

VOCAL PERFORMANCE

Level- I

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Module Title: - Providing Basic First Aid

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LG#10

LO #1- Assess the situation

Instruction sheet

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics –

- Recognizing emergency situation.
- Identifying physical hazards
- Minimizing immediate risk by isolating the hazards.
- Assessing physical condition and vital signs.

This guide will also assist you to attain the learning outcome stated in the cover page.

Specifically, upon completion of this Learning Guide, you will be able to –

- Recognize emergency situation.
- Identify physical hazards
- Minimize immediate risk by isolating the hazards.
- Assess physical condition and vital signs.

Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the “Information Sheets”. Try to understand what are being discussed. Ask your trainer for assistance if you have hard time understanding them.
4. Accomplish the “Self-checks” which are placed following all information sheets.
5. Ask from your trainer the key to correction (key answers) or you can request your trainer to correct your work. (You are to get the key answer only after you finished answering the Self-checks).
6. If you earned a satisfactory evaluation proceed to “Operation sheets
7. Perform “the Learning activity performance test” which is placed following “Operation sheets” ,
8. If your performance is satisfactory proceed to the next learning guide,
9. If your performance is unsatisfactory, see your trainer for further instructions or go



back to “Operation sheets”.



Information Sheet 1- Recognizing emergency situation

1.1. Emergency situation

Emergency situation is any situation that poses an immediate threat to a person's health, security, property, or environment. ... In addition, being well-prepared for an emergency will pay off when it's time to handle any emergency situation.

An emergency is defined as a sudden, unexpected situation that causes the need to take immediate action. An example of an emergency is a sudden illness that needs a doctor's care. An example of an emergency is a downed power line that must be repaired in the middle of the night.

1.1.1 Types of Emergencies as a vocalist

- Stage failure
- Electric shock
- Cable failure
- Food poison

1.1.2. Emergency Situations as an artist / vocalist

2. Workplace hazards –, electric shocks, faulty and dangerous equipment, power failures.
3. Vocal chord disaster – harsh throat due to smoking, drinking etc
4. Environment hazards – stage accidents, , cable failure
5. Eatering hazards - food poisoning, fire injuries.



Figure 1: Caring in emergency situation

1.1.3. Performance Injuries

Anyone who practices, rehearses or performs instrumental or vocal music has the potential to suffer injury related to that activity. Instrumental musicians and vocalists are at risk for repetitive motion injuries. Sizable percentages of them develop physical problems related to playing their instruments; and if they are also computer users, their risks are compounded. Instrumental injuries often include carpal tunnel syndrome, tendinitis, and bursitis. Incorrect posture, non-ergonomic technique, excessive force, overuse, stress, and insufficient rest contribute to chronic injuries that can cause great pain, disability, and the end of careers.



Figure2: Motion injuries

First aid is the immediate medical assistance given to an ill or injured person until professional help arrives to take over. There are four basic steps to performing emergency first aid.

The four first aid steps are:



- Assess
- Plan
- Implement
- Evaluate

1.1.4. The 5 steps of first aid

- Recognize the emergency. Does someone look like in trouble?
- Call to ambulance if you think you should.
- Ask them questions in case the situation escalates to unconsciousness.
- Be kind and calm.
- Be a Steward of the person.

Assess the situation and check for any potential dangers to yourself, bystanders or the patient

- check for safety before rushing to the injured patient
- make sure the situation is safe for you, the casualty, and other people or bystanders
- if the situation is too dangerous, stay back and await professional assistance

Assess the person's condition:

- Is the victim suffocating or bleeding heavily? In these cases, act immediately and appropriately
- Is the person conscious?
- Is the person breathing normally?



| Self-check | Written test |
|------------|--------------|
|------------|--------------|

Name..... ID..... Date.....

Directions: Answer all the questions listed below. Examples may be necessary to aid some explanations/answers.

Test I: Say true or False for the following questions (4 point)

1. Stage failure is a type of emergencies situations to be recognized as a vocalist.
2. Food poison is not considered as a cause for emergency situation for musicians.
3. The first step to check for any potential danger for a patient is self-safety.
4. The second rule to assess the person's/patient's condition is consciousness.
5. Calling to Ambulance is not one of the steps to first aid.

