

First-Aid

This is a basic guide to First-Aid, please note this is only a guide and does not qualify as certified training.

What is First-Aid?



- First-Aid is the first help a casualty receives at the scene of an accident before a doctor or ambulance arrives.
- First Aid is the initial care of a suddenly sick or injured person. It is the prompt care and attention prior to the arrival of the ambulance services or a doctor.

This is meant only as a guide & does not replace proper training

SCOPE OF FIRST AID

This can sometimes mean the difference between life and death.

Aims of First Aid: (3 P's)

P - Preserve Life.

P - Prevent the condition worsening.

P - Promote Recovery.

Priorities When Treating Casualties: (The A, B, C of First Aid)

Airway, Breathing, Circulation.

Ensure that the airway is open and the casualty has a pulse and respiration's. Then treat major bleeding, burns come next, and then fractures. However an open fracture with severe bleeding comes under bleeding. If there is more than one causality, treat the most serious one first. Never ignore the quiet causalities, as they could be the most serious.

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METHOD OF FIRST AID

- ⊕ **Diagnosis**
- ⊕ **Treatment**
- ⊕ **Transport**

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DIAGNOSIS BASED ON

⊕ **Circumstantial Evidence**

⊕ **Signs → (you observe)**

⊕ **Symptoms (Patient tells)**

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PRIORITIES OF FIRST AID

- ⊕ **Check Breathing**
- ⊕ **Check **Blood** loss**
- ⊕ **Treat Shock**
- ⊕ **Treat Fracture**
- ⊕ **Look For Simple Injuries**
- ⊕ **Transport**

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CHECK BREATHING

⊕ Can Hear It

⊕ Can Feel It

⊕ Can Observe It

(Normal Person Breathes 15-18 Times In One Minute)

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ARTIFICIAL RESPIRATION

⊕ Mouth To Mouth

⊕ Mouth To Nose

@ 10 Breaths Per Minute

&

Check Pulse

Give 2 ventilations if there is no breathing

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CHEST COMPRESSION

(Give **30 Compression** if there is no **Circulation**)



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BLEEDING (HAMEORRAGE)

⊕ Blood Contains

- Red cells**
- White cells**
- Plasma**

⊕ About 5 Litres in a normal body

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BLOOD CIRCULATES THROUGH

⊕ Arteries → Carry **Blood** from Heart to body

⊕ Capillaries → Small **Blood** Vessels

⊕ Veins → Carry **Blood** Back to Heart

HOW TO STOP THE BLEEDING

Direct Pressure

- a) **Press Near the wound**
- b) **Apply dressing**

Indirect Pressure

- a) **Press The Pressure Point**

Temporal Region – 2

Back of Ear – 2

Jaw – 2

Collar Bone – 2

Armpit – 2

Upper Arm – 2

Wrist – 2

Elbow-2

Sides of Abdomen – 2

Groin – 2

Back of Knee – 2

Ankle - 2

Pressure bandage

- a) **Use a roller bandage (preferably crepe bandage)**
- b) **Give support to the limb**

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INTERNAL BLEEDING

- ⊕ **Bleeding from Nose/Ears.**
- ⊕ **Bleeding from Lungs with cough**
- ⊕ **From Stomach with Vomiting**
- ⊕ **Through Urine (Bladder, Urinary track, Kidney)**
- ⊕ **Through Rectum with Stool (injury in intestines)**

TREATMENT

- ⊕ **Handle Carefully and transport for Medical AID**

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SHOCK

Impairment of Normal Functioning of Body, is Shock.

Two Types

a) Established Shock

- ⊕ Asphyxia
- ⊕ Bleeding
- ⊕ Sickness

b) Nervous Shock

- ⊕ Bad/Good News
- ⊕ Heat/Cold/Hunger
- ⊕ Injury to Brain/Spine

SHOCK : SIGNS & SYMPTOMS

- ⊕ Discolourisation of Face**
- ⊕ Loss of Power**
- ⊕ Slow/weak Pulse**
- ⊕ Cold Sweating**
- ⊕ Irregular Breathing/Shallow breathing**
- ⊕ Nausea & Giddiness**
- ⊕ Clammy & Sandy Skin**
- ⊕ Fall in Temperature**

