

## **OP 12 - Assessment of Knowledge on First aid and Safety Measures for Sports Related Injuries among School Athletes in Anuradhapura Educational Zone, Sri Lanka**

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**Background:** Improving the skills of first aid and safety measures in school children are of great importance as it helps to prevent, minimize the extension and complications of injuries.

**Objectives:** To determine the knowledge on first aid and safety measures regarding sports related injuries among school athletes in Anuradhapura educational zone.

**Methodology:** A descriptive cross sectional study was conducted among school athletes in Anuradhapura Educational Zone. Sample of 168 students aged between 12 -17 years were recruited for the study. A self-administered questionnaire which consists of both open ended and closed ended questions were distributed. The results were analyzed using SPSS 20.

**Results and conclusions:** There were 168 school athletes of which 73 (43.5%) participants in the age group of 14 – 15 years in Anuradhapura (Sri Lanka ) educational zone. Out of all subjects, only 52 (32.1%) had previous exposure to first aid training. However, primary assessment in first aid was known only by 1.2% athletes correctly in the study. Nearly 25% correctly explained the term “cardiopulmonary resuscitation”. Out of them only 6 (40%) males and 9 (60%) females were able to mention the ratio of chest compressions to rescue breaths as 30:2. Also 102 (60.7%) had satisfactory knowledge regarding cool down exercise. Only 51 (30.4%) students had good knowledge of emergency care for fractures. Overall there was a significant difference in knowledge of safety measure equipment who were not first aid training participants than participants ( $p = 0.045$ ). The knowledge on emergency first aid care for wound management were below than (60%) knowledge score among school athletes. According to the results of the study, the students in this Educational Zone are willing to gain their knowledge regarding first aid and it’s measures through school curriculum and also standardize all of the existing first aid training programs. Health care professional need to improve the first aid knowledge and guide to correct emergency care among school athletes.

**Keywords:** : First aid, knowledge , school curriculum, sports injuries, safety measures