



**Standard First Aid Training and Basic Life Support (SFAT-BLS)** conducted by the Philippine Red Cross - Baguio City Chapter with the following trainee's from Infuturo Inc. *(from left to right)*: Leni "Miguel" Miguel, Tyrone Dan "Ty" Rullan, Mark Christopher "Mark" Lumaad, Sebastian Maria "Basti" Dacanay and Harley Jake "Jake" Bandong.

In strengthening the skills and knowledge of the Occupational Safety and Health Committee of Infuturo, Inc., and as part of Project Care in compliance with DOLE's Occupational Health and Safety Standards, the OSH Committee sent a five-man team to learn and acquire the needed skills in performing First Aid and Basic Life Support.

The training period started from August 12, 2019 (Monday) on a rainy morning at 8:00 am where the Basic Life Support in using **Cardiopulmonary Resuscitation (CPR)**, **Rescue Breathing (RB)**, and **Heimlich maneuver (HM)** was the highlight of the first day. The day ended with actual application of these skills by the trainees in preparation for a return-demo the next day.

August 13, 2019 (Tuesday) and August 14, 2019 (Wednesday) was another challenge for the trainees as it was a test of both mental and physical skills. The trainees were tasked to perform CPR, RB and HM on an adult and infant mannequin to demonstrate the proper way of executing these skillset and they were all graded based on the effectivity of their performance. It was followed by a lecture-demo on how to properly use **bandaging** and **carries** (*proper way of carrying a victim*) including discourses on other emergencies such as **Injuries, Burns, Poisoning, Medical, Environmental, and Aquatic Emergencies and Emergency Childbirth**.



Sir Jake posing as a victim with right cheek injury; this photo shows how to properly put a bandage on the wounded area.

The culmination of the SFAT-BLS training ended on August 15, 2019 (Thursday) with a written examination and a simulation applying all the First Aid and Basic Life Support skills the participants acquired during the first half of the day. And on the afternoon, the participants prepared a small program where Sir Mark and Sir Ty shared a message about their experience and key learnings from the training and Sir Basti shared his talent in singing for a little intermission before their graduation as Certified First Aiders for Infuturo, Inc.

