

## WHAT IS FIRST AID?

**First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.**

### THE FIVE AIM OF FIRST AID ARE:

- Promote a safe environment
- Preserve life
- Prevent worsening of the condition
- Promote recovery
- Promote comfort to the ill/injured

### BEING SELF AWARE IS TO CARE

Respect for myself and others and learning what consent means.

### WHAT DOES IT MEAN TO BE SELF AWARE?

Having the ability to recognise personal thoughts, behaviours and actions to be respectful to yourself and others.

### WHY IS IT IMPORTANT TO BE SELF AWARE?

- The actions you do may harm someone or even yourself
- The behaviour you display may offend someone
- The words that you say may cause harm to someone's character or reputation

### WHAT IS CONSENT?

When a person receives permission from another to do something. An agreement which both parties understand.

- Always obtain consent before applying first aid
- When applying first aid and a patient is unconscious: implied consent
- When the casualty is under 18 years of age, where possible, obtain consent of a parent or guardian

### FIRST AID FEELINGS

**Always remember to ask the patient: Is it okay for me to help you?**

**Remember to ask yourself: Is it okay for me to help them?**

If it does not feel right then, it may not be right. You have a choice to say no and so do others. Before stepping into anyone's boundaries, we need to ask for their consent so we do not create feelings that may be disruptive or uncomfortable.

### Recognising feelings that don't feel normal

Sometimes after we see something traumatic, we can experience horrible feelings such as sadness, vulnerability, nervousness, anger or grief. Remember there are people and places we can turn to. As first aiders, if you know of someone that may benefit from these services, you could suggest and provide the appropriate contact.

### What are normal feelings?

- Happy
- Confident
- Loved

### I should seek help if I experience these feelings

- Disinterested
- Upset
- Frightened

