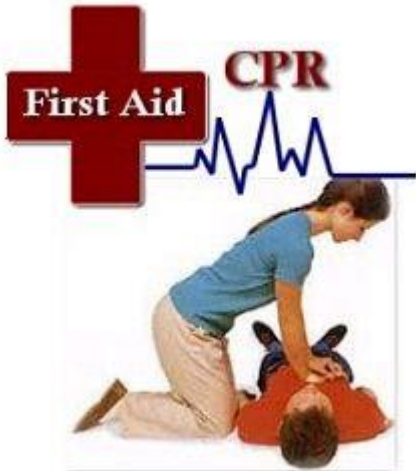


Basic First Aid Skills



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Session Objectives

- Recognize the benefits of obtaining first-aid and CPR certification
- Identify proper procedures for a variety of medical emergencies
- Assist in administering first aid when a co-worker is injured
- Do no further harm

What is first aid?

- First assistance or treatment that is given to a casualty by the bystander, a relative or by a professional medical person.
- It is the most important help that a casualty receives.

Aims and principles of first aid

- To PRESERVE life: your life first, then bystanders and then casualty's.
- To PREVENT the injury from worsening.
- To PROMOTE recovery: give the correct First Aid.
- To PROTECT the unconscious: something can block the airway, causing an obstruction