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SHOCK TREATMENT

- ⊕ Remove Cause From Effect**
- ⊕ Lay down the Patient & Loose Clothing**
- ⊕ Let Fresh Air Come**
- ⊕ Reassure the Patient**
- ⊕ Try to Maintain Temperature**
- ⊕ Resort to Artificial Respiration**
- ⊕ Arrange Medical Aid**

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SHOCK TREATMENT

- ⊕ DO NOT GIVE ANYTHING ORALLY
- ⊕ GIVE NORMAL HOT OR COLD WHEN PATIENT IS CONSCIOUS OR REGAINS CONSCIOUSNESS
- ⊕ ALWAYS SEEK MEDICAL ADVICE

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JOINTS



MOVEABLE



PARTIALLY MOVEABLE

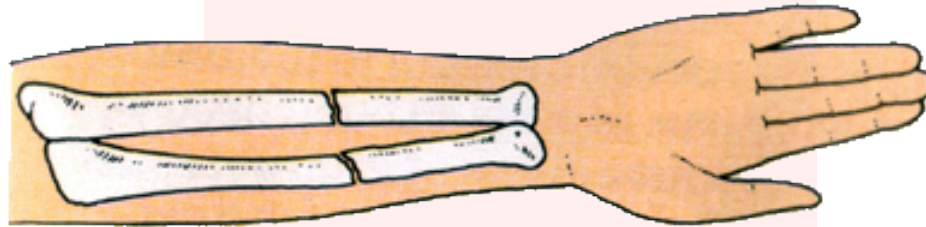
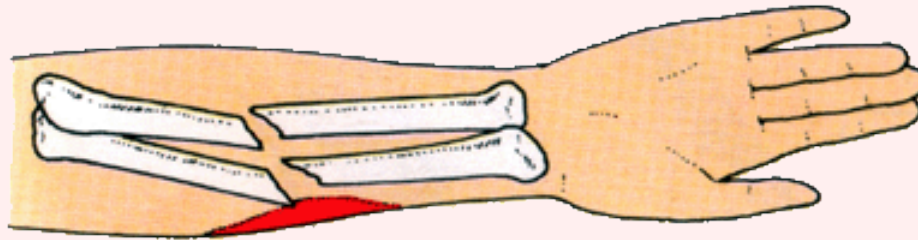


IMMOVEABLE

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FRACTURE

Any Breaking, Bending, Dislocation or Cracking of Bone is called Fracture.



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TYPES OF FRACTURE

- ⊕ **SIMPLE OR CLOSED**
- ⊕ **COMPOUND**
- ⊕ **COMPLICATED**
- ⊕ **COMMINUTED**
- ⊕ **DEPRESSED**
- ⊕ **IMPACTED**
- ⊕ **GREENSTICK**

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FRACTURE : SIGNS & SYMPTOMS

- ⊕ Pain**
- ⊕ Swelling**
- ⊕ Tenderness**
- ⊕ Loss of Power**
- ⊕ Deformity**
- ⊕ Unnatural Movement**
- ⊕ Irregularity**
- ⊕ Crapitus**

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FRACTURE TREATMENT

- ⊕ Make The Patient Comfortable**
- ⊕ Prevent Any Movement**
- ⊕ Check Bleeding**
- ⊕ Treat for Shock**
- ⊕ Immobilize the Limb**
- ⊕ Give Support**
- ⊕ Transportation.**

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WOUNDS

Any cut in the outer surface of the body is a wound or impairment in the blood vessels.

Wounds are of two types:

 **OPEN**

 **CLOSED (mostly head injuries)**

WOUNDS

TYPES / CLASSIFICATIONS

- ⊕ **CONTUSED**
- ⊕ **LACERATED**
- ⊕ **INCISED**
- ⊕ **PUNCTURED**

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WOUNDS

TREATMENT

- ⊕ **LAYDOWN THE PATIENT OR ASK HIM TO SIT DOWN**
- ⊕ **LIFT THE LIMB IF POSSIBLE**
- ⊕ **APPLY PRESSURE – ON THE WOUND
- ON PRESSURE POINT**

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WOUNDS

TREATMENT

In the case of INTERNAL BLEEDING:

- ⊕ **APPLY COLD FORMULATIONS**
- ⊕ **APPLY TOURNIQUET (All precautions)**

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BURNS & SCALDS

Burn is an injury to the body by excessive heat or excessive cold.

