

# #11 Topical Tip

## If there is a medical emergency at your rehearsal or production, how equipped are you to deal with it?

Human bodies are susceptible to injuries, illnesses and trauma. We never know when an injury may happen to us, the people we love or those who are around us. Therefore it is always a good idea to have some amount of basic knowledge to take care of critical situations, to keep them from going from bad to worse, or until medical help arrives. Having a number of people within your society who have the basic knowledge to deal with a situation is essential.

**Listed below are the 5 top reasons why first aid training is so important to your theatre group:**

- 1. Increases safety:** The basis of first aid training is **prevention**. It is always better to be safe than to be sorry. Knowledge of first aid promotes a sense of safety and well-being amongst people, prompting them to be more alert and safe in the surroundings they dwell in. Awareness and desire to be accident-free keeps you more safe and secure, reducing the number of casualties and accidents.
- 2. Helps save lives:** If a person who is trained to give first aid administration happens to see a casualty in their vicinity, immediate action can be taken and lives can be saved. While it is natural for most of us to rush to support an injured person, a trained person is more reliable, confident and in control of their self and their actions while in trauma situations.
- 3. Helps relieve pain:** Some injuries require a very simple solution like applying an ice pack or giving a quick rub. A trip to A and E is not always necessary. In such cases, calling a person trained in first aid is more reliable. They can help reduce the pain by performing simple procedures, at least temporarily.
- 4. Makes people more secure:** Knowing that you can save your own life when required, or the lives of the people you know or those in trauma during an emergency, helps you relax and be more secure. This sense of security promotes a healthy and a more confident environment around you and people around you feel more secure. The presence of such people provides reassurance to others within a situation.
- 5. Prevents the situation from becoming worse:** A trained person knows how to keep the situation from getting worse. They can provide temporary treatment which can keep the condition of the victim from deteriorating, until professional help arrives.

For details of the new online First Aid Training course launched by NODASAFE, go to  
[www.noda.org.uk/news/nodasafe\\_launches\\_online\\_first\\_aid\\_training](http://www.noda.org.uk/news/nodasafe_launches_online_first_aid_training)

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