



# Enhancing First Aid Training on Robin Road

There was a story in the news where a Scottish MP resuscitated his 4 year-old daughter who had swallowed a penny over the weekend.

He said, with a modest chuckle, he used “half-remembered” lessons from a first aid course he did more than 25 years ago.

Is ‘half remembering’ life-saving first aid skills really good enough?

When it comes to first aid training, it is important to create an environment where the message is continually reinforced.

The way that one truly learns is to either do repeatedly until the action becomes routine. Unless you work for the emergency services, this is very much likely not to be you.

Or to become immersed in the information until it becomes familiar.

Conventional first aid training consists of :

1. be taught the subject matter in a classroom or other learning environment;

2. take home a brochure, booklet or leaflet – that often gets put on a shelf, buried under other papers or binned; and
3. allow it to fade from memory and hope that it may not be needed.
4. but remain 'qualified' for a number of years until you have to go through the process again.

What if we were to capture all the elements of the course and make them easily available to people – not left on a shelf or under a pile but literally in their hands for quick and easy access whenever and wherever it may be required.

And to have a regular communication – delivered by push notification – to offer new guidance, pass on best practice, inform of something new or just to provide a reminder for material already covered.

This simple but effective engagement will help to assure that, instead of 'half-remembering' a first aid course from yesteryear; the information is constantly fresh and immediately to mind.

Because somebody's well-being could depend on knowing what to do when the situation presents itself.