

Section: EXTENSION PROJECT REPORT

Abstract: EXT-01

First aid education for laypeople: Impact of practical simulation-based strategies on autonomy and safety

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INTRODUCTION First aid education is a fundamental strategy for promoting collective safety by enabling laypeople to recognize and intervene early in emergencies such as syncope, seizures, foreign body airway obstruction, and cardiac arrest (CA), contributing to the mitigation of health damage and reduction of morbidity and mortality. In the context of health education, scene safety assessment is emphasized to protect the rescuer during assistance. In Brazil, this relevance is reinforced by Lucas Law (No. 13,722/2018), which mandates first aid training in educational institutions, highlighting the need to disseminate this knowledge in schools and collective environments.

EXPERIENCE REPORT This extension project conducted five actions throughout 2025 at SESC Santo André, Parque do Pedroso, SEMASA, EMEIEF Maria da Graça de Souza, and UFABC. The initiative, led by Medicine and Physiotherapy students linked to the project, reached a total of 133 participants, including adults and teachers. The methodology followed a bimodal model: a theoretical-expository phase with accessible language and a supervised practical-simulated phase. Simulation manikins (adult and pediatric) and AED devices were used for training, allowing the performance of cardiopulmonary resuscitation (CPR) maneuvers, choking relief in infants, children, and adults, and the correct operation of the defibrillator in controlled scenarios.

DISCUSSION The analysis of results showed high pedagogical efficacy and a high level of participant satisfaction. At UFABC, a 97.3% satisfaction rate was recorded, with 100% of respondents positively evaluating the quality of the presentation; at SESC Santo André, there were 100% correct answers regarding airway clearance in infants and adults following the activity. These findings indicate that the articulation between theory and supervised practice favored the consolidation of technical knowledge and increased participants' self-confidence to act in emergency situations. Furthermore, the initiative reinforces the role of university extension in promoting collective safety and disseminating health practices that contribute to the prevention of avoidable harm.

KEYWORDS: First aid; Health education; Community outreach; Training.