



Red Cross Newsletter



Activities of Myanmar Red Cross Society facilitated by MRCS branches and community based Red Cross volunteers

Providing care and support according to local needs

Promoting the role of emergency ambulance



On the morning of 25th October, opening ceremony of Emergency Medical Responder – Ambulance training, led by Myanmar Red Cross Society, First Aid and Safety Services department, was held at Mon State Red Cross Supervision Committee office hall.

U Zaw Lin Tun, chief minister of Mon State government gave an opening speech and Dr. Daw Amara Maw Naing, Vice President of MRCS gave a welcome speech at the event.

Chief minister and ministers, department officials, Vice President of MRCS, U Cho Min Linn, chairman of State Red Cross Supervision Committee and its members, an honorary executive, Dr. Toe Toe Aung, U Kyaw Myint, Red Cross Brigade officer of Mon State, Agga Maha Sirisudhamma Manizawtadaya U Hla Tun, Township Red Cross brigade officers, deputy director of First Aid and Safety Services department and trainers, officials from Complex Emergency Operation and training participants attended the event.

The training was conducted for 4 days from 25th to 28th October, attended by 33 participants.

Internal Capacity Building to serve the community



Opening ceremony of Blood donation advocacy training, led by MRCS, Health department was held on 25th October at the Yangon branch office.

At the ceremony, Dr. Tin Nyunt, an executive committee member of MRCS, gave an opening speech. He said that blood donation is a noble act and good deed. He also urged the training participants to be systematic in advocating blood donors

as it is life saving activity, to be committed and systematic in the work, to be a reliable red cross volunteer for the community.

The training was aimed to develop an effective strategy to organize and advocate blood donors. The training lasted 3 days, from 25 to 28 October. The training was attended by 33 red cross volunteers from Mon and Karen states, Magway, Ayeyarwaddy and Yangon regions.



Opening ceremony of Strategy for Resource Mobilization, Fund Raising and Accounting training, led by Resource Mobilization department, was held at Mon State Red Cross Supervision Committee office hall on 18th October.

Prof. Dr. Daw Mya Thu, an executive committee member of MRCS, gave an opening speech, and Dr. Toe Toe Aung, an honorary executive of Mon State Red Cross Supervision Committee, gave a welcome speech at the ceremony.

Prof. Dr. Daw Mya Thu, an executive committee member of MRCS, Agga Maha Sirisudhamma Manizawtadaya U Hla Tun, U Cho Min Linn, chairman of State Red Cross Supervision Committee, Dr. Toe Toe Aung, an honorary executive and its committee members, chairmen of township Red Cross branches, Daw May Sandar Myo, Head of Resource Mobilization department and trainers, guests and officials attended the event.

The training was held for 3 days, from 18 to 20 October, and attended by 30 participants.



Mon

First Aid (Basic) training conducted at the schools



Rakhine

Dengue Fever Prevention Activity

လက်ကိုစင်ကြယ်အောင်
ရေနှင့်ဆပ်ပြာ(သို့)အရက်ပြန်ပါသော
လက်သန့်ဆေးရည်တို့ဖြင့်
မကြာခဏ သေချာစွာဆေးကြောပါ။



Eastern Shan

Providing aids to migrants in the border areas



Yangon

COVID-19 Prevention Activity

ချစ်ခြင်းမေတ္တာကို.....

...အတူတူသွေးလှူဒါန်းချိန်မှာပြပါ။

Give Blood. Save lives.



Kayin

Blood Donation



Southern Shan

Hand Washing Demonstration

Learning from experiences and moving forward – humanitarian works of Red Cross volunteers across the country

Providing Aids to temporary displaced people



Magway

Myanmar Red Cross Society has provided humanitarian aids to displaced people in Pauk township, Magway Region, on 8th October and in Saw township, from 12 to 20 October. The activity was led by Daw Aye Aye Nyein, director of MRCS and supported by local staffs and volunteers. Displaced people at these areas were received necessary foods and household items.

500 displaced households who are currently residing at their relative and friend houses in Aungtakon ward, Aung Chan Tha ward, Aung Taw Mu ward and Shwepaukpin ward in Pauk township were received 1 bag of rice, 6 liter of edible oil, 1 bag of beans, 1 viss of salt, 1 sanitation kit (1 week usage), 2 blankets, 2 mosquito nets, 2 mats, 5 bottle of hand cleansing jel, 1 box of facial mask, women/men dignity kit, children items, and sanitary kit of pregnant women, per household.

