

George teaches first aid

Written by AG

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George, a graceful manikin, taught first aid to the personnel of Polish National Support Element (NSE) and Garrison Headquarters Multinational Corps Northeast. The training was organised by members of the Medical Centre of the Polish NSE on 11 May 2010.

The participants were divided into two groups – the personnel of the Polish (NSE) and Garrison Headquarters.

Sergeant Julita Boleń, Sergeant Marcin Łęga and Corporal Karol Bońkowski from the Medical Centre started the training with a theoretical presentation on how to give first aid but it soon changed into a vivid discussion. Why do we actually help? Can we do somebody harm while giving first aid? How can we help when someone loses consciousness and does not breathe? How about open fracture or any other injury? These are examples of questions raised during the discussion. Soon after, the practical part of the training started. Everybody approached George or other manikin and learned how to give first aid appropriately. The participants role-played in various emergency situations and asked lots of questions. Practical experiences of Sergeant Boleń, Sergeant Łęga and Corporal Bońkowski who are also crew members in ambulances helped them solve all doubts and answer the questions.

As soon as the training was over, everybody had a feeling of learning something new and important, hoping that this knowledge would never be needed.

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