Note: Satisfactory rating - 10 points Unsatisfactory - below 10 points

You can ask you teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____

Date: _____



Information Sheet 2- Identifying physical hazards

2.1 Definition

Physical hazard is an agent, factor or circumstance that can cause harm with contact. They can be classified as type of occupational hazard or environmental hazard.

Physical hazards are a common source of injuries in many industries. They are perhaps unavoidable in certain industries, such as construction and mining and it also exists in the music and entertainment industry as an artist, singer/vocalist or music instrument payer. But, over time people have developed safety methods and procedures to manage the risks of physical danger in the workplace.

2.2 Types of physical hazards

Electricity: - Exposure to electrical live parts from electrical musical instruments and cables can result in serious injuries and fatalities, including electric shocks, burns, and explosions

Fires: - Every workplace is at risk of fire.

Extreme temperatures :- workers who are working in musical event halls, big concerts, bakeries, restaurant kitchens, steel foundries, factories, brick-firing and ceramic plants, electrical utilities, , and outdoor workers such as construction workers, firefighters, farmers, and mining workers are more vulnerable to exposure to extreme heat

Effects of heat stress include

- Increased irritability
- Dehydration
- Heat stroke
- Chronic heat exhaustion



Figure3: Determining hazards

Falling: - is the action of a person or animal losing their footing and ending up in a lower position, often on the ground. It is the second-leading cause of accidental death worldwide and a major cause of personal injury, especially for the elderly. Falls in older adults are a major class of preventable injuries. Construction Artists, musicians, vocalists on the stage workers, electricians, miners, and painters are occupations with high rates of fall injuries.



Figure4: Symbol for taking care of falling

2.3 Health and Safety Issues for Musicians

The music departments per the standards is required to inform music students/vocal students about health and safety issues, hazards and procedures in practice or performance, teaching or listening time as applicable to their specific specializations. This includes information regarding about hearing, vocal and musculoskeletal health injury prevention, and the use, proper handling, and operation of potentially dangerous materials, equipment and technology.



| Self-Check – 2 | Written test |
|----------------|--------------|
|----------------|--------------|

Name..... ID..... Date.....

Directions: Select and write the correct answer for all the questions listed below.

- One of the following is not a Physical hazard
 - Electricity
 - Throat infection
 - Extreme temperatures
 - Fires
- Effects of heat stress include
 - Increased irritability
 - Dehydration
 - Heat stroke
 - All
- The action of a person or animal losing their footing and ending up in a lower position, often on the ground is called
 - Stroke
 - Dehydration
 - Falling
 - Choking
- A kind of hazard that might happen at every work place is
 - Electric shock
 - Fire
 - Chemical spilling
 - Falling
- The first step in first aid is
 - Evaluating
 - Planning
 - Implementing
 - Assessing

Score = _____

Rating: _____



Answer Sheet

Name: _____

Date: _____



Information Sheet 3- Minimizing immediate risk by isolating the hazards

3.1 Managed and minimize occupational safety and health

Managing safety and health is an integral part of managing any business and a music business too. Businesses need to do a risk assessment to find out about the hazards and risks in their workplace(s) and put measures in place to effectively control them to ensure these hazards and risks cannot cause harm to workers. In this case, musicians and vocal performers need to take safety measures in order to protect themselves from different kinds of work risks and injuries.

The international labor organization (ILO) has produced guidelines on the development of occupational safety and health management systems.

These guidelines were designed as a practical tool for assisting organizations (a company, a music festival or event, concerts operation, firm, undertaking, establishment, enterprise, institution or association, or part of it, whether incorporated or not, public or private, that has its own functions and administration) and competent institutions as a means of achieving continual improvement in occupational safety and health (OSH) performance. The guidelines have been developed according to internationally agreed principles defined by the ILO's tripartite constituents. The practical recommendations of these guidelines are intended for use by all those who have responsibility for OSH management.