704 displaced households who are currently residing at their relative and friend houses in downtown ward, Longshay town, Anyarkatin village and Theekone village were received 1 bag of rice, 6 liter of edible oil, 1 bag of beans, 1 viss of salt, 1 sanitation kit (1 week usage), 2 blankets, 2 mosquito nets, 2 mats, 5 bottle of

Hand sanitizer, 1 box of facial mask, women/men dignity kit, children items, and sanitary kit of pregnant women, per household. In addition, mine risk awareness raising activity was held and shared the knowledge to 901 local people and 259 children.

Myanmar Red Cross Society provided humanitarian aids in Magway Region in December 2021, May 2022, and June 2022 respectively. This was the fourth time to provide humanitarian aids in Magway Region.



Sagaing

Covid-19 prevention and raising awareness to the passengers and local people at the crowded junctions of Sagaing and Monywa townships on 30th September.



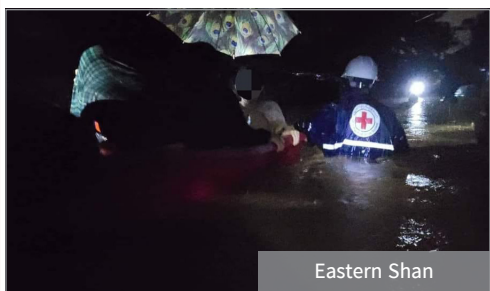
Kachin

For Covid-19 prevention, facial masks were distributed to the local people at the evening market, Moe Kaung township on 20th October.



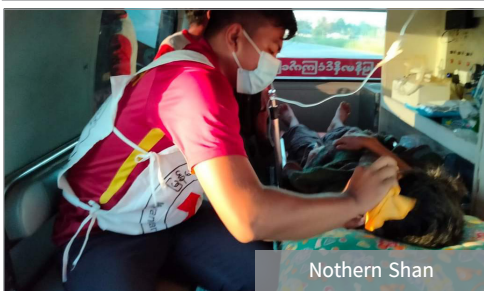
Southern Shan

Covid-19 prevention, raising awareness and distributing facial masks to the passengers and local people near township hospital of Lawksawk on 5th October.



Eastern Shan

A flood was occurred after a heavy rain in Tachileik township on 7th October. The people were evacuated to the safe places and received help as necessary by the Red Cross volunteers.



Nothern Shan

A motorbike accident was occurred on 16th October in Kangyi village, Naung Cho township and a man was severely injured in his head. The patient was sent to Naung Cho township hospital and later to Pyin Oo Lwin township hospital by the Red Cross ambulance with the help of red cross volunteers.



Naypyitaw

A man who was injured in motorbike accident in Popasiri township, Wetkone village on 9th October, was received first aid cared by the Red Cross volunteer and sent to Pyinmana 200 Bed Public hospital.

Social Inclusion



Headquarter

With the aim to promote participation of people with disabilities (PWDs) in sports activities, to build their self-confidence and build the relationship among PWDs, a sport event was held by collaboration between Health department of Myanmar Red Cross Society (MRCS) and Hpa-an Orthopedic Rehabilitation Center (HORC) on 7th October.

In the sport event, 12 disabled children and 23 adults; in total 35 disabled people were participated. Types of sport including Table tennis, Badminton, Chinlone and Wheelchair Basketball were held during the event. Along with official, the Secretary of Karen State Red Cross Supervision Committee attended the event and gave awards to the winners.



Acknowledgments: The activities of the Myanmar Red Cross Society are supported by the township Red Cross branches, The International Committee of the Red Cross, The International Federation of Red Cross and Red Crescent Societies, Partner National Societies, Partners in the private and public sector from Regional, National and International and also humanitarian organization.

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Please find more previous newsletter published here https://www.redcross.org.mm/my_MM/publications/



Bago

Basic First Aid (6/2022) training was conducted in Basic Education High School (BEHS) No.2 of Bago township, from 6 to 8 October. In the training, 37 students were participated.



Kayin

Pamphlets about mine risk and explosive devices were distributed near the market and crowded places in Kawkaireik township on 6th October.



