

**serTA First Aid course  
31 October 2021**



**Headline thoughts from the day:**

1. Has your group got an up-to-date First Aider and do you ask before an event if they will be present?
2. Does your hall have a defibrillator and, if not, can you get one installed?

A First Aid course had been requested by members of serTA and duly arranged but the first Covid lockdown delayed its occurrence. We were delighted to manage to hold the training on 31<sup>st</sup> October 2021.

Run by Des Merrigan of Herts Canoe Lifeguards, this intense 8-hour course covered the most common eventualities that teachers of Scottish Dancing might meet at our events.

Most important was the morning session which concentrated on resuscitation, including the use of defibrillators. These devices are saving so many lives nowadays and are incredibly easy to use. We were taught to remember that you can't make anyone any worse by not doing something!

We came away having learnt so much, such as what to have in our First Aid boxes and how to bandage a sling, but most importantly, the idea that we should check to see where the nearest defibrillator is before an event. Do you know where your group's nearest one is? (If there isn't one currently at your group's hall, there is funding available for them.)

We have all been awarded our certificates and our thanks to Des for leading such an interesting and productive day for us all.

Jane Rose