

## **REPORT ON THE HEALTHY KIDS SESSION**

### **CONDUCTED IN SUGUTA MUGIE SCHOOL ON JULY 16,**

### **2025.**

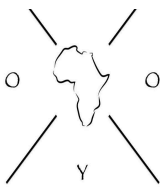
**Topic :** Basic First Aid

**Facilitator :** Charles Vaati/Sylvia Ngoi.

### **Introduction**

A health education session on **Basic First Aid** was conducted for students in Grades 7 to 9 with the objective of equipping them with essential knowledge and skills to respond safely and effectively in case of minor accidents or health emergencies. The session aimed at empowering the students to become responsible and proactive in their environment, both at school and at home.





## Session Highlights

### Introduction to First Aid:

- Definition of first aid as immediate help given to an injured or ill person before professional help is available.
- Importance of staying calm and calling for adult or professional assistance.

### Basic Principles of First Aid Covered:

- **Check, Call, Care** – Always check the scene, call for help, then give care.
- Emphasis on safety before helping to prevent further harm to the injured or the responder.

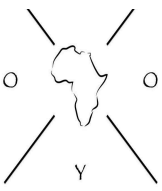
### Common Situations and Responses:

- **Bleeding:** Cleaning the wound, applying pressure and using a clean bandage.
- **Burns:** Running cool water over the area and covering it with a clean cloth.
- **Nosebleeds:** Proper positioning, applying pressure and staying calm.
- **Fainting:** Ensuring safety, elevating the legs and seeking help.

### Emergency Preparedness:

- Students were taught key emergency numbers like 911 and the importance of knowing their parent/guardian contact details.
- Learners actively participated through Q&A, short demonstrations and role play to enhance understanding.





## Conclusion

The session was interactive and well-received by the learners. Many showed enthusiasm in participating, asking thoughtful questions and demonstrating a keen interest in learning how to help others.

Students were reminded that they don't need to be doctors to save lives, being calm, kind and knowing what to do can make a huge difference.

We encouraged them to spread what they've learned with peers and family and to always seek adult help when unsure.



*Report by : Charles Vaati, Mugie Conservancy Clinical Officer.*