RESC Mon

First Aid (Basic) training was conducted for Community Social Organizations from 29 September to 1 October and there were 29 participants.



Rakhin

A person was injured from land mine in Ngavi village, Paletwa township, Chin State, on 5th October. He was sent to Sittwe Public Hospital by collaboration of Paletwa and Kyaw Taw township Red Cross branches.



Magway

Basic First Aid (10/2022) training was conducted for students from Yenaechaung township, from 11 to 15 October. In the training, 61 students were participated.



Ayeyarwaddy

A patient was sent to Yangon General Public Hospital from Phyto clinic, Wakema township on 21 October at 11:30 AM with Red Cross ambulance.



Tanintharyi

Red Cross volunteers from different branches of Tanintharyi Region have been providing humanitarian and social care to the community on daily basis. Red Cross volunteers from Dawei Red Cross branch have been helping patients including people who struggle to travel to hospitals, people injured from accidents and pregnant women, for transportation to hospitals.

On 5th October (8:30 PM), 2022, a person who suffered of severe headache, on 4th October (00:00 AM), a patient who got bitten by poisonous animal, (09:00 AM) an injured person from a motor vehicle accident, (01:30 PM and 02:00 PM) 2 patients who were discharged from the hospital, (03:30 PM) a patient who got breathing problem, (06:45 PM) a pregnant woman, (09:30 PM) a person who got low blood pressure were sent to Dawei Public Hospital, Myint Mo Oo Hospital and Madiland Hospital respectively.

စနစ်တကျ အဆင့်ဆင့် လက်ဆေးနည်း



၁ လက်ကို ရေလောင်းပါ။



၂ ဆင်ပြာတိုက်ပါ။



၃ လက်ဖခုံးကို ပွတ်တိုက်ပါ။



၄ လက်ဖဝါးနှင့် လက်ချောင်းလေး တွေကြား ပွတ်တိုက်ပါ။



၅ လက်မထွေကို ပွတ်တိုက်ပါ။



၆ လက်ချောင်းထိပ်နှင့် လက်သည်း ကြားတွေပါမကျန် နေရာအနှံ့ သေသေချာချာ ပွတ်တိုက်ပါ။

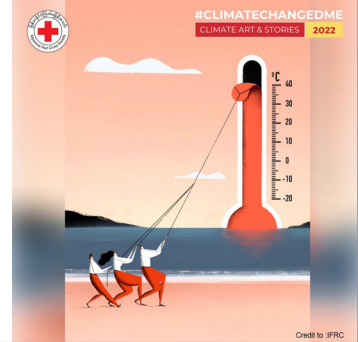


ရေနင့် ဆင်ပြာများ စင်ကြယ်အောင် ဆေးကြောပါ။

International Disaster Risk Reduction Day (October 13)

Do you know?

Every year, October 13 is the International Disaster Risk Reduction Day. The theme for 2022 is early warning and early action for all. Every year, organizations around the globe promote disaster reduction activities and raise awareness about the disaster. MRCS also celebrate the day across states and regions to raise awareness about disaster to the communities.



MOE THIDA WIN
MYANMAR RED CROSS

"As more natural disasters occur due to climate change, it is important to continue disaster preparedness. We are doing more than ever to raise awareness about the proper use of water and disposal of waste, planting trees to reduce the temperatures felt due to climate change."

YAN NAING
MYANMAR RED CROSS

"Monsoon rains, more storms and floods are feared in Myanmar until October. Relief supplies are critical to support thousands of people at risk of further monsoon floods. In my community, I work around the clock to evacuate the elderly, women and children to safe places, while providing food relief packages to families isolated by floodwaters."

WIN KO
MYANMAR RED CROSS

"Our team of volunteers is comprised of youths who have plenty of first-hand experience in facing the annual floods. I work with communities to be well prepared in the months before the floods occur."



"For the disaster preparedness, we already provided Basic Disaster Management Training to our volunteers, partner organizations and youth community leaders. We have been preparing for the natural and man-made disasters using different methods such as disaster drills with departments, partners, and communities. We set up disaster alarm system even at the village red cross branches level. We also prepare resources and plan for the seasonal disasters in coordination with headquarter, store the aids and equipments at the state level storeroom. To collect the resources and aids, we coordinate with both international and local donors. The preparations are not only at the state red cross level but also reach towards the red cross branches level," explain Daw Lay Lay Khet, a volunteer from Mon State Red Cross Supervision Committee, about the disaster preparedness plan.