3.2 Occupational Injury

Several developments have the potential to raise occupational injury rates. Temporary works like music concerts, events and singing festivals and other forms of flexible employment have risen, including contingent work, home-based work, part-time contracts, unregulated work, and other nontraditional work. Most of these arrangements are risky; they are unstable, offer little social protection, and pay low wages. Consistent evidence has shown that workers in precarious or vulnerable work arrangements

experience more health and safety hazards and poorer health and safety outcomes than do other workers.

Labor statistics often capture only precarious workers in temporary employment, underestimating the true burden of precarious employment on OSH. Temporary workers have twice the risk for occupational injury as permanent workers, but the reasons for this higher risk are poorly defined. They are likely to include less job experience, less recognition of workplace hazards, and inadequate or ineffective safety training.

3.3 Isolating occupational hazards

- Electricity: - Exposure to electrical live parts from electrical musical instruments and cables can result in serious injuries and fatalities, including electric shocks, burns, and explosions



Figure5: Electric shocks

- Fires: - Every workplace is at risk of fire.



Figure6: Fire and fire extinguisher



- Extreme temperatures :- workers who are working in musical event halls, big concerts, laundries, bakeries, restaurant kitchens, steel foundries, glass factories, brick-firing and ceramic plants, electrical utilities, , and outdoor workers such as construction workers, firefighters, farmers, and mining workers are more vulnerable to exposure to extreme heat

Effects of heat stress include

- Increased irritability
 - Dehydration
 - Heat stroke
 - Chronic heat exhaustion
-
- Falling - falling is the action of a person or animal losing their footing and ending up in a lower position, often on the ground. It is the second-leading cause of accidental death worldwide and a major cause of personal injury, especially for the elderly. Falls in older adults are a major class of preventable injuries. Artists, musicians, vocalists who perform on the stage and other workers like electricians and painters are occupations with high rates of fall injuries too.

3.4 6 Steps to Control and minimize Workplace Hazards around the vocal performance area or a concert hall

Step 1: Design or re-organize to eliminate hazards on the stage and vocal training area

Step 2: Substitute the hazard with something safer around the vocal performing place.

Step 3: Isolate the hazard from vocal performers and their accompanying instrument players.

Step 4: Use controls.

Step 5: Use administrative controls by assigning a responsible person.

Step 6: Use Personal Protective Equipment (PPE) if necessary.



3.5 10 Tips to prevent an injury and protect the vocalist and its accompanying music instrument players

- Incorporate a safety and wellness plan for any vocal and accompanying musical performance.
- Conduct pre-placement physicals.
- Educate employees and management staff at the vocal performing places.
- Research safety vulnerabilities for vocal and accompanying musical performances.
- Provide protection equipment for musician.
- Have adequate staffing levels.
- Don't take shortcuts like , when plugging cables



| Self-Check – 3 | Written test |
|----------------|--------------|
|----------------|--------------|

Name..... ID..... Date.....

Directions: Answer all the questions listed below. Examples may be necessary to aid some explanations/answers.

Test I: Say true or false for the following questions

1. A music business does not need to do a risk assessment to find out about the hazards and risks in their workplace.
2. Training about OHS (occupational health safety) is one of the guide lines of minimizing hazards.
3. Noise and vibration control is not necessary in risk management at the work place of vocalists.
4. Freedom of association is one of the core OHS standards.

Note: Satisfactory rating - 10 points Unsatisfactory - below 10 points

You can ask you teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____

Date: _____



Information Sheet 4- Assessing physical condition and vital signs

4.1 Vital signs

Vital signs are measurements of the body's most basic functions. The four main vital signs routinely monitored by medical professionals and health care providers include the following:

- Body temperature
- Pulse rate
- Respiration rate (rate of breathing)
- Blood pressure (Blood pressure is not considered a vital sign, but is often measured along with the vital signs.)

