What is First Aid

It is an immediate care given to the victim of an illness or injury before getting medical aid. Remember First Aid is not an end of treatment itself. The person will need secondary aid.

AIMs and Objectives:-

• To Preserve life.
• To Promote Recovery.
• To Prevent further worsening of condition.
• To inform doctor regarding victims Accident
• To Arrange for shifting to hospital.

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FIRST AID KIT

- First aid kit contain:
  - Emergency telephone numbers
  - Sterile gauge pads
  - Disinfectants
  - Medicines like pain killers, antihistaminics, antibiotics, aspirin.
  - Roller bandages to hold dressing in place
  - Adhesive tape, adhesive bandages
  - Scissors
  - Tweezers
  - Safety pins
  - Antiseptic wipes or soap
  - Thermometer
  - Barrier devices such as pocket mask or face shield.
Rules

- Check for scene safety.
- Check your safety.
- Place the victim in comfortable position.
- Stop Bleeding if any
- Call for help and do **CPR till reaching to hospital**
- If available use **personal protective equipment** but don’t waste time for it.
- Inspect patient from head to toe, check for wounds & bleeding.
Don’ts

• Do not panic but don’t waste time.

• Do not attempt to move injured person unless necessary.

• Do not give water or food if victim is unconscious.

• Do not try to remove any foreign body if impacted.
Formula

- A - **AIRWAY** - Clear airway - open mouth & look for foreign body.

- B - **Breathing** – Look, Listen & Feel.

- C - **Circulation** – Check pulse.

- C - **CPR** - 30 Compression : 2 Breath.

- D - **Danger**

- R - **Response** - Ask Name, Address, Phone etc.

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Airway

- Check for Breathing (look, listen and breath).
- If no breathing observed then start CPR.
- Check for consciousness.
- Open the Airway and check for foreign body.
If not breathing

- Prevent tongue fall - Do head tilt / chin lift.
- Seal the nostrils to prevent escape of air.
- Take deep breath, open your mouth widely, place it over the victim’s mouth & make a tight seal.
- Give 2 breath after 30 chest compression.
Circulation.

- **Check for wounds & Bleeding** - As serious bleeding leads to

  - Shock.
  
  - Damage to brain, Heart, Kidney etc.
  
  - Death
Sign & symptoms of serious bleeding

- Skin become pale, cold & clammy.
- Pulse rapid & weak.
- Breathing become shallow.

What to do:
- Make the patient lie down
- Apply direct pressure on injury by thumb gauge pad, clean cloth.
What to do:
- Keep pressure for at least 5-7 minutes.
- If gauge / cloth is soaked with blood, apply another.
- Keep the patient warm.
- The use of pressure points and elevation is NOT recommended.
- When direct pressure fails to control life-threatening external limb bleeding or is not possible, tourniquets could be considered.

What not to do:
- Do not remove dressing frequently.
- Do not apply anything on wound eg. Turmeric etc.
If Fracture is suspected -

- Prevent movement of the injured part
- Prevent blood loss, movement & infection
- Arrange comfortable support of the injured part during transport to hospital.
- Cover the wound with pad or sterile dressing or clean cloth
- Apply pressure to control the bleeding.
FIRST AID IN ROAD ACCIDENTS

- Check yourself first
- Check other persons for injuries.
- Look for signs of breathing.
- Call for help.
- Check for obstructions in persons mouth and throat.
- Perform life saving techniques.
- Ways to help him/her in grave situations.
- Deal with open wounds.
- Always suspect spinal injuries.
- Keep the person warm.
- Avoid feeding the person.