"We conduct vulnerability and capacity assessment in the villages and draw a disaster preparedness plan together with them. We conduct trainings relating to disaster risk reduction and climate change, and sometimes cash support activity in the townships and villages. We also hold galleries to promote disaster risk reduction knowledge," said U Kyi Zaw Wai, a volunteer from Sagaing Region Red Cross Supervision Committee, about the disaster preparedness plan.



လူ ၃ ဦးမှာ ၁ ဦးက တောတောင်တွေနဲ့တောတောင်ထွက်ပစ္စည်းတွေကို အမှီသဟဲပြုပြီး နေထိုင်နေကြတယ်ဆိုတာ သင်သိပါသလား။

မိမိတို့ အစားအစာနဲ့ရက်ကို တောတွေဆီကနေရပါတယ်။
ထို့အပြင် တောတွေဆိုတာ မနီလိုအိမ်တော်တွေထုတ်လွှင့်မှုကို လျော့ချပေးသဖြင့် ရေကြီးခြင်းတွေ သဘာဝဘေးအန္တရာယ်တွေကလည်း ကာကွယ်ပေးပါတယ်။

သဘာဝအခြေပြု ဘေးအန္တရာယ်ကာကွယ်ခြင်း။

ရာသီဥတုပြောင်းလဲမှုကြောင့် ပင်လယ်ရေမျက်နှာပြင် မြင့်တက်ခြင်း၊ တစ်ခါတစ်ရံတိုက်ခတ်ခြင်း နှင့် ရေကြီးရေလျှင်မြင်းများကို ဖြစ်ပေါ်စေပါသည်။ သင်သိပါသလား...။စိတာ ၅၀၀ ရှည်သော ဒီရေတော ၁ ခု သည် လိုင်းဒစ်ကို ၅၀ ၀၀၀ % ထိ လျော့ကျစေပါတယ်။

သဘာဝအခြေပြု ဘေးအန္တရာယ်ကာကွယ်ခြင်း။

သစ်ပင်စိုက်ပြီး မိမိတို့ ကမ္ဘာမြေကို ကာကွယ်ပါ။

Global Handwashing Day (October 15)

Do you know?

October 15 is Global Hand washing Day, and have celebrated since 2008, to mobilize the communities to conduct hand washing systematically. The theme for this year is, 'Unite For Universal Hand Hygiene'.

As the world is facing with Covid-19 pandemic now, it is more important to wash your hands. That's why we would like to urge to wash your hands starting from now to celebrate Global Hand washing Day.



These are the photos of Global Hand washing Day celebration from villages across Tanyang and Namsan townships, Northern Shan State. The celebration was led by Myanmar Red Cross Society, Health department.

In those events, there were fun activities such as quizzes and games, and also explanation about how the Global Hand washing Day was started.



Red Cross Dissemination



အပြည်ပြည်ဆိုင်ရာ ကြက်ခြေနီနှင့်လူငယ်အဖွဲ့အစည်းများ၏ အခြေခံမူများ



လူသားချင်း စာနာထောက်ထားခြင်း



ဖွဲ့စည်းမှုမရှိခြင်း



ကြားခံနေခြင်း



လွတ်လပ်ခြင်း



ဝေစာနာဝန်ထမ်း အကျိုးစေခြင်း



စည်းလုံးညီညွတ်ခြင်း



ကမ္ဘာတစ်ဝန်းပျံ့နှံ့ခြင်း

The seven fundamental principles of Red Cross Movement were adopted in 1965, and all national red cross society including Myanmar Red Cross Society are guided by these fundamental principles. Following are the explanation about 7 fundamental principles,

Humanity - The essence of the Red Cross movement. Red Cross movement not only making response when suffering comes but also instigating prevention activities.

Impartiality - The movement makes no discrimination. It endeavors to relieve the suffering of individuals, being guided solely by their needs. The Red Cross has its own ways to assess the needs and decided according to that assessment.

