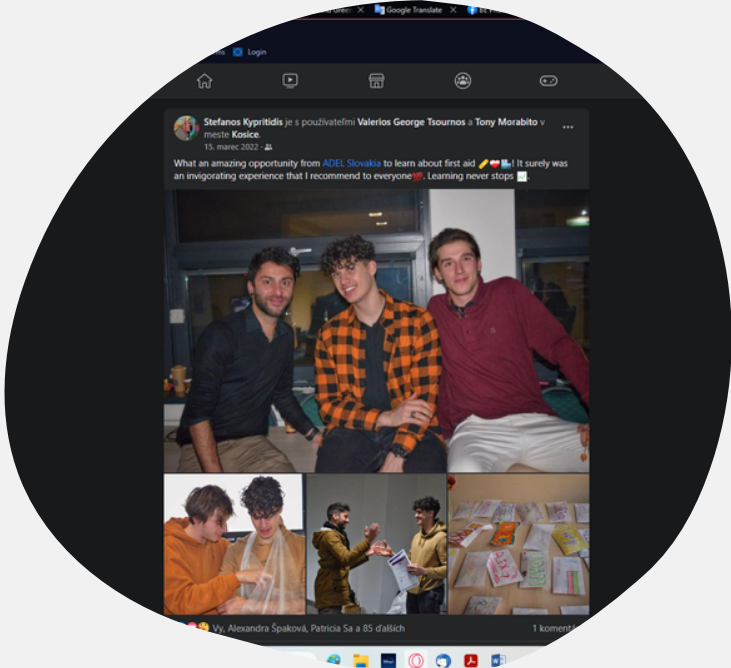
First aid:

- Apply direct pressure to the wound
- Call 112 for emergency help
- Secure dressing with a bandage to maintain pressure
- Treat for shock
- Support the injury

FOLLOW-UPS



Workshop by Romanian team



Facebook post by Italy



Facebook post by Cyprus



FArticle by Greece

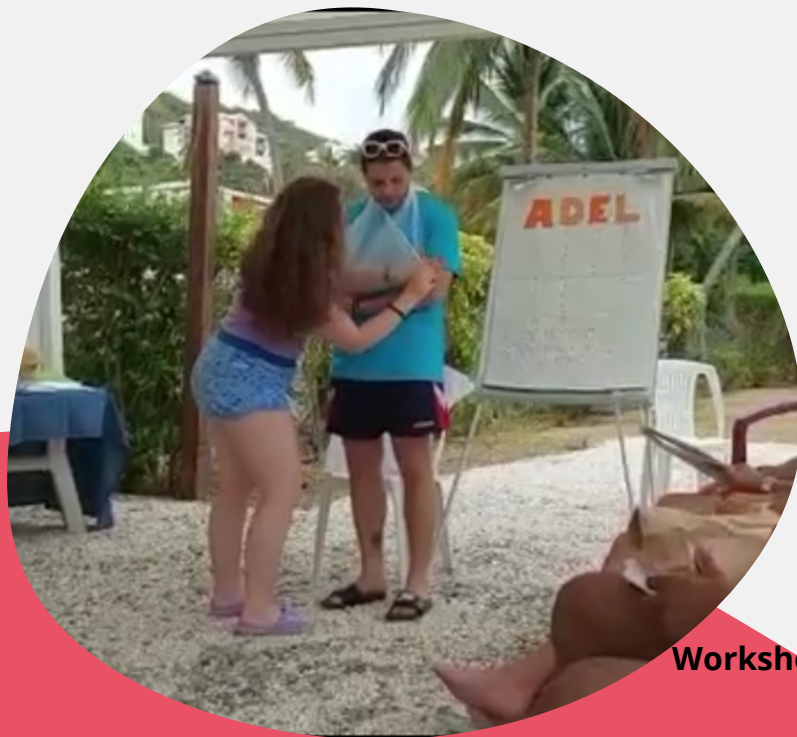
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Workshop by Slovak team



Instagram article by Bulgaria



Workshop by Spain



Workshop by Austrian team

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THANK YOU