



Workshop on First-Aid

Date : 17 August 2019
Venue : Science Lab
Conducted by: Dr. Vijay Kansal

“Safety isn't expensive, its priceless”

Having the staff trained in first aid not only boosts the safety of the entire school, but can also make a difference in case of a medical emergency. A workshop on Cardiopulmonary Resuscitation and first aid was organised for the teachers of ITL Public School. The workshop was conducted by Dr. Vijay Kansal. The teachers were acquainted how to deal with commonly occurring situations in the classrooms and at home. The workshop included first-aid on choking, drowning, head injuries, bleeding, fracture, bandaging, asthma attack and convulsions. It was an interactive and educative session which delivered the skills and confidence to use first aid. He guided the teachers on how to deal with injuries following **RICE**-Rest, Ice, Compression and Elevation. He also elaborated the steps to be taken in case of Epileptic fits. All the topics were discussed in detail and were well demonstrated. It was an enriching session as it elucidated various ways to manage injuries and physical ailments.