Neutrality - In order to continue to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time controversies of a political, racial, religious, or ideological nature. The Red Cross may not take side of right or wrong; may not participate in the argument or may not participate in the reason of argument. With the neutrality, help for the most needed is being made without discrimination. The Red Cross doesn't mention what have found but what have done.

Independence - The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement. While taking donations for the activities, the Movement doesn't accept the influence from the donors. Any activity or procedure of the Red Cross must not be influenced by political affairs.

Voluntary Service - The sole intention of being a volunteer must be out of compassion and empathy. Self-interest should never be the intention of being a volunteer. There should be mutual respect between the volunteers and the people who received the help. There should be full time paid workers and volunteers who aren't paid. It is the most important to follow the fundamental principles.

Unity - There can be only one Red Cross or one Red Crescent Society in any one country. The society must be represented and organized the whole country. The Red Cross must represent all people of the country and should have skills and capacities for the society.

Universality - The Movement, in which all National Societies have equal status and share equal responsibilities and common fundamental principles. They have a collective responsibility to assist one another in responding to crises. The principle of universality also means that the failings or omissions of one component affect the entire Movement.

2022 World First Aid Day Award Winner Article (Myanmar)

First Prize – Daw Zon Pwint Phyu, Kyaikkhami Town, Mon State.



“Lifelong First Aid Learning”

Every living creature on the earth has different beliefs, religions, regions, and opinions. Despite the differences, no one can be escaped from the (3) signs or omens that I am going to talk about. Everyone whether difference in religion or race, will face these (3) signs inevitably, they are called “Aging, Suffering and Dying.” You may think that how these 3 signs; ‘Ageing, Suffering and Dying’ is related to First Aid. Let me explain more as below. Among these three signs, for No.1 sign ‘ageing’, we will not be always young and cannot get away with it. There is a saying, “If it is rots, it will unveil, and if it is right, it will appear.” Just like that saying, we cannot make ourselves always young and ‘ageing’ will show up in our life when the time come. However, despite we cannot avoid ‘Suffering’ we can still relieve the pain and suffering temporarily. We can divide suffering into two categories: physical suffering and psychological suffering. No matters what types of suffering, we still can be relieved temporarily.

So how could we be relieved from the suffering or pain? What is the way? Everyone is willing to pay money or anything to make ‘Ageing, Suffering and Dying’ disappear from their life. There may be ways to make them disappear at least temporarily. How about the third sign; ‘Dying’, can we avoid it? ‘Of course, not’. There will not be funeral or cemetery on the earth if we can get away from the death. No matter how much advancement we can make in technology and sciences, we still cannot escape the (3) signs. However, we still can prevent someone dying from unnecessary means. Some people died in ways they shouldn’t, for example, die from food choking. Food choking occurs when a piece of food blocks the throat. If we know how to treat food choking, we can save people lives. Let me give one clear example, when we see someone who just drowned in the water and unconscious, and we don’t know how to treat him, he would die for sure. If we are equipped with first aid skills, we would have been able to prevent these unnecessary deaths mentioned above.

If so, the First Aid care which can save people lives is really important for us. Is it some kind of magic? Is it some kind of supernatural power or something we can buy? “No, it is definitely not.” It is just a skill or knowledge. However, that skill is so important and great as it can even save people lives. Just like the saying ‘Knowledge is like a golden vase that no one ever can steal’, the First Aid skill is more valuable than gold, money or wealth. If we are proficient in First Aid skill, we can give our family some level of safety. In addition, we could also save lives of people from our community. As accidents become more frequent, we could treat people who get injured from these accidents with our first aid skills and showing our humanitarian mind. This could also promote more humanitarian actions and compassion as we have to learn about the suffering of injuries/ sickness in the first aid skill training. I think learning first aid skills make people more empathy and compassionate.

