

WFWP Scotland: First Aid Course With Essential Life-Saving Skills

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WFWP Scotland held a First Aid course, inviting our members and friends from other women's organisations. The first aid course was organised to equip participants with essential life-saving skills and knowledge to respond effectively in emergencies - the training aimed to enhance confidence and competence in providing immediate care before professional medical help arrives.



Ellie, a staff member from St Andrew's Ambulance Association, introduced their community education programme, which includes First Aid courses and mental health.

First, she demonstrated CPR 1. Assessing any danger in the surrounding area. 2. Checking the response from the victim. 3. Ensure his/her airway. 4. Checking if they breathe. CPR. The instructions were detailed and very practical. She emphasised that our own safety is a priority and the importance of a quick

request to the ambulance. Then all participants had hands-on exercise with the CPR manikins. The practice brought a real sense of intensity.



After a brief break, we proceeded to learn how to use the defibrillator. She also explained that most of the machines are bought and installed privately, and we can find the nearest location of the machine via the internet. We also learnt the signs of strokes and heart attacks. The last topic was choking. She showed us the methods of the five back blows and the five abdominal thrusts.

All participants appreciated the critical knowledge and acquired life-saving new skills. Although it's the best if we don't need to use the skill; however, knowledge is power.

We plan to have more courses, including a regular refresher course, in the future.

Reported by Harumi Currie
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