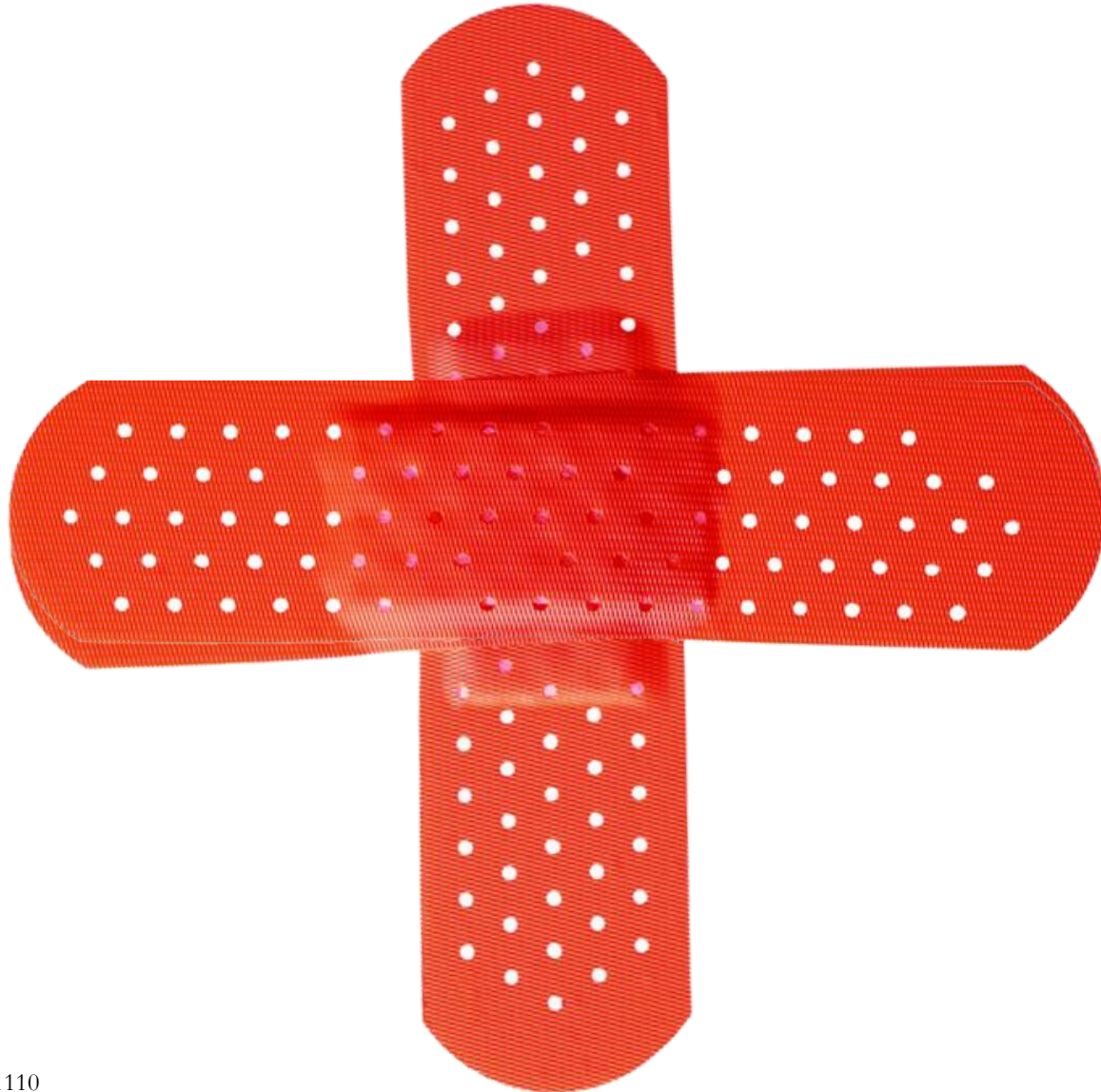
Responsibilities of a First Aider

- To find out what has happened.
- To be aware of any dangers and deal with them appropriately.
- To deal calmly and efficiently with any injury or condition.
- To arrange the next stage of the casualty's care. (home or hospital)

Properties of Casualty Management (DRABC)

- D- Danger (To yourself, others and casualty)
- R- Response (Gently shake and shout, conscious or unconscious, if unconscious keep left lateral position)
- A- Airway (see airway open and clear, noisy in breathing, any obstruction and if so open and clear the airway)
- B- Breathing (look for chest movements, listen for breathing sound, feel breathing on cheek, if not give 2 rescue breathes.
- C- Circulation (carotid pulse, strong, regular, any major blood loss, if no pulse, give CPR)

Four Basic Rules



Assess the Scene

- ✓ Evaluate the scene
- ✓ Assess safety
- ✓ Prioritize care
- ✓ Check for medical alert tags
- ✓ Do head-to-toe check
- ✓ Move only if necessary

No Breathing

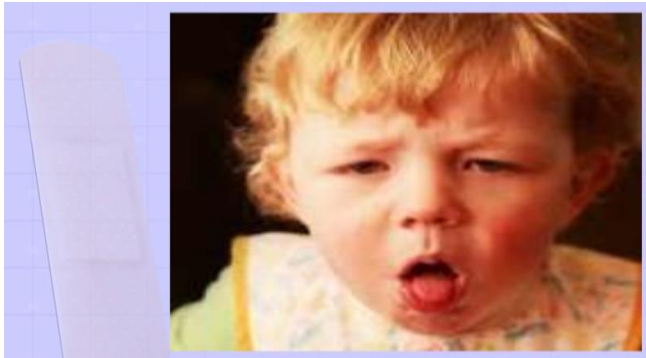
Administer CPR:

- Lay the person on his or her back
- Give chest compressions
- Tilt head slightly
- Breathe into the person's mouth
- Continue until EMS personnel arrive



Choking

- Ask a person to speak or cough
- Deliver 5 back blows
- Perform abdominal thrusts
- Repeat sequence of back blows and abdominal thrusts



NEAR DROWING

- Casualty has inhaled water into the lung
- Closing of the airway due to spasms induced by water
- Never attempt a rescue that is beyond your capabilities or you may become a victim too.
- Begin resuscitation immediately when needed.

If the water is too deep or dangerous to enter or if the victim is too far out to reach with a long object, a throwing assist may be wisest



If the victim is in deep or dangerous water but there is a dock to stand on, try a reaching assist with a long, sturdy object



Epileptic Seizures



- Remove victim from hazards
- Check for breathing
- Nothing in the mouth
- Keep comfortable
- Call health centre if medical assistance is needed

Heart Attack

- Call health center
- Make victim comfortable
- Loosen tight clothing
- Check for medication
- Keep victim still
- Don't give stimulants



Shock

- Lay the victim down
- Cover
- Raise feet



Electrical Shock

- 1.** Don't touch!
- 2.** Turn power off
- 3.** Call health center
- 4.** Remove person from live wire
- 5.** Check for breathing



Fainting

- Check for breathing
- Administer CPR if necessary
- Call health center if more than a few minutes
- If conscious, lay the victim down with feet elevated



Difference between fainting and shock

Fainting is a sudden, brief loss of consciousness caused by decreased blood flow to the brain.