I would like to talk about one case that my parents had experienced. My parents are Red Cross volunteers and they shared the story with me. The case was happened at the night time in one event. There were crowd of people and the traffic was so congested during the event time. There were both careful and careless drivers. At one point, two motorbikes had clashed each other. One man and two women involved in the accident. The two women were frightened as they were involved in the accident and also it was dark. Later, many people gathered at the place where the accident was happened. The case was occurred just outside of our town and it was far from any hospital or clinic. The crowd, apart from asking what happened, could not help the injured people. There was no one who was equipped with first aid knowledge. Then, someone from the crowd called my friend via phone. At the time they called, my parents were planning to go back to home from the emergency first aid center which was arranged for the pilgrims/ attendees of the event. As soon as they received the call, they went to that place with an ambulance. First thing they have to do was clearing out the crowd as it was hard for the victims to get oxygen if the crowd of people surrounded them. If the victims couldn’t get fresh air or oxygen enough in addition to shock, they would be faint or unconscious. As people didn’t have such knowledge or awareness, they were surrounding and watching the victims. The two women involved in the clash were injured. One had bruises and the other had a cut above her leg and was bleeding. Firstly, my mother put on gloves to take care of the injuries of these women. The reason for wearing gloves it to prevent herself and patients from getting infected, if not, the patients or she could be infected. My mother did this with her first aid knowledge. Next, she cleaned the wound with a cotton swab and bound with bandages, while she was encouraging and comforting the patients to calm down. It takes skills and competency to bind the bandage to such kind of wounds or cuts, and only people with the first aid knowledge or skills could do that. Comforting the patients at the same time binding the bandage is an art and needs specific set of skills. You may think that everyone knows how to say words of encouragement and it is easy to encourage people. But I have to say; “it is different”. If you don’t know patient’s problem, you may not know how to encourage him or her. That’s why we need to learn the first aid skills to know how to encourage a victim or patient. In first aid education, we have to learn how to encourage people depending on their mental or physical wounds. The knowledge is useful, and we can encourage effectively if one of our family members experience emotional or physical pain.

While my mother was treating one patient, my father was giving treatment to another injured man. That man was unconscious, and his toe was also broken. As my father is just a red cross volunteer, he could only make the conclusion by his experience and couldn’t be certain as the physician or doctor. First thing my father did was to change the position of the patient; changing from sitting position to lying position. The man only could return to consciousness if he was put into the right position with the right technique. The people who were surrounding and watching the patient didn’t know how to take action, so that they left the patient in such position. If a person with medical knowledge hadn’t arrived, the patient would be dead with choking as many bloods were

2022 World First Aid Day Award Winner Article (Myanmar)

running from his nose and blocking his airway. However, my father laid the patient down and remove the stuff which was blocking his airway. Then, as I mentioned above, my father put him in a side position for his safety, later he gained his consciousness back. My father gave treatment for his broken toe at the same time he was encouraging the patient. He used the unbroken toe as a brace to bandage the broken one. The bandage was aimed to reduce the movement of the injured toe. If a person doesn't have this kind of knowledge, he would be looking for the brace and run out of time. It is necessary to have the first aid knowledge to give such kind of treatment. And need to know the symptoms of fractured bones.

If you don't know the sign of fracture and just apply the normal bandage to the wound, the patient injury would get worse. To prevent such kind of mistake, one need to learn the first aid knowledge or skills. My parents sent the 3 patients to hospital after they provided the first aid treatment. I could imagine the joy of a person that save someone life. We, human being, are naturally kind and compassionate to help. So, everyone should be equipped with this noble knowledge or skill. The threat of Covid-19, the pandemic since 2019, show the world the importance of the first aid care or knowledge. Anyone whether girls or boys, children or adults, feel frightened or shocked as soon as they know they are infected with Covid-19. The patients will be suffered more if they cannot control their fear. With psychological first aid, that fear can be controlled or dealt. First aid skills are also useful to deal with the breathing difficulty which is a main symptom of the Covid-19. If you know the first aid technique, you can take care the patients systematically.

The chance to survive for the injured person is matter in every minute and seconds. In that case, the live of the injured person will be save only if people surrounding him know how to give first aid treatment. If anyone from families face with injuries with different reasons and health staffs couldn't be reach out to them easily, the members of the families who have first aid knowledge could treat or help them. If you have knowledge or skills of first aid, you will be respected among the community, and you also have more self-confidence because you knowledge or skills has possibility to save someone life. In addition, you save your money as using first aid techniques doesn't need much material/ equipments. I am a proud member of the Red Cross Society and I always encourage my friends to acquire first aid skills and explaining the benefits of this knowledge. I think, at least one person from a family need to learn first aid knowledge and skills.

