


California
After School
Resource Center

See, Think, and Act! Handwashing and First Aid

California After School Resource Center
(CASRC)

Administered for the California Department of Education
(C.D.E.)


Hello. My name is Robyn Sakamoto. Welcome to the handwashing and first aid training. This training will take approximately 30 minutes to complete. Let's get started!



Training Objectives

- Practice proper handwashing techniques.
- Respond appropriately to injured students.
- Access health resources for injured students.

Let's review the objectives. By the end of this training, you will be able to put proper handwashing techniques into practice, respond appropriately to students who have been injured, and access health resources for injured students.



Why Wash Your Hands?


According to the Centers for Disease Control and Prevention (C.D.C.):

- Handwashing may be the single most important means of preventing the spread of infection.
- Some viruses and bacteria can live from 20 minutes to two hours, or more, on surfaces like cafeteria tables, doorknobs, and desks.

References:

1. National Center for Preparedness, Detection, and Control of Infectious Diseases & National Center for Zoonotic, Vector-Borne, and Enteric Diseases. (2008). *Put Your Hands Together* [Video file]. Retrieved from <http://www.cdc.gov/cdctv/handstogether/>
2. Department of Health and Human Services, C.D.C. (2004). *Influenza (Flu)* [Fact sheet]. Retrieved from http://www.cdc.gov/germstopper/home_work_school.html

Why should you wash your hands? The Centers for Disease Control and Prevention, or C.D.C., has identified handwashing as the single most important means of preventing the spread of infection. Some viruses and bacteria can live from 20 minutes to two hours, or more, on surfaces like cafeteria tables, doorknobs, and desks.



When to Wash Your Hands

- Before eating, before and after handling food
- After sneezing, coughing, or blowing your nose
- After playing
- After using the bathroom
- After touching blood or body fluids

So when should you wash your hands? The key is to wash your hands frequently and properly and use barriers when touching surfaces that may harbor germs. Examples of when you should be sure to wash your hands are:

- Before eating and before and after handling food;
- After sneezing, coughing, or blowing your nose;
- After playing;
- After using the bathroom; and
- After touching blood or body fluids.

How To Wash Your Hands

- 1) Use warm running water and soap.
- 2) Scrub your hands for 15 to 20 seconds.
- 3) Dry your hands on a clean cloth or paper towel or use an automatic hand dryer, if possible.
- 4) Use a protective barrier when touching surfaces with clean hands.



To be effective, using proper handwashing techniques is essential. Be sure to use warm running water and soap. Scrub your hands together for at least 15 to 20 seconds. Then, dry your hands on a clean cloth or paper towel or use an automatic hand dryer, if possible. Keep your hands clean by using a protective barrier when touching surfaces. An example of this would be to use a paper towel to open the door when leaving the bathroom.


Teaching Good Habits

How can you help the children in your program practice good handwashing?

- Teach them to use proper handwashing techniques.
- Help them to use good handwashing techniques.
- Remind them to wash their hands when needed.



Helping the children in your program learn and practice good handwashing will keep them and you healthier and in school. Make it a priority to be sure your students know when and how to wash their hands. A fun way to teach students about proper handwashing is to have the students sing a song for 20 seconds while they wash their hands. Singing the “Happy Birthday” song two times while washing hands will help students to become aware of the appropriate amount of handwashing time. The C.D.C. has excellent resources including posters and a short video you can access online called “Put Your Hands Together.” These and other resources will be available to you at the end of the training.



PASS: The Steps to Providing First Aid

- Provide a sanitary environment.
 - Wash hands.
 - Use protective barriers (e.g., gloves).
- Assist the child.
 - Stay calm.
 - Recognize and prioritize injuries.
- Secure safety.
 - Manage the other children.
 - Do not move the child until it is considered safe.
- Seek help from others.
 - If needed, find a nurse or someone who is certified in first aid.
 - Call 9-1-1.

When a child is injured in your program, you can use the PASS model to think about steps to providing first aid. Proper handwashing is part of the first step of first aid provision. Providing a sanitary environment includes both washing hands and using protective barriers such as gloves to reduce the spread of infection. The steps that follow are to assist the child by staying calm and recognizing and prioritizing injuries. You will then want to think of the best way to ensure the child's safety. You will need to manage the other children who may be curious or concerned. Direct them to "go back to the room" or "line up at the door." Also, you should avoid moving the child until it is safe to do so. Finally, you may need to seek help from others, such as finding a nurse or someone who is first aid certified and calling 9-1-1. Let's discuss how these steps can be applied to some common first aid situations for dealing with minor to severe injuries.

