

First Aid



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INTRODUCTION

- At its most basic, first aid is the **initial assistance** given to a victim of injury or illness. Comprised of relatively simple techniques that can be performed with rudimentary equipment, first aid is usually carried out by a layperson until professional medical assistance arrives.
- The **Encyclopaedia Britannica** states **First Aid** as "measures to be taken immediately after an accident not with an idea to cure but in order to prevent further harm being done". It uses the available human and material resources at the site of accident to provide initial care to the victim of injury or sudden illness until more advance care is provided.



DEFINITION

- First aid is the provision of **immediate care** to a victim with an injury or illness, usually effected by a **lay person**, and performed within a **limited skill range**.
- First aid is normally performed until the injury or illness is **satisfactorily dealt** with (such as in the case of small cuts, minor bruises, and blisters) or until the next level of care, such as a paramedic or doctor, arrives
- First aid is an emergency aid or treatment given to someone injured, suddenly ill, etc., before **regular medical services** arrive or can be reached.



OBJECTIVES/ PURPOSES

- To Sustain the life
- To Prevent suffering
- To Prevent secondary complications
- To Promote speedy recovery



PRINCIPLES

4C

- Call for Help
- Calmly Take Charge
- Check the scene & the casualty
- Carefully apply FIRST AID



PHILOSOPHY OF FIRST AID

- In the pre-hospital setting, the key contributors to survival and recovery from illness and injury are prompt and effective maintenance of the **body's primary functions**:
 1. Airway
 2. Breathing
 3. Circulation
 4. Bleeding control (life threatening)



IMPORTANCE OF FIRST AID

- Providing **quick** medical treatment until professional assistance arrives.
- First aid helps in ensuring that the **right methods** of administering **medical assistance is being** provided.
- **Knowledge** in first aid also **benefits** the individuals themselves.
- It **affords** people with the **ability** to provide help during various emergency situations.



PRINCIPLES OF EMERGENCY CARE

- Collect the **detailed history** of accident either from the victim or from anyone who has witnessed the accident.
- The victim's injury should be **examined** thoroughly, taking note of every symptom, to know the correct diagnosis.
- By the help of the diagnosis, **treat the victim** until the doctor arrives or shift the victim to the hospital and aid the patient during transport.
- **Call the doctors** or shift the victim to the hospital as soon as possible, so that the patient can recover soon from doctor's treatment instead of prolonging the first aid.



GOLDEN RULE'S OF FIRST AID

- Do first things first **quickly, quietly** and without fuss or panic.
- Give **artificial respiration** if breathing has stopped-every second counts.
- Stop any **bleeding**.
- **Guard** against or treat for shock by moving the casualty as little as possible and handling him **gently**.
- Do not attempt **too much-do** the minimum that is essential to save life and prevent the condition from worsening.



GOLDEN RULE'S OF FIRST AID

- **Reassure** the casualty and those around and so help to lessen **anxiety**.
- Do not allow people to **crowd** round as **fresh air** is essential.
- Do not **remove clothes** unnecessarily.
- **Arrange** for the removal of the casualty to the care of a **Doctor** or hospitals soon as possible



QUALITIES OF FIRST AIDE

- Calm
- Confident
- Willing to offer assistance whenever necessary
- Patience



DO'S & DON'TS

DO'S

Before handling the casualty use:
Mask, Gloves, Head Cover, Apron

DON'Ts

First Aider can never

- Prescribe Medicine
- Declare DEATH



ACTION PLAN

- Assess the Situation
- Safety of yourself and the casualty
- Assess the casualty
- Treat the casualty
- Arrange the removal of the casualty to hospital or safe area
- Write a report / Communicate the status



ASSESSING THE SKILLS OF A FIRST AIDER

- Observer
- Listen
- Feel
- Talk
- Touch
- Provide
- Build Trust



RESPONSIBILITY OF A FIRST AIDER

- To assess the situation quickly and safely and call for appropriate help.
- To identify the level of injury or the nature of illness affecting the casualty / victim.
- To give early and appropriate treatment in a sensible order of priority.
- To make and pass on a report, give a further help if its required.



DR ABC

- Danger
- Response
- Airway
- Breathing
- Circulation



D - DANGER

To yourself
To others
To casualty



R - RESPONSE

- Gently “Shake and Shout” at the casualty
- Is the casualty is conscious?
- Is the casualty drowsy or confused?
- Is the casualty unconscious, but reacting?
- Is the casualty unconscious with no reaction?
- If unconscious, place the casualty in the stable side position.



A - AIRWAY

- Is the airway is open and clear?
- Is there noisy in breathing?
- Are there Potential obstruction such as blood etc?
- If so, open and clear the airway!



HOW TO OPEN AN AIRWAY

- Tilt Head and Back and Lift Chin up with fingers under the jaw to establish Airway (Move head as little as possible if there may be a neck injury.)



B - BREATHING

- Look for chest movements
- Listen for sounds for breathing
- Feel for breathes on your cheek
- If not breathing give 2 rescue breathes



C - CIRCULATION

- Is there a carotid pulse?
- Is it strong?
- Is it regular”
- Is there a major blood loss?
- IF NO PULSE PRESENT THEN START CPR
(CIRCULATION PULSE RESPIRATION)



FIRST AID KIT



CONTENT OF FIRST AID KIT

THE RED CROSS RECOMMENDS THAT ALL FIRST AID KITS FOR A FAMILY OF FOUR INCLUDE THE FOLLOWING:

DRESSING:

- 2 ABSORBENT COMPRESS DRESSINGS (5 X 9 INCHES)
- 25 ADHESIVE BANDAGES (ASSORTED SIZES)
- 1 ADHESIVE CLOTH TAPE (10 YARDS X 1 INCH)
- STERILE EYE DRESSING
- GAUZE PAD



CONTENT OF FIRST AID KIT

Medications:

- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)

Bandages:

- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- 2 triangular bandages



CONTENT OF FIRST AID KIT

Equipment's:

- Tweezers-to pull out stings
- Scissors-to cut dressing/bandage
- Oral thermometer (non mercury/nonglass)
- 2 pair of nonlatex gloves (size: large)
- Safety pin

Others:

- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- First aid instruction booklet