- ⊕ Burns: Dry Heat (fire, flame, metal, sun, electricity etc and friction)**
- ⊕ Scalds: Moist Heat (steam, boiling water, milk, tea, oil etc)**
- ⊕ Chemical Burns –**
 - Acids : H_2SO_4 , Nitric Acid, Hcl**
 - Alkalis : Caustic Soda, Potash, Ammonia or quick lime**
 - Gases : Liquid O_2 or Nitrogen**

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BURNS & SCALDS

**Area and not the degree of burn is important
(Rule of – 9)**

BURN CAUSES

- ⊕ Intense Pain**
- ⊕ Shock**
- ⊕ Infection**
- ⊕ Scars after Healing**

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BURNS & SCALDS

MANAGEMENT

- ⊕ Reassure the patient**
- ⊕ Clean wrap the wound**
- ⊕ Cover the wound**
- ⊕ Wash with fresh water**
- ⊕ Keep the patient warm**
- ⊕ Keep hands above the heart & feet elevated**
- ⊕ Keep the face prop & observe continuously**
- ⊕ Cold pack may also be applied (not excessive cold)**
- ⊕ Do not remove clothing**
- ⊕ Do not break blisters**
- ⊕ Treat for shock**
- ⊕ Move quickly to hospital**
- ⊕ Remove ring, watch, bangles, belt & boots**
- ⊕ Can give weak soda & salt solution if patient is conscious and not vomiting.**

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BURNS & SCALDS

FOR MINOR BURNS

- ⊕ Clean the Area**
- ⊕ Submerge in water**
- ⊕ Give soda & salt solution**
- ⊕ Cover Dry**
- ⊕ Warm drinks**
- ⊕ Wash well for chemical corrosive burns**
- ⊕ Can also neutralize and dilute**
- ⊕ Remove contaminated clothing**
- ⊕ Wash the face/eye sideways**
- ⊕ No rubbing of eyes**

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POISON

Poison is any such thing which after coming into contact or entering the body is capable of causing harm or leads to death

It can be:

- ⊕ **Accidental or**
- ⊕ **Intentional**

Can enter the Body:

- ⊕ **Through mouth (solid or liquid)**
- ⊕ **Through skin (injection or sting etc)**
- ⊕ **Through nose (gases or toxic fumes)**

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POISON

Poison may be:

- ⊕ **Corrosive or burning (acids, alkalis, insecticides)**
- ⊕ **Non-Corrosive (decomposed food, fungus etc)**
- ⊕ **Depressants (opium, dhatura, sankhiya etc)**

Signs and Symptoms

- ⊕ **If through mouth (nausia, vomiting, lose motions, and stomach-ache)**
- ⊕ **Burning of lips, tongue, mouth and throat**
- ⊕ **Affect the brain (can cause asphyxia, deep sleep, fits, unconsciousness and giddiness)**

POISON

TREATMENT

- ⊕ Call the doctor immediately
- ⊕ Keep samples, if possible, of poison, bottle, box or vomit
- ⊕ If Unconscious
 - Do not induce vomiting
 - Keep the patient in recovery position
 - Artificial respiration, if needed
- ⊕ If Conscious
 - Give enough water to drink
 - Do not induce vomiting if acid, alkali or any other chemical is taken
 - Induce vomiting in other cases
 - (a) By luke warm salty water
 - (b) By irritating tongue/throat
- ⊕ Give antidote if available
- ⊕ Keep the patient warm

SIMPLE INJURY

- ⊕ **Disinfect the wound**
- ⊕ **Wash with water**
- ⊕ **Cover with any clean thing**
- ⊕ **Don't apply any lotion except diluted mercurochrome Tincture Iodine etc.**
- ⊕ **Use disinfectant sprays if available**

Transportation

Seek for Ambulance

(local Hospital or Nursing home)

102 : Ambulance

1099 : Cats

Use Stretcher

(Improvise if not available)

