The Mark Scott Leadership For Life Award
PARLIAMENTARY RECEPTION 2014
CELEBRATING 16 YEARS OF THE AWARD
OUR STORY

In the October of 2015, Jacob Jenkins, a two-year-old boy, choked on a grape while eating in Pizza Hut with his parents and was rushed to hospital, but sadly died after being put into an induced coma. It is possible that if first aid had been available in the situation, Jacob may have lived. Preventable deaths occur all too often and providing something as simple as basic first aid knowledge is the first step in reducing cases like Jacobs and so the idea for first aid first came to be.

OUR AIMS:

- Provide lifesaving skills at an early stage
- Deliver courses in a fun and engaging way that will ensure the knowledge is lifelong
- Provide these free courses to at least 60 children
- Raise awareness about the importance of first aid
- To make first aid free and available in our local community
OUR COMMUNITY

Why set up First Aid Workshops in Cumbernauld?
First Aid: The Facts

9/10 Teenagers have experienced some kind of medical emergency.

8 minutes: The average waiting time for an ambulance.

3-4 minutes: The time a blocked airway can kill someone in.

Two thirds of people in the UK wouldn’t feel confident enough to try and save a life.

2 in 3

80% of teenagers say they would feel safer if they had some basic first aid knowledge.

3 hours: The average time it takes to learn basic first aid.

150,000: The number of lives that could be saved each year in the UK if more people had basic first aid knowledge.
OUR TRAINING

British Red Cross

FIRST AID FIRST
LIFESAVING LIFELONG LEARNING
THE COURSE

EMERGENCY:
You have found someone lying on the floor. Before you try to help, you must check that the area around you is safe.

Check for breaths.

Tilt their head backwards.
Watch their chest for movement.
Check with your cheek.

Personal Safety First!
You must look at the situation and the area around your casualty to ensure it is safe before attempting to help. Under no circumstances should you enter a situation if there is any risk to you!

What do I do when someone is unresponsive and breathing?

Let's Practice!
1. Instruct your FAF Guide and have them put someone in the recovery position.
2. Put your FAF Guide in the recovery position as a group.
3. Practice in pairs.

You must check if the person is responsive. You can. Do this by announcing that you are there, calling on them and shaking them by the shoulders.

Move them onto their side and tilt their head back. (Recovery Position)
RESULTS AND FEEDBACK

Feedback Sheet 1

On a scale of 1-10, how much First Aid knowledge do you feel you have? Circle your answer.

1 2 3 4 5 6 7 8 9 10

How confident would you feel about helping in an emergency? Circle your answer.

A B C D E F G

Before today, have you ever been taught any First Aid? Circle your answer.

YES NO

Feedback Sheet 2

On a scale of 1-10, how much First Aid knowledge do you feel you have? Circle your answer.

1 2 3 4 5 6 7 8 9 10

How confident would you feel about helping in an emergency? Circle your answer.

A B C D E F G

Would you recommend First Aid First to others?

YES NO
Before today, have you ever been taught any first aid?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>53</td>
<td>47</td>
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Would you recommend First Aid First?

<table>
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<td>95</td>
<td>5</td>
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WHAT NEXT?
Finalise our list of participating schools and youth clubs

Create learning materials to go with the course

Deliver the courses and learning materials

November

Begin the training process!

December

Finalise dates with participating schools and youth clubs

January

Review and evaluate project
THANK YOU FROM ALL OF FIRST AID FIRST LIFESAVING LIFELONG LEARNING