

**A PROCLAMATION DECLARING
June 2021 as
First Aid Awareness Month
As Adopted BY THE UGANDAN GOVERNMENT**

WHEREAS, The government of Uganda is committed to serving, protecting and enhancing Ugandan communities, families, individuals, and visitors; and

WHEREAS, The government wishes to ensure that Uganda is a safe and healthy place to live, work and visit; and

WHEREAS, It is important to educate Uganda's citizenry about how to protect the lives of themselves and their families, as well as their neighbors; and

WHEREAS, The most basic way to do this is by providing and promoting the most basic of First Aid and CPR concepts and technics; and

WHEREAS, Everyone can make a difference in an emergency, and that when saving a life, in many instances, seconds count; and

WHEREAS, Unsafe life and work practices can have consequences for businesses, employees and consumers and many workplace accidents and injuries can be prevented by employees who are trained, engaged, alert, and informed on the best practices for not only identifying and eliminating potential hazards in the workplace, but training workers to survive emergencies; and

WHEREAS, All Uganda citizens are essential to ensuring that our country is a safe and great place to work, to live, and to visit; and

WHEREAS, The most common methods learned by citizens to save lives are First-Aid, CPR and the Heimlich Maneuver; and

WHEREAS, The costs of running First Aid based lifesaving programs is outweighed by the number of lives enhanced and saved; and

WHEREAS, Prompt delivery of cardiopulmonary resuscitation (CPR) more than doubles the chance of survival from sudden cardiac arrest by helping to maintain vital blood flow to the heart and brain and that death or severe brain injury is likely to occur unless resuscitation measures are started no later than 10 minutes after the onset of sudden cardiac arrest; and

WHEREAS, Cardio means "of the heart" and pulmonary means "of the lungs." Resuscitation is a medical word that means "to revive" — or bring back to life. Sometimes CPR can help a person who has stopped breathing, and whose heart may have stopped beating, to stay alive; and

WHEREAS, The term First aid refers to the emergency or immediate care you should provide when a person is injured or ill until full medical treatment is available. For minor conditions, first aid care may be enough. For serious problems, first aid care should be continued until more advanced care becomes available; and

WHEREAS, The Heimlich Maneuver a first-aid procedure for dislodging an obstruction from a person's windpipe in which a sudden strong pressure is applied on the abdomen, between the navel and the rib cage. The Heimlich maneuver is often used to help a choking person who is conscious and unable to talk, and does so by pushing air out of the person's lungs and to make them cough. The force of the cough may then move the object out of his airway; and

WHEREAS, Establishing a National Safety Month focused on reducing the leading causes of injury and death at work, on the road, and in our homes and public spaces will be beneficial to the future of Uganda; and

WHEREAS, Uganda and the National Department of Health encourage Ugandans to commit to safety and to work together to eliminate hazards and prevent injuries; and **THEREFORE BE IT**

RESOLVED, That in an effort to better the lives of Uganda citizens, learning first aid, CPR and the Heimlich Maneuver will save lives, thus helping to better the overall health of Uganda citizens; and Be It Further

RESOLVED, That Uganda should be an example for the rest of Africa and establish an educational program in the nation's schools that regularly educates Ugandans; and Be It Further

RESOLVED, That once a year at a prescribed time, educating the people of Uganda on the basics of first aid, CPR and the Heimlich shall take place; and Be It Further

RESOLVED, That the month of June shall be dedicated towards educating the nation; and Be It Further

RESOLVED, that the name of the week shall be the Uganda's First Aid Awareness Month; and Be It Further

RESOLVED, That a copy of this resolution be distributed to the Governor's of all districts, international relief agencies, and all schools in the nation, both public and private.