(Bicycle, coil, shirt or Blanket etc,)

Handle the spine fracture victim with utmost care and Caution

OR

Place the patient under proper care

MODES OF CARRYING

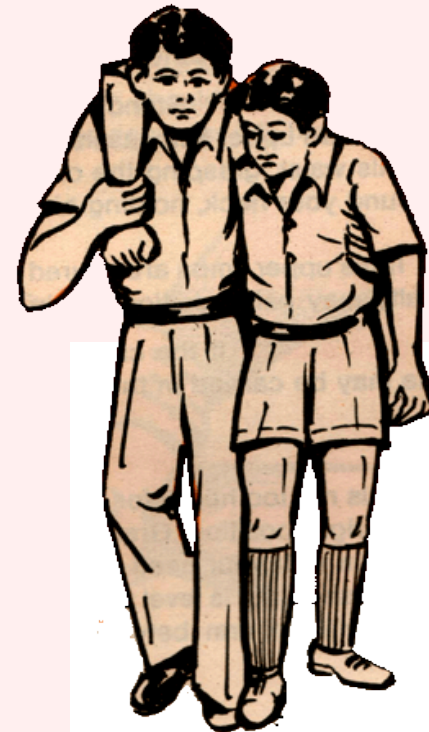
(One First Aiders)

Single Person

⊕ Cradle



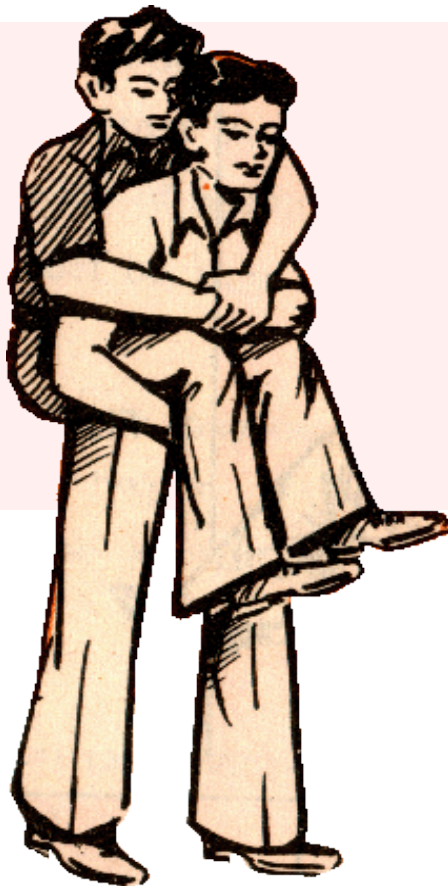
⊕ Human Crutch



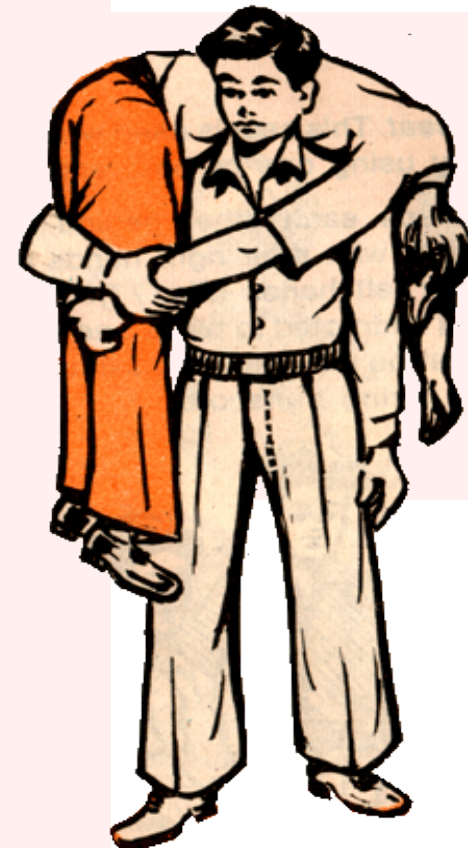
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MODES OF CARRYING