Only then we can prevent people from unnecessary deaths. We could give psychosocial first aid if any of our family members or friends have depressions, so that to prevent them from committing suicide and harm themselves. In today technology era, we could learn first aid skills more easily. In cooperation with relevant departments Myanmar Red Cross Society (MRCS) has been posting and disseminating first aid skills tutorial videos on social networks and Internet. In addition, region, state and township branches of MRCS have been providing basic first aid skills training in accordance with MRCS headquarter instructions. Moreover, World Red Cross Day was celebrated on 10th September of every year to promote the importance of the first aid knowledge and skills. As I have mentioned earlier, every human is set to face with the 3 signs called 'Ageing, Suffering and Dying'. First aid skills will be useful till the end of our lives. Psychological support and intensive care are needed as you get older and older. Human beings are prone to injuries and diseases. Because of above mentioned reasons, I would like to urge everyone to learn the first aid knowledge and skills 'which would be lifelong useful for everyone.'

"Injury will be healed only with a good first care"

2022 World First Aid Day Award Winner Drawings



First Prize – U Tun Lin, Thone Kwa township, Yangon Region



Second Prize – U Ye Win Naing, Nyaung Oo township, Mandalay Region

2022 World First Aid Day Award Winner Drawings



Third Prize – Daw Ei Mon Kyaw, Kyauk Tan township, Yangon Region



Fourth Prize – U Myo Naing, Thone Kwa township, Yangon



Fifth Prize – Daw Lin Lin Htike, Kyauk Tan township, Yangon



Fifth Prize – U Wai Yan, Mingalardon township, Yangon Region

2022 World First Aid Day Award Winner Article (English)

First Prize - Daw Swe Bawyn Nyein, Hpa-An Town, Kyain State.

“Lifelong First Aid Learning”



Every human being, of course, preserves continuous learning throughout life to foster the living standard of life. We all know that learning is a must for our personal or professional development and is unavoidable. When it comes to the topic of First Aid learning, we all can realize that it will be a benefit and safeguard to everyone including us even in disaster-area. Exploring First Aid as a learning process will be a different option. Everyone needs to understand the necessity of learning First Aid skills. In this article, I will discuss some facts about First Aid learning and what it means for Red Cross.

By the fact that every matter can befall whenever and wherever humankind in the world can be disrupted by any damages or humans or whatever in control of each own destiny, we and our environment will encounter such tragedies or disasters at any time and moment. To endure such an unfortunate turn of events and to respond calmly to any possible situation, we should prepare and have efficient and practical skills to prevent our society. There is no doubt that sufficient education and knowledge can properly assist in solving future problems.

On a long journey of human life full of challenges and obstacles, everyone must face up to deal with all the difficulties and changes. All of us are yearning for assurance of our happiness, even if our lives are subject to change without notice and any warranties. We must have enough cleverness and abilities to be adaptable to any twists and turns of life. Accordingly, we always need to keep on continuous learning throughout our lives, and it is also important to realize which abilities can benefit and be certain which one is useful. One capability of effective one can create one possibility of survival. It means that if one has an effectual skill, he will be able to solve and struggle with his life's problems easier and comfortably. There are fundamental and functional ones essentially for everyone like basic first aid skills.

When it comes to first aid skill learning, it must not be excluded from the fact that first aid skill plays a crucial role as a beneficial life skill and how can support a better way of survival in any emergent situation. Indeed, first aid is a temporary and immediate treatment giving patients of accidents and sick or injured individuals whether there is a minor or serious illness or injury before medical aid is available. And it can not only be applied anywhere at home, in the workplace, or

2022 World First Aid Day Award Winner Article (English)

public places but also can apply to animals since it is for everyone and everywhere. Hence, every person within society would be assigned the responsibility to prevent further losing lives by means of the first aid process. Everyone should understand and realize that instant first aid can make a real difference by doing necessary actions to handle the condition of victims and try to avoid infections, and by taking them promptly to the hospital before any deterioration.

To state the first aid role in the history of the human community, it can be pointed out that first aid has to be essential at every time and place because humans have faced a variety of warfare and have resorted to violence as a way to settle disagreement since the beginning. Yet through the ages, people from around the world have tried to limit the brutality of war. That aspiration formed a humanitarian spirit and led to the first Geneva Conventions of 1864 and to the birth of modern International Humanitarian Law (IHL) setting the basic limits on how wars can be fought. However, there is no governing authority to control the dissatisfactions among us and to depart humankind from conflicts. So, Geneva Conventions adopted—a decision that whenever there are armed conflicts, the Red Cross volunteers (RCV) can be there to help by providing first aid or supplying the necessities of life. And as well as the Red Cross society promotes first aid training and education with a clear destination and adoption to benefit and prevent the security of an individual to multitude's lives in times of war, crisis, or even in peaceful times.