PASS: Minor Injuries



- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - Gently cleanse the wound with soap and water.
 - Cover the wound with a bandage or larger adhesive dressing.
- Secure safety.
 - Manage the other children.
 - Supervise the student providing self-care.
- Seek help from others.
 - Tell the parents/guardians about the injury.

Minor injuries such as small cuts and scrapes are common. Whenever you need to assist a student to provide first aid, you will first need to provide a sanitary environment. Wash your hands and protect yourself from blood and body fluids by wearing gloves. Next, assist the child by gently cleansing the wound with soap and water and covering the wound with a bandage or larger adhesive dressing. Often, students may administer self-care for minor cuts and scrapes with adult supervision. Be sure the wound is cleaned and covered. Communicate with parents so they are able to provide follow-up care and watch for infection.




PASS: Splinters




- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - Clean the area with soap and water.
 - Remove minor splinters that are easily accessible.
 - Wash again with soap and water and apply a bandage.
- Secure safety.
 - Manage the other children.
 - If the splinter is embedded, clean the area and cover with a bandage.
- Seek help from others.
 - Tell the parents/guardians about the injury.

Children often get splinters. To provide first aid care for splinters, you will first need to wash your hands and put on gloves. Assist the child by cleaning the affected area with soap and water. If accessible, minor splinters may be removed with tweezers. Once the splinter is removed, wash the area with soap and water and cover with a bandage. If the splinter is not accessible, clean the area and cover with a bandage. Make sure to tell the parents so that they are able to provide and/or seek follow-up care.



PASS: Nosebleeds

- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - Have the student sit down (not lie down).
 - Have the student squeeze the lower soft parts of the nose together.
- Secure safety.
 - Manage the other children.
 - Time the bleeding.
- Seek help from others.
 - Get help from a nurse or someone certified in first aid.
 - Call the parents/guardians.
 - Notify your administrator.




Nosebleeds can be a frightening occurrence. Before providing first aid, remember to wash your hands and protect yourself from blood and body fluids by putting on gloves. Next, you can assist the child with a nosebleed by having the student sit down and lean forward rather than lying down. Have the student squeeze the lower soft parts of the nose at the nostrils together for 15 minutes. Make sure to manage the other students and let them know that the student with the injury “needs attention right now.” If the bleeding hasn’t stopped after 15 minutes, you will need to get help from a nurse or other person certified in first aid and contact the parents as the child may need further medical care. Inform your administrator about the incident.

PASS: Serious Wounds Or Cuts


- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - Apply direct pressure to the wound using a clean pad.
 - If possible, elevate the wound above the level of the heart.
- Secure safety.
 - Manage the other children.
 - If the bleeding continues, add more dressing.
 - Do not remove the original pad.
- Seek help from others.
 - Call 9-1-1 and the child's parents/guardians if necessary.
 - Notify your administrator.



Serious wounds or cuts may require more intense care and a possible trip to the emergency room for stitches. You can follow these steps to provide initial care. If a child is bleeding, after washing your hands and putting on gloves, apply direct pressure to the wound, using a clean pad. Raise and support the injured body part above the level of the heart, if possible, to help reduce the flow of blood. Remember to manage the other children who may be curious or concerned. Keep adding more dressing while applying pressure if the bleeding continues. Don't remove the original pad as this may increase bleeding. Call the parents as well as 9-1-1 if the bleeding is severe and medical follow-up is needed quickly. Inform your administrator about the incident.



PASS: Fractures



- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - If it is an open fracture, control the bleeding with direct pressure applied with a clean bandage.
 - Stabilize a fracture by immobilizing the joints above and below the fracture.
- Secure safety.
 - Manage the other children.
 - Do not move the child until it is considered safe.
- Seek help from others.
 - Get help from a nurse or someone certified in first aid.
 - Call 9-1-1 and the child's parents/guardians if necessary.
 - Arrange for transportation of the child.
 - Notify your administrator.

There are several kinds of fractures. The bone may be obviously dislocated. Do not try to put the bone back in place. The fracture may be open and the bone sticking out of the skin, causing bleeding. After you wash your hands and put on gloves, control the bleeding with direct pressure applied with a clean bandage. Stabilize a fracture by immobilizing the joints above and below the fracture. Manage the other children. Give them directions for what to do while you attend to the child with the injury. Do not move the child until injuries have been evaluated and it is considered safe to move the child. You may need to call a nurse or someone certified in first aid for help. Arrange for transportation of the child by contacting the parents and 9-1-1, as needed. Inform your administrator about the incident.