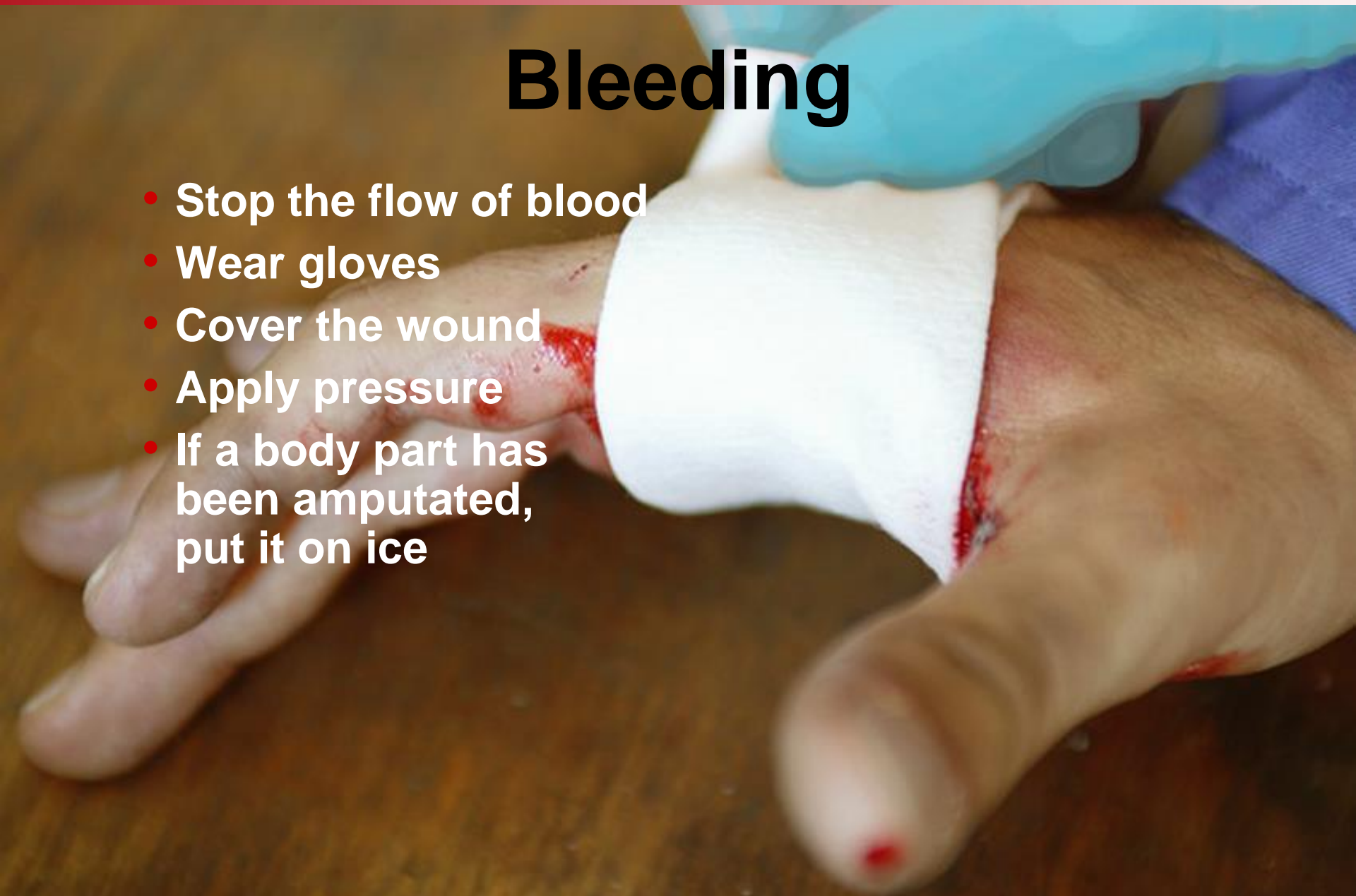
Shock is a state of physical shutdown. Your body enters shock when there is not enough circulating blood. Shock can cause multiple organ failure. It can lead to life-threatening complications, such as heart failure.