4.1.1 Body temperature

The normal body temperature of a person varies depending on gender, recent activity, food and fluid consumption, time of day, and, in women, the stage of the menstrual cycle. Normal body temperature can range from 97.8 degrees F (or Fahrenheit, equivalent to 36.5 degrees C, or Celsius) to 99 degrees F (37.2 degrees C) for a healthy adult. A person's body temperature can be taken in any of the following ways:

4.1.2 Pulse rate

The pulse rate is a measurement of the heart rate, or the number of times the heart beats per minute. As the heart pushes blood through the arteries, the arteries expand and contract with the flow of the blood. Taking a pulse not only measures the heart rate, but also can indicate the following:

- Heart rhythm
- Strength of the pulse

How to check pulse rate

As the heart forces blood through the arteries, you feel the beats by firmly pressing on the arteries, which are located close to the surface of the skin at certain points of the body. The pulse can be found on the side of the neck, on the inside of the elbow, or at the wrist. For most people, it is easiest to take the pulse at the wrist. If you use the lower neck, be sure not to press too hard, and never press on the pulses on both sides of the lower neck at the same time to prevent blocking blood flow to the brain. When taking your pulse:

- Using the first and second fingertips, press firmly but gently on the arteries until you feel a pulse.
- Begin counting the pulse when the clock's second hand is on the 12.
- Count your pulse for 60 seconds (or for 15 seconds and then multiply by four to calculate beats per minute).
- When counting, do not watch the clock continuously, but concentrate on the beats of the pulse.
- If unsure about your results, ask another person to count for you.



Figure7: Taking a pulse



4.1.3 The respiration rate

The respiration rate is the number of breaths a person takes per minute. The rate is usually measured when a person is at rest and simply involves counting the number of breaths for one minute by counting how many times the chest rises. Respiration rates may increase with fever, illness, and other medical conditions. When checking respiration, it is important to also note whether a person has any difficulty breathing. Normal respiration rates for an adult person at rest range from 12 to 16 breaths per minute.

4.1.4 Blood pressure

Blood pressure is the force of the blood pushing against the artery walls during contraction and relaxation of the heart. Each time the heart beats, it pumps blood into the arteries, resulting in the highest blood pressure as the heart contracts. When the heart relaxes, the blood pressure falls.

Two numbers are recorded when measuring blood pressure. The higher number, or systolic pressure, refers to the pressure inside the artery when the heart contracts and pumps blood through the body. The lower number, or diastolic pressure, refers to the pressure inside the artery when the heart is at rest and is filling with blood. Both the systolic and diastolic pressures are recorded as "mm Hg" (millimeters of mercury). This recording represents how high the mercury column in an old-fashioned manual blood pressure device (called a mercury manometer or sphygmomanometer) is raised by the pressure of the blood. Today, your doctor's office is more likely to use a simple dial for this measurement.

High blood pressure, or hypertension, directly increases the risk of heart attack, heart failure, and stroke. With high blood pressure, the arteries may have an increased resistance against the flow of blood, causing the heart to pump harder to circulate the blood.

Blood pressure is categorized as normal, elevated, or stage 1 or stage 2 high blood pressure:

- Normal blood pressure is systolic of less than 120 and diastolic of less than 80 (120/80)



- Elevated blood pressure is systolic of 120 to 129 and diastolic less than 80
- Stage 1 high blood pressure is systolic is 130 to 139 or diastolic between 80 to 89
- Stage 2 high blood pressure is when systolic is 140 or higher or the diastolic is 90 or higher



| Self-Check – 4 | Written test |
|----------------|--------------|
|----------------|--------------|

Name..... ID..... Date.....

Directions: Answer all the questions listed below. Examples may be necessary to aid some explanations/answers.

Test I: choose the best answer for the following questions

1. A measurements of the body's most basic functions is called
 - A) Pulse rate
 - B) Vital sign
 - C) Metering
 - D) Temperature
2. The normal body temperature of a person varies depending on
 - A) Gender
 - B) Food and fluid consumption
 - C) The stage of the menstrual cycle
 - D) All
3. A measurement of the heart rate, or the number of times the heart beats per minute is called
 - A) Respiration rate
 - B) Fahrenheit
 - C) Pulse rate
 - D) Vital sign
4. The force of the blood pushing against the artery walls during contraction and relaxation of the heart is called
 - A) Respiration rate
 - B) Vital sign
 - C) Pulse rate
 - D) Blood pressure
5. The number of breaths a person takes per minute is known as
 - A) Pulse rate



- B) Respiration rate
- C) Blood pressure
- D) Artery

You can ask you teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____

Date: _____



Operation Sheet 1- Identifying physical hazards

1.1. Tools and equipment

- **Gloves**
- **Paper**
- **Pencil**
- **Scotch tape**

1.2. Procedures of identifying physical hazards

Step1:- Access the availability of physical hazards around vocal performing place

Step2: - Identify the type of hazards available at the stage and vocal training area

Step3:- Design how to isolate the hazards from vocal performers and their accompanying instrument players to minimize risks.