PASS: Head Injury



- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - Observe the level of consciousness.
- Secure safety.
 - Manage the other children.
 - Do not move the child until it is considered safe.
- Seek help from others.
 - Get help from a nurse or someone certified in first aid.
 - Call 9-1-1 and the child's parents/guardians if necessary.
 - Arrange for transportation of the child.
 - Notify your administrator.

Head injuries can be very bloody. Before providing first aid, remember to wash your hands and protect yourself from blood and body fluids by putting on gloves. If a child has a head injury, observe the level of consciousness, such as whether the child knows his or her name, where he or she is, and what is happening. Manage the other children by providing directions of what to do while you help the child with the head injury. Immobilize the child and do not move him or her until injuries have been evaluated and it is considered safe. Usually, this is determined by a nurse, someone who is certified in first aid, or emergency responders if you have called 9-1-1. Inform the parents and your administrator about the incident.



Follow-Up: First Aid Reporting

Employees are required to complete an accident report for all major events:

- File a report.
- Follow program procedures for submitting reports.
- Notify the parent/guardian and administrator.




You must file an accident report as a follow-up to any serious injury. Follow the procedures of your program as to when a written report is required. The employee who witnessed the event must complete the accident report. If several employees witnessed the event, only one needs to complete the form and list the others as witnesses. Remember that the parents and your administrator must be informed of all serious incidents such as head injuries, loss of consciousness, fractures, injuries requiring stitches, and any injury resulting in a call to 9-1-1. A sample accident report is provided at the end of this training.

A Quick Review

While playing outside during your program, James fell on some rocks and cut open his leg. The open wound is bleeding profusely. What can you do to help James?




Now, let's use what you've learned in this training to help a child in your program. While playing outside during your program, James fell on some rocks and cut open his leg. The open wound is bleeding profusely. What can you do to help James? You can use the PASS model!



How Can You Use The PASS Model To Help James?

- Provide a sanitary environment.
 - Wash hands.
 - Put on gloves.
- Assist the child.
 - Apply direct pressure to the wound using a clean pad.
- Secure safety.
 - Manage the other children.
 - If the bleeding continues, add more dressing.
 - Be careful not to remove the original dressing.
- Seek help from others.
 - Notify your administrator and call James' parents/guardians.
 - Call 9-1-1, if needed.

How can you use the PASS model to help James? You should first provide a sanitary environment for first aid care by washing your hands and putting on gloves to protect yourself and James from infection. Then, you can assist James by applying direct pressure to the wound on his leg, using a clean pad. Make sure to give the other children directions for what to do while you attend to James' injury. Consider that if the bleeding continues, you should add more dressing and be careful not to remove the original dressing as this may increase bleeding. You should notify your administrator and call James' parents. Finally, you should seek help by calling 9-1-1, if needed.

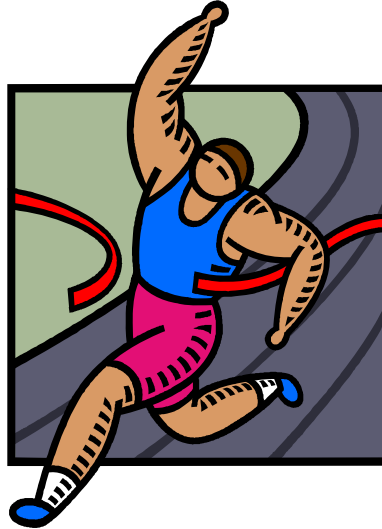


Summary of Objectives

- Practice proper handwashing techniques.
- Respond appropriately to injured students.
- Access health resources for injured students.

Today, we learned to put proper handwashing techniques into practice, respond appropriately to students who have been injured, and access health resources for injured students. If you are not already certified in first aid, the Red Cross and other agencies provide first aid courses. Information on where to become first aid certified is provided at the end of this training.

Congratulations!



Congratulations! You have reached the end of the training on handwashing and first aid. You will now have the opportunity to take a quiz to test the knowledge you have acquired in this training. If you receive a passing score, a completion certificate will be e-mailed to you at the e-mail address you provided. If you don't receive a passing score, you will have the opportunity to take the test again at any time. Following the quiz, you will be asked to complete a brief feedback survey. After you complete the survey, you will be able to access sample CASRC library resources and additional information about handwashing and first aid. You may start the quiz by selecting the quiz link. Thank you for your participation.