



FIRST AID CLUB

UNIVERSITY OF NAIROBI

University Of Nairobi – Faculty of Health Science – First Aid Club – School Newsletter Article

Shaping Lifesavers of Tomorrow: First Aid Club Trains New Recruits

Emergencies can happen anytime, anywhere, and often when least expected. Recognizing this, our **First Aid Club, at the University of Nairobi** remains steadfast in its mission to equip students with life-saving skills that empower them to act decisively when it matters most. **On November 23rd, 24th, and 30th, 2024, the club successfully conducted an intensive occupational First Aid training session for its new recruits.**

This training program, **held in partnership with St. John Ambulance Kenya**, covered a diverse range of essential

topics, ensuring participants were exposed to both the theoretical and practical dimensions of First Aid.



Image 1: St. John Ambulance Building; Venue for training

Topics That Matter in Emergencies

Participants were learnt:

1. What is First Aid?

A foundational understanding of First Aid, emphasizing its importance in minimizing injury and preserving life until professional help arrives.

2. Incident Management:

How to quickly assess situations, prioritize safety, and control panic in emergency settings.

3. Casualty Management:

Techniques for stabilizing injured individuals, including proper positioning, wound care, and support for fractures.

4. Checking Vitals:

Methods to monitor pulse, breathing, and other critical indicators of health.

5. Triage Colors:

A system for prioritizing care during large-scale emergencies, teaching recruits how to identify and classify injuries efficiently.

6. Management of Burns, Bites, and Stings:

Practical approaches to treating common injuries caused by accidents, insects, or wildlife.

... and many more, tailored to real-world applications.

Through simulations, role-playing, and interactive demonstrations, trainees not only gained practical knowledge but also developed the confidence to apply it effectively.

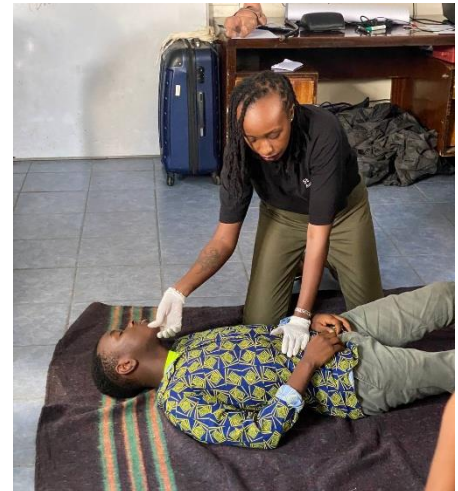


Image 2: Trainer demonstrates how to monitor regular breathing



Image 3: An elevation sling for fractured wrist



Image 4: Checking carotid pulse

P reparing for Real-Life Impact

The sessions emphasized the critical role of First Aid in both professional and everyday life. Trainees practiced responding to scenarios such as motor accidents, fire outbreaks, and medical emergencies at public gatherings. By learning to think on their feet, participants honed their ability to act calmly and competently under pressure.

One recruit reflected, *“This training was more than just acquiring skills; it was about becoming a responsible member of society who can make a difference when disaster strikes. Also, the family-like support the members give to one another makes this*

club, outstanding!”



Image 5: Carrying a casualty in absence of spine board



Image 6: A section of new members poses for a photo after day 1 of training

A Vision for the Future

The First Aid Club at the University of Nairobi aspires to shape a generation of competent medics who go beyond textbooks and lectures, embracing their responsibility as leaders, first responders and providers of quality healthcare in both clinical and community settings.

As the Club Superintendent remarked, *“Every skill learned here has the potential to change a society, to save a life. That’s the power of First Aid.”*

The club invites all students passionate about making an impact to join its ranks. Together, they aim to build a culture of readiness, responsibility, and resilience.



Image 7: A section of newly trained and qualified first aid experts enjoy a cool photo with the chief assessor.