Operation Sheet 2- Assessing physical condition and vital signs

2.1 Tools and equipments

- **Stet scope**
- **Thermometer**

2.2 Procedures of Assessing physical condition and vital signs of

Step 1: Check for the breathing condition of a vocalist who failed on the stage while performing

Step2: - Do the steps for a mouth to mouth resuscitation for a vocalist who failed on the stage and couldn't breathe normally.

Step3: - Apply the steps of bandaging for a vocalist who faces leg fracture on the stage



| LAP TEST | Performance Test |
|----------|------------------|
|----------|------------------|

Name..... ID.....

Date.....

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 1 hour. The project is expected from each student to do it.

Task 1: Perform physical hazard identification

Task 2: Perform assessing physical condition of a casualty

Step3: Give a mouth to mouth resuscitation for a vocalist who failed on the stage and couldn't breathe normally.

Task 4: Perform bandaging for a vocalist who faces leg fracture on the stage

-



LG #11

LO #2- Apply basic first aid techniques

Instruction sheet

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics –

- Caring and comforting casualty
- Providing first aid care in accordance with procedures.
- See assistance from others as appropriate

This guide will also assist you to attain the learning outcome stated in the cover page. Specifically, upon completion of this Learning Guide, you will be able to –

- Care and comfort casualty
- Provide first aid care in accordance with procedures.
- See assistance from others as appropriate

Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the “Information Sheets”. Try to understand what are being discussed. Ask your trainer for assistance if you have hard time understanding them.
4. Accomplish the “Self-checks” which are placed following all information sheets.
5. Ask from your trainer the key to correction (key answers) or you can request your trainer to correct your work. (You are to get the key answer only after you finished answering the Self-checks).
6. If you earned a satisfactory evaluation proceed to “Operation sheets
7. Perform “the Learning activity performance test” which is placed following “Operation sheets” ,
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9. If your performance is unsatisfactory, see your trainer for further instructions or go back to “Operation sheets”.



Information Sheet 1- Caring and comforting casualty

1.1. Reassure the casualty

Imagine you are hurt in a workplace accident. You can see blood on your leg and you think you've broken your arm. You've twisted your ankle and you're also in considerable pain and feeling a bit dizzy. You will probably be feeling frightened and panicked or confused.

Feeling frightened and panicked could make things worse for you. Feeling this way will increase your blood pressure and pulse causing more pain and more bleeding. This will in turn cause more anxiety and panic. It becomes a vicious circle.

Not only is it important to reassure the casualty to make them feel better, this also lowers the blood pressure and pulse rate and therefore lowers the amount of bleeding and pain.

Think of what kind of things could alleviate some of this anxiety and panic.

1.1.1 Methods of reassuring

There are definite dos and don'ts regarding ways in which you can reassure the casualty.

| DO | DON'T |
|--|---|
| Be as honest as possible. | Don't tell them bad news eg 'Emma is dead.' If the casualty asks about another casualty who is dead or critical, just say 'Everything is being done for them.' |
| Let the casualty know that help is on its way. | Don't react to the situation ie don't shout 'Oh my goodness, look at Bob.' or 'Gee, look at all that blood.' |
| If an ambulance has been called, let the casualty know this. | |

| | |
|--|---|
| Stay with the casualty. | Do not leave the casualty. |
| Try to make them comfortable with minimal movement eg blankets, icepack. | Don't move the casualty unnecessarily. |
| Tell the casualty your name, find out theirs and use it eg 'How are you doing, Bob?' and 'Help is on it's way Bob. | Don't tell the casualty to look at the wounds. |
| Act confidently, instilling trust in the casualty. | Don't fall apart (eg do not say 'I don't know what to do'). |

Table1: DO's and don'ts of reassuring

This is based on signs and symptoms. Patient assessment is only done if the casualty is conscious, or if unconscious, is breathing. Check in order:

1. Head, face and neck.
2. shoulders, arms and hands
3. Chest and collarbones.
4. Abdomen.
5. Pelvis and buttocks.
6. Legs, ankles and feet.