⊕ Pick a Back



⊕ Fire man's lift



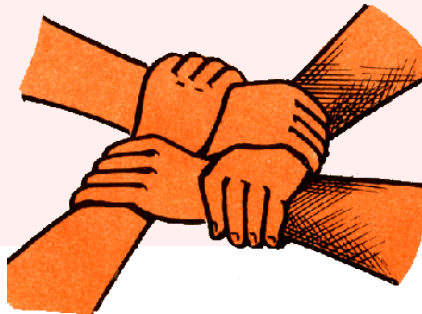
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MODES OF CARRYING

(Two First Aiders)

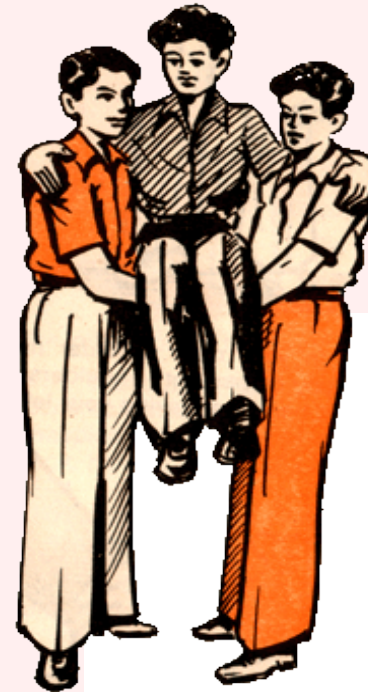
Hand Seat

⊕ **Four Handed Seat**



⊕ **Two Arm Seat**

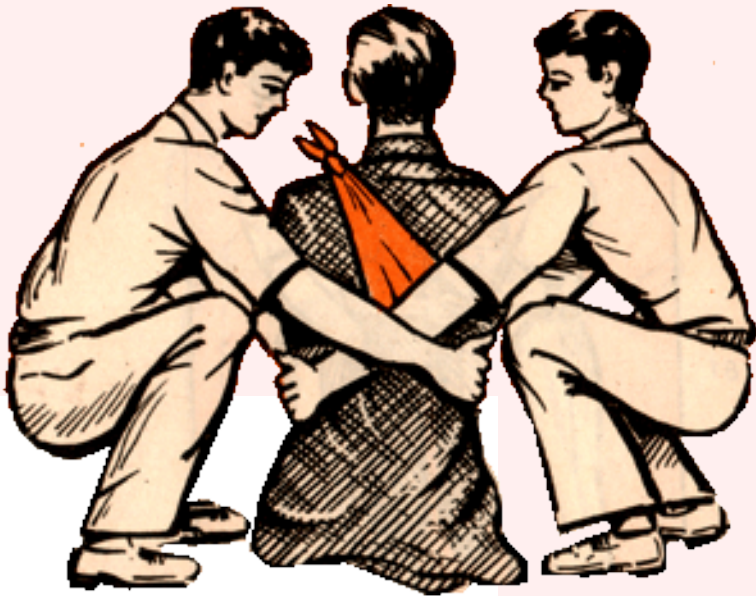
(When The Casualty is Co-operating)



