



“OS CINCO GESTOS DE SOCORRO”

Poster apresentado no Simpósium Intercalar promovido pelo ERC (European Resuscitation Council) que decorreu no período de 1 a 3 de Outubro de 2009, em Colónia (Alemanhã) e subordinado ao tema Educação Sobre Primeiro Socorro

5 Rescue Steps for Children (The Five-Finger-Formula)



Introduction:

The "Associação Nacional dos Alistados das Formações Sanitárias - ANAFS" (National Association of the Enlisted in Health Training), existing since 1991, is a ONG-D whose main purpose is to perform civic training of populations and developing activities related to prevention, safety and rescue, disseminating steps and measures that help to better protect people and property.

Resume:

Since 2007 ANAFS is developing in Portugal a project named: "5 Rescue Steps." This project purpose of transferring knowledge about first aid to children of several elementary schools. To accomplish this purpose, we use expositive, active and demonstrative methods of teaching, and, The Five-Finger-Formula. The kids love the project, learning while having fun. Simple follow-up studies show the power of the design and quality of the message. To the present date have trained more than 8 760 children and the project has attracted great interest from schools, municipalities, condominiums and other associations involved in civic education, as well as the Ministry of Education. At the end each child is given a hand shaped guide book which is also a certificate.

Objectives:

- To teach the children small steps and procedures of safety and prevention;
- To demonstrate the correct use of the European Emergency Number 112;
- To identify the unconscious victim and how to place him/her in the recovery position;
- To show how to properly control a situation involving hemorrhage and/or wound.

The Five-Finger-formula:

(1 finger + 1 step) x 5 = 5 safety steps



Any conflict of interest

Description of the project:

The primary goal is to transmit the children of the elementary level (from 6 to 9 years-old) simple, but effective knowledge about prevention and safety procedures, with the 5 Finger-Formula:

- Thumb** - **Prevention** (learn preventive and self-protective behavior).
- Index** - **Alert** (correctly use of the European Emergency Number-112).
- Middle** - **Unconscious** victim (identify situations of unconsciousness and practice the victim's placement in the recovery position).
- Ring** - **Hemorrhage** (concept and how to perform manual compression of an uncomplicated bleeding).
- Little** - **Wound** (concept and treatment: exposure, washing and bandaging a simple wound).

The future:

To continue the civic duty of creating awareness, educate and teach the children simple steps of prevention and rescue, and help to integrate the "5 Rescue Steps" project in the elementary school curriculum.

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