

AIDE TO UPGRADE: UPSKILLING FILIPINO YOUTH

by:

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Knowledge can save lives; knowing what to do in medical emergencies can prolong life of those involved and alleviate their suffering. With the pandemic happening, it is absolutely necessary to be well-educated during medical crises.

Accidents can happen anywhere, anytime, and to anyone. Students are often in situations where they might witness or be involved in emergencies. Equipping them with basic first aid skills can enable them to respond promptly and effectively, potentially preventing injuries from worsening or even saving lives. Whether it's a classmate choking on food, a sports injury on the field, or a family member facing a health crisis, students will be better prepared to take action.

Providing immediate first aid, especially in cases of accidents, cardiac arrest, or severe bleeding, can reduce mortality rate. In the Philippines, where access to healthcare can be limited in some areas, the ability to administer basic first aid can be the difference between life and death. By teaching first aid in high schools, we can significantly reduce mortality rates and minimize the severity of injuries.

Moreover, having been situated in the Pacific Ring of Fire, the Philippines is vulnerable to earthquakes, typhoons, and volcanic eruptions. These natural disasters can cause injuries and medical emergencies on a large scale. By teaching first aid in high schools, students can be better prepared to provide assistance to their families and communities in times of crisis, enhancing community resilience.

Introducing first aid education empowers young individuals with a sense of responsibility and empathy. They learn the importance of being prepared and the value of helping others in need. These skills can foster a sense of citizenship and community involvement, encouraging students to participate in volunteer organizations and emergency response teams actively.

Upskilling students about first aid is not just about imparting a set of skills; it is about fostering a culture of preparedness, empathy, and active citizenship. By equipping young individuals with the ability to provide immediate assistance in times of need, we can significantly reduce mortality rates, alleviate suffering, and enhance the overall well-being of the Filipino people, ensuring that our youth are well-prepared to face any challenge that comes their way.

References:

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