How injury can be managed

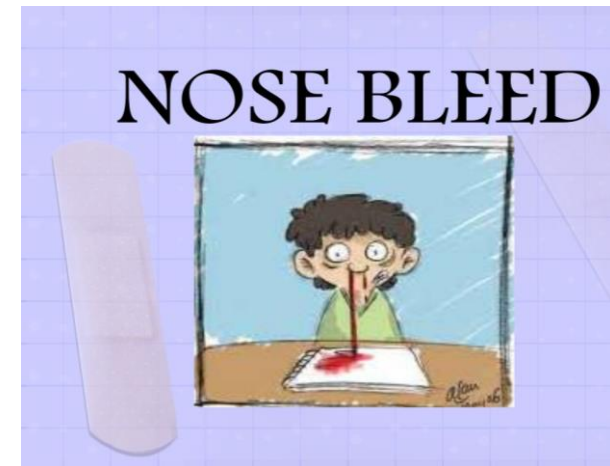
Bleeding

- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- If a body part has been amputated, put it on ice



Bleeding

- **Ask casualty to sit down and lean forward. Loosen any clothing**
- **Tell the casualty to pinch the nose in the middle figure for about 10mins and to breath through the mouth**
- **If bleeding continue applying pressure**
- **While the casualty is applying pressure, ask to spit out any blood in her mouth.**
- **Clean any blood on the outside of the nose**



Eye Injuries

- **Splashes**
- **Particles in eye**
- **Blow to eye**
- **Cuts near eye**
- **Penetrating objects**



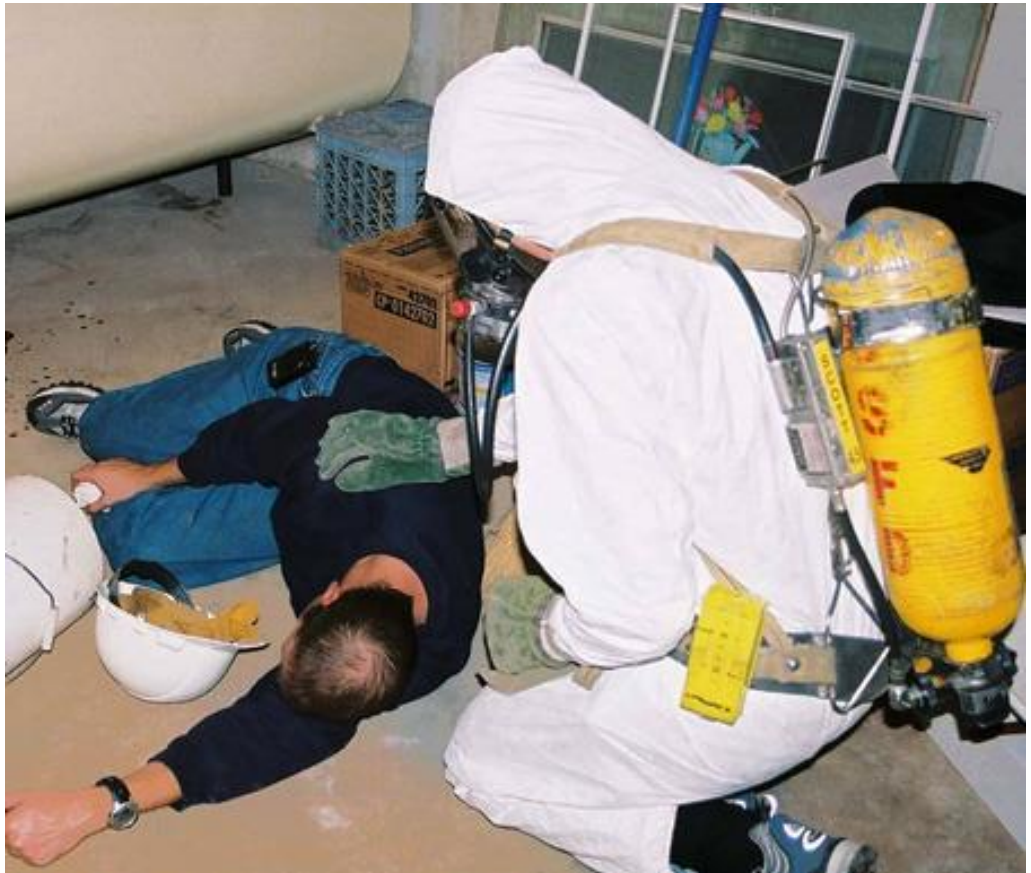
Burns

- First-degree burns—Reddened, painful skin
- Second-degree burns—Blistering
- Third-degree burns—Charring, deep tissue damage

third

Exposure to Hazardous Materials

- Eyes
- Skin
- Inhalation
- Ingestion



Broken Bones

- Look
- Ask
- Treat for shock



Heat Exhaustion

- Move to cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses



KEY POINTS To Remember!

- Medical emergencies can happen anytime.
- Act quickly, calmly, and correctly.
- Consider being certified in first aid and CPR.