1.1.2 Simple strategies for talking to a casualty:

1. Speak slowly and clearly.
2. Use short and simple sentences.
3. Maintain normal volume.
4. Use different words to express the same idea.
5. Prioritize and sequence your instructions.
6. Avoid jargon.
7. Respond to expressed emotions.



| 1. Self-Check – 1 | Written test |
|-------------------|--------------|
|-------------------|--------------|

Name..... ID..... Date.....

Directions: Answer all the questions listed below. Examples may be necessary to aid some explanations/answers.

Test I: sat true or false for the following questions.

1. The first step to comfort and reassure a casualty is taking his vital sign
2. Introduction of yourself to causality makes causality comfortable with you.
3. Staying with causality is one of the techniques to reassuring the casual.
4. Explaining the situation and anything you're going to do before you do it is not important for comforting the casual.
5. Dignity and respect to treat the casualty at all times is very necessary.

Note: Satisfactory rating – 10 points Unsatisfactory - below 10 points

You can ask you teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____

Date: _____



Information Sheet 2- Providing first aid care in accordance with procedures.

2.1 Definition

First aid is any care given to an injured or ill person (called a 'casualty') before professional medical assistance (ambulance, paramedics, nurse, or doctor) arrives on the scene to take control of the situation.

2.2 Two types of First Aid

- A) **Emergency first aid** is the first response to a life-threatening medical emergency, either an illness or an injury. It's often called first responder training. More advanced medical care will happen after first aid in this case. This type of first aid includes CPR, clearing an airway obstruction, responding to anaphylactic shock, splinting a broken bone, and severe bleeding control.
- B) **Non-emergency first aid** is the treatment we initiate ourselves for minor medical needs. We may or may not seek more advanced medical care after the initial response. This includes taking over-the-counter medications for minor pain or allergies, cleaning and bandaging cuts or abrasions, and minor bleeding control.

2.3 Components of first aid

First aid can include the provision of:

1. Mouth-to-mouth resuscitation – if the casualty is not breathing
2. Cardio-Pulmonary Resuscitation (CPR) – where there is no breathing and no pulse
3. Control of bleeding – to limit blood loss
4. Wound care – to limit blood loss and infection by covering wounds
5. Treatment for burns and scalds – including treatment for electric shock
6. Bandaging and splinting – to fractures and sprains.



Figure8: Mouth to mouth resuscitation

The following important points must always be taken into account when providing first aid:

- Protect yourself and others at all times against injury or harm – persons delivering first aid should not become casualties
- The casualty must be protected against further harm or injury
- Whenever there is a need to administer first aid make sure you notify your supervisor immediately to arrange for professional help.
- Wear protective gloves when administering first aid to protect against infection.

2.4 Basic First Aid Procedures

If the musician/vocalist encountered with some kind emergency accidents like cardiac arrest, burning, bleeding or fracture on the stage at any performing area, concert hall, events and so on, and faces you need to perform First Aid procedures based on the type of accident occur.

These procedures are described as follows: .

II) Cardiopulmonary resuscitation (CPR)

Cardiopulmonary resuscitation is the most important medical procedure of all. If a person is in cardiac arrest (the heart is no longer pumping blood) and CPR is not performed, that person will die. On the other hand, performing CPR or using an automated external defibrillator (AED) could save a life.



Figure9: Cardiopulmonary resuscitation

Determine if the patient needs CPR before you start it. Follow these steps:

1. Shake and shout. Grasp the patient by the shoulders and shake briskly. Shout "Wake up!" and the patient's name if you know it. Shake and shout for a few seconds, but don't spend too much time. Move on to the next steps after five seconds of trying to wake the patient.
2. Call 911. Anytime a patient won't wake up, call 911 immediately. Get help on the way as fast as you can.
3. Check for breathing. Tilt the patient's head back and look for breathing. If the patient doesn't take a breath in less than 10 seconds, start CPR.