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MODES OF CARRYING

⊕ when not conscious or can't assist



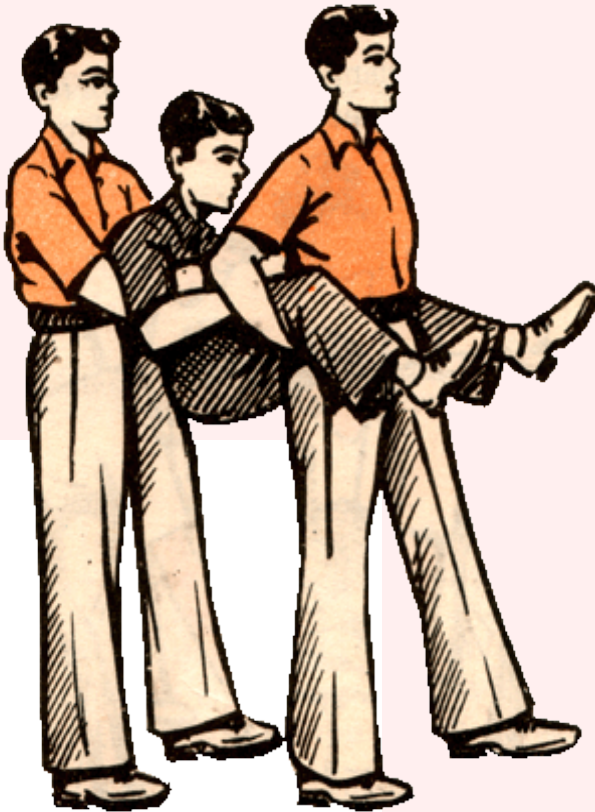
⊕ Use Hand lock



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MODES OF CARRYING

- ⊕ When space does not permit two hand seat



- ⊕ Improvised (chair)



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MODES OF CARRYING

⊕ Carrying Stretcher



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FIRST AID BOX

CONTENTS

- ⊕ **Equipment**
- ⊕ **Dressings**
- ⊕ **Medicine for Local Application**
- ⊕ **Medicine for Oral Application**

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FIRST AID BOX

Equipment

- ⊕ Safety Pins
- ⊕ Scissors
- ⊕ Pad & Pen
- ⊕ Measuring Cup
- ⊕ Torch
- ⊕ Splints

Dressings

- ⊕ Cotton Wool
- ⊕ Sterilized Dressings
- ⊕ Eye Pad
- ⊕ Roller Bandages
- ⊕ Triangular Bandages
- ⊕ Gauze
- ⊕ Band-aids
- ⊕ Stretch Bandage

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FIRST AID BOX

Medicines

For Local Application

- ⊕ **Savlon/Dettol**
- ⊕ **Eye drops/Ointment**
- ⊕ **Tincture Iodine**
- ⊕ **Tincture Benzoin**
- ⊕ **Iodex etc.**

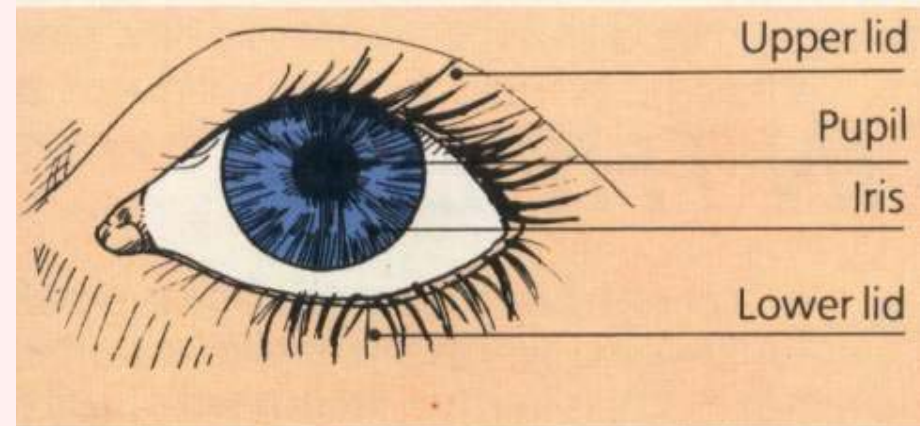
For Oral Application

- ⊕ **Salt**
- ⊕ **Sugar**
- ⊕ **Soda mint**
- ⊕ **Aspirin
(250-350 mg.)**

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EYE

- ⊕ **FOREIGN OBJECTS**
- ⊕ **LOCAL INJURY**
- ⊕ **BLEEDINGS**
 - Internal
 - External



- ⊕ **Over exposure**
- ⊕ **Any inflammation or infection**

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DONT'S

- ⊕ **DO NOT RUB THE EYES**
- ⊕ **DO NOT PANIC**
- ⊕ **DO NOT USE ANY MEDICINE**

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DO'S

- ⊕ KEEP CALM
- ⊕ REMOVE FOREIGN OBJECTS IF POSSIBLE
- ⊕ GIVE COLD COMPRESS IN CASE OF INTERNAL BLEEDING
- ⊕ WASH THE EYE WITH FRESH WATER FOR
 - ANY CHEMICAL BURN
 - SMALL FOREIGN OBJECT

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CONCLUSION

This presentation is provided to increase your ability to render basic first-aid treatment. It does not replace proper First-Aid training.