



Hong Kong Red Cross Health and Care Service Department 5 Stars Health 5 Stars Home Community Health Education Project



THE STORY OF OUR VOLUNTEER TONY ...

" I have been a volunteer of Red Cross "5 Stars Health 5 Stars Home" for six years time. I am more than happy to share my experience with you all. I first participated in an Elderly First Aid workshop...."

Before my retirement , I often used First-aid knowledge to ensure the occupational safety of my colleagues. As I know that **first aid procedures and knowledge are changing and updating on a very fast pace everyday**, I decided to join Elderly First Aid workshop, hoping to learn more.

You were once a participant of the program, why then would you become a volunteer?

I remember during an event years before, one of the participants suddenly felt uncomfortable, I instantly helped him to move away from the crowd, arranged him to sit down and rest, I guessed he was having hypoglycemia. I therefore gave him a piece of candy in the mouth, because sugar can elevate blood sugar levels, this was what I learnt from the Elderly First Aid workshop. After that, **I realized I could use the learned knowledge to help people**, which is very meaningful.

Focuses :