Now begin CPR:

1. Push on the chest. Imagine a line between the nipples and put your hands on the center of the chest right below that line. Push hard and fast—about twice per second.

2. Give rescue breaths. If you have had CPR training and feel comfortable performing the steps, push on the chest 30 times then give 2 rescue breaths.
3. Repeat. Repeat cycles of 30 chest compressions and 2 breaths until help arrives or the patient wakes up.

III) First Aid for Bleeding

Steps to take if you are faced with bleeding right now:

1. Cover the wound with agauze or a cloth.
2. Apply direct pressure to stop the blood flow.
3. Don't remove the cloth. Add more layers if needed. The cloth will help clots form to stop the flow.



Figure10: gauze

IV) First Aid for Burns

Take these first aid steps:

1. Flush the burned area with cool running water for several minutes. Do not use ice.⁵
2. Apply a light gauze bandage.
3. Do not apply ointments, butter, or oily remedies to the burn.
4. Take ibuprofen or acetaminophen for pain relief if necessary.
5. Do not break any blisters that may have formed.



Figure11: supporting finger fracture

V) First Aid for Suspected Fracture

Take these steps for a suspected fracture:

1. Don't try to straighten it.
2. Stabilize the limb using a splint and padding to keep it immobile.
3. Put a cold pack on the injury, avoiding placing ice directly on the skin.
4. Elevate the extremity.
5. Give anti-inflammatory drugs like ibuprofen or naproxen.



Figure12: Bandaging leg fracture



| | |
|------------------|--------------|
| • Self-Check – 2 | Written test |
|------------------|--------------|

Name..... ID..... Date.....

Directions: Answer all the questions listed below. Examples may be necessary to aid some explanations/answers.

Test I: choose the best answer for the following questions

1. First aid includes all the following procedures except
 - A) Blood controlling
 - B) Wound care
 - C) Mouth to mouth resuscitation
 - D) Surgery
2. Procedures of bandaging and splinting refers to
 - A) Cardiac failure
 - B) Fractures and sprain
 - C) Electric shock
 - D) Bleed control
3. The first important point that must always be taken into account when providing first aid is
 - A) Protect yourself and others at all times against injury or harm
 - B) The casualty must be protected against further harm or injury The casualty must be protected against further harm or injury
 - C) Wear protective gloves when administering first aid to protect against infection.
 - D) Notify your supervisor immediately to arrange for professional help.
4. The most important medical procedure of all first aid procedures is
 - A) Wound care
 - B) Blood control
 - C) Cardiopulmonary resuscitation



D) Dressing

5. The most accident that vocalist face on the stage is

A) Electric shock

B) Bleeding

C) Stage failure

D) Cardiac failure

Note: Satisfactory rating - 10 points

Unsatisfactory - below 10 points

You can ask you teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____

Date: _____

Information Sheet 3- See assistance from others as appropriate

3.1 Seeking assistance

In all first aid situations there can be a need to call on others who are not professional medical people to help you provide the basic first aid necessary.



Figure13: Asking for assistance

3.1.1 Points to be considered in seeking assistance

When seeking first aid assistance from others, consider the following:

- Look for volunteers,
- Other staff and colleagues
- Members of the public
- Friends or family members of casualty.
- Never be afraid to ask for help.
- Most people are prepared to help even if they do not know what to do.
- They will do what you ask them to do
- A vital thing they can do is to confirm professional medical help is on the way



Figure14: Taking self-care

Volunteers can be asked to:

- Give information about causes of the incident and injury
- Provide directions to emergency services to help them get quickly to the scene
- Contact friends or relatives of the casualty, so they can attend and perhaps provide history about the casualty
- Help move the casualty
- Help protect the casualty from further injury
- Communicate with emergency services to provide them with updates
- Communicate with emergency services to obtain advice
- Record verbal information you give them – vital signs and condition of casualty
- Obtain first aid requisites for you including fetching bandages or slings from the first aid room/main office If one person refuses to help, ask someone else.
- Never assume just because one person has refused, everyone will refuse.



