

## THE IMPORTANCE OF FIRST AID SKILLS AMONG STUDENTS

by:

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Mastering and using proper first aid is a crucial life skill. It is vital for young people, as their curiosity and adventurous nature often make them more susceptible to injuries and accidents. Youth are more risk-takers. They are more active in different kinds of sports. They are happy exploring the world. They also try different extreme activities that will cause them harm.

The introduction to first aid includes the basic application of bandages and identifying common injuries, such as bruises or cuts, that might occur at school or home. Here's why teaching first aid skills are important among students:

- First aid training equips students with the confidence to manage emergencies or respond quickly to specific incidents. This not only makes them more resilient but also enhances their sense of efficacy. Students can assist in giving basic first aid to their peers, classmates, and family members if an adult is not around. As a student, they become more self-assured and capable of handling emergencies.

- Knowing first aid skills can build confidence in handling emergencies. Students can calmly react with the proper application of first aid. They can effectively overcome and manage stressful situations by reducing panic attacks while performing first aid.

- Learning first aid creates a safe environment. It gives a sense of understanding the consequence of their action. They will know the effect if they are doing dangerous and extreme activities inside and outside the school premises.

- Youth may also learn the value of self-care, not only for themselves but also a responsibility towards the community. This kind of emotional skill of taking care of others gives a stronger relationship to the community. Students may develop a greater sense of compassion in helping people that surround them.

- First aid skills are valuable life skills. They can carry through to adulthood and can be transferred to others. For some people, this serves as an opportunity to direct their career path. Having first aid skills may open a door to their future career opportunities.

- Emphasize the teaching on calling someone for help, especially 911 and local emergency numbers in case of emergency. The sooner the person receives first aid, the better the chances of recovery but if it requires a medical practitioner, do not hesitate to call the trained medical personnel

- Most importantly, this kind of training is a lifelong skill that may be used throughout their lives, especially now that the community experiences different natural calamities, incidents, and accidents that may occur anytime, anywhere, and in any people regardless of what socio-economic status they belong to.

In our country, where limited access to medical care in certain areas, it is valuable to learn first aid skills. Students may significantly make a difference in providing first aid skills in emergencies, natural disasters, and health crises. Knowing and applying first aid is essential.

### *References:*

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