As one of the leaders in the first aid training and education process, the Red Cross Society offers practical information on how to recognize, treat and prevent injuries. According to the Red Cross website, millions are injured and hurt every year around the world on account of a lack of a timely medical assistant; however, they believed that with knowledge of First Aid, one shall easily prevent this by providing care while waiting for professionals. Intending to spread awareness of how First Aid can prevent injuries and save lives in a life-threatening emergency, the International Federation of Red Cross and Red Crescent Societies (IFRC) started the idea to hold World First Aid Day. Geneva conventions stand as a core part of International Humanitarian Law (IHL) and the International Committee of the Red Cross (ICRC) guards the conventions and gains back for IHL that strives to protect the lives and dignity of victims of armed conflicts without discrimination. It paved the way for the establishment in every country of a neutral independent body of helpers who could provide protection and care for the wounded in case of war regardless of side.

Showing humanity amidst inhumanity, First Aid is a magnificent philanthropic act by volunteers and can be defined as a delegate of hope. To give a proper example, an accident has occurred and the ambulance is on the way to drop an injured person and then rushes to the scene, meanwhile, the casualty is losing a lot of blood, and the onlooker does not have an idea of what to do. Then, what if a person who is trained in the life-saving technique of simple first aid procedures is there to care for the wounded one by using the available and proper first aid materials, the individual who is injured can relieve further tragedies and his sufferings can be lessened before being hand over to a more qualified person such as medical practitioners like doctors or nurses. We can say that the benefits of these life-saving skills cannot be underestimated. Basic first aid knowledge not only guarantees our survival but extends to our environment.

In such situations including sprains, fractures, dislocations, swollen muscles, cramps, stroke, a heart attack, and so on, being a helpless bystander can potentially make the condition get worse. It can also be assumed that first aid help is prominent but appropriate knowledge and training are indispensable while applying first aid to an infected or injured person. More importantly, there is no time for doubt and hesitation by the time first aid skills are called upon. Besides, Red Cross first aid refresher courses are recommended in order to preserve skills and knowledge. Sufficient training gives the capability and confidence to control and react to a sudden incident. Performing first aid immediately with enough learning and knowledge can be more than double the chance of survival even in a life-and-death situation. Additionally, taking first aid classes can modify the prior outlook and attitude towards society and extend the practice of making decisions in common sense and acting quickly but with a stable mind. It also represents the core of the humanitarian soul.

Every individual and society aims at good intentions. On the other hand, we all wish to construct a better environment in which everyone can enjoy themselves happily and safely. In order to achieve such a well-being circumstance, we all need to take the responsibilities and duties of each. Similarly, the International Committee of the Red Cross and Red Crescent Society (ICRC) and all the other National Red Cross Societies with the assistance of Red Cross volunteers are striving vigorously through a variety of humanitarian-based movements and programs to respond to any disasters with all of their capability. Beyond the shadow of a doubt, the aim of the Red Cross which is to ensure the protection of a healthy and safe existence of human beings can be assured. So, the rest is to take the lifelong responsibility by indulging in learning about first aid to help others and even oneself at times and encouraging people around to know about the importance of First Aid grasp.

Obviously, the person who primarily benefits from first aid training is oneself. Furthermore, first aid basic skills are easy to learn and recall in emergencies. Just gaining the knowledge of first aid can help to preserve our life, and prevent further aggravation conditions. Even if one is involved in the first aid courses only for personal development and fulfillment, it can significantly promote a sense of safety and welfare, improve the quality of life and prompt constantly to be alert and safe within surroundings as the theme of world first aid day 2022 is "First aid and road safety". First Aid is not only a vital essence and a backbone to Red Cross but also a way to show compassion and the humanity of people. We can say that first aid plays a crucial role in our everyday lives but appropriate knowledge is essential in availing first aid skills. Thus, it symbolizes an attractive and crucial study to learn about.