Figure15: Assistants help by reporting and dialing

Identify possible helpers immediately Always identify potential helpers as soon as possible when you arrive on scene.

- Does anyone have first aid experience or qualifications?
- Can anyone here help me if I need help?
- Does anyone have a cell phone?

3.1.2 Be prepared to use bystanders to help you

- Always be alert to the possibility of asking others to assist you by:
- Calling emergency services
- Moving items
- Helping to move the casualty
- Using fire-fighting equipment.
- This could include other staff, bystanders, customers, management, friends or family of the casualty.
- Remember others are often prepared and willing to help if they are told what to do.



| Self-Check – 3 | Written test |
|----------------|--------------|
|----------------|--------------|

Name..... ID..... Date.....

Directions: Answer all the questions listed below. Examples may be necessary to aid some explanations/answers.

Test 1: select the correct answer

1. When seeking first aid assistance from others, the first factor to consider is
 - A) Confirm professional medical help
 - B) Never be afraid to ask for help
 - C) Give information about causes of the incident and injury
 - D) Ask them to do a vital thing they can do
2. What are the possibilities of asking others to assist you
 - A) Calling emergency services
 - B) Moving items
 - C) Helping to move the casualty
 - D) All
3. The best question to ask when identifying potential helpers as soon as possible on scene is
 - A) Can anyone call for an ambulance?
 - B) Can anyone here to help me?
 - C) Does anyone have first aid experience or qualifications?
 - D) Does anyone have a cell phone?
4. When you are asking for an assistant and get refusal, what do you do?
 - A) Ask for someone else
 - B) Stop asking for help
 - C) Go to polis station
 - D) Wait until somebody volunteer came



5. Which one is not a the major duty of a potential helpers?

- A) Help move the casualty
- B) Communicate with emergency services to provide them with updates
- C) Record verbal information you give them – vital signs and condition of casualty
- D) Make minor surgery

Note: Satisfactory rating - 3 points Unsatisfactory - below 3 points

You can ask you teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____

Date: _____



Operation Sheet 1- Caring and comforting casualty

1.1. Tools and Equipment

Glove

1.2. Procedures of Caring and comforting casualty

Step 1: Comfort a vocalist who who face an electric shock with minimal movement.

Step2:

Operation Sheet 2- Providing first aid care in accordance with procedures

2.1. Tools and Equipment

- **Gauze**
- **Alcohol**
- **Bandage**
- **Scissors**
- **Gloves**

2.2. Procedures of providing first aid care in accordance with procedures

Step 1- Perform mouth-to-mouth resuscitation

Step2: Perform cardio-Pulmonary Resuscitation (CPR)

Step3: Control of bleeding to limit blood loss

Step4: Make dress for wound care to limit blood loss and infection by covering wounds

Step5: Treat for burns and scalds

Step6: Do bandaging and splinting to fracture or sprain.



| | |
|--|------------------|
| <ul style="list-style-type: none">LAP TEST | Performance Test |
|--|------------------|

Name..... ID.....

Date.....

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within **1** hour. The project is expected from each student to do it.

Task1- Perform first aid techniques for a vocalist who fail and fainted on the sage



Self- check answers LO1 Assess the situation

1.1 Information Sheet 1- Recognizing emergency situation

1. True
2. False
3. True
4. True
5. False

Information Sheet 2- Identifying physical hazards

1. B
2. D
3. C
4. B
5. D

Information Sheet 3- Minimizing immediate risk by isolating the hazards

1. False
2. True
3. False
4. True

Information Sheet 4- Assessing physical condition and vital signs

1. B
2. D
3. C
4. D
5. B



Self-check answers

LO2 Apply basic first aid techniques.

Information Sheet 1- Caring and comforting casualty

1. False
2. True
3. True
4. False
5. True

Information Sheet 2- Providing first aid care in accordance with procedures.

1. D
2. B
3. A
4. C
5. C

2.3. Information Sheet 3- See assistance from others as appropriate

1. B
2. D
3. C
4. A
- 5.



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