



# The South African Pony Club



## FIRST AID (HUMAN) ACHIEVEMENT BADGE

### GUIDELINES:

To be able to treat minor wounds and injuries and to know basic signs of serious conditions and injuries and to know how to get adult help in case of an accident.

### KEYPOINTS:

- Show how to treat minor grazes, cuts and burns.
- Show how to control bleeding and how to stop a nose bleed.
- To know when not to remove objects from wounds.
- Know the signs of head and back injuries and to understand the importance of how to deal with them.
- Know the importance of when not to remove a hat.
- Know how to perform artificial respiration by the mouth to mouth method.
- Have knowledge of the recovery position.
- Understand the importance of keeping calm, reassuring the patient and keeping him warm and comfortable.

### TEACHING, TESTING IDEAS AND RESOURCES:

Young children are very responsive to learning about first aid, but instructors must be careful to keep the teaching simple and straight forward.

Members should be encouraged to demonstrate practically how to deal with minor and major injuries. The use of a 'mannequin' for resuscitation exercises makes the situation more realistic and the local St John's Ambulance or red Cross may be happy to help with instruction.

They should be able to demonstrate how they would call the emergency services, how to give clear details of the accident and instructions as to where they are.

NB: The tester must be a qualified Doctor, Registered Nurse or the holder of any Nationally Validated Adult First Aid Certificate.

### NOTES:

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