

FIRST AID



**NAME THE FOLLOWING
CONTENTS OF FIRST AID
BOX**



BANDAGE



ELASTIC BANDAGE



INSTANT COLD PACK



EMERGENCY THERMAL BLANKET



ANTISEPTIC WIPES



SCISSORS



SAFETY PINS



TWEEZERS



THERMOMETER



GLOVES



ANTISEPTIC WIPES



WHY ARE WE USING FIRST AID?

- ▶ First aid is the emergency care given immediately to an injured person.
- ▶ Purpose :
 - 1) Minimize the injury and future disabilities
 - 2) In serious cases , first aid may be necessary to keep the victim alive.





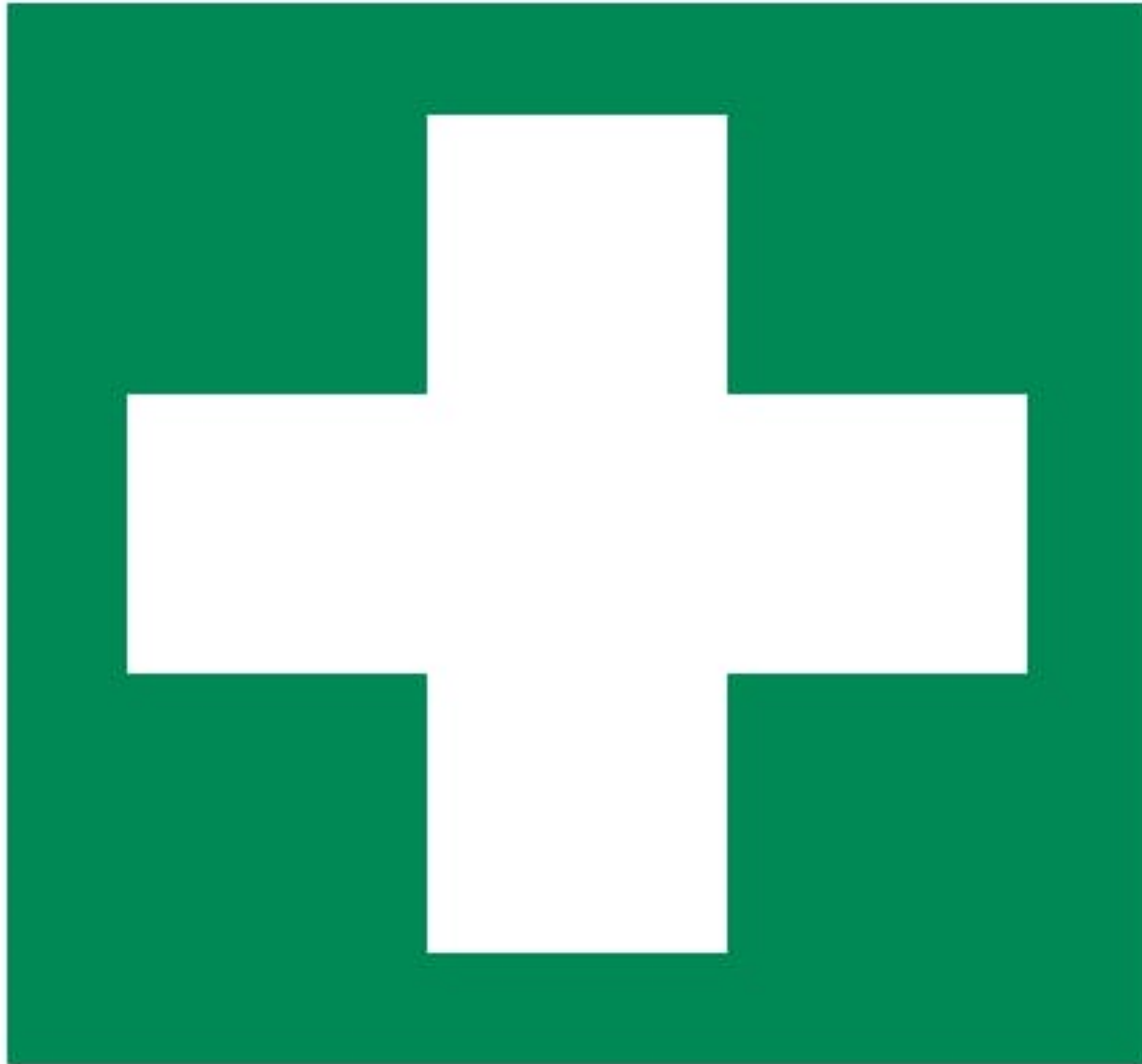


What should I keep in my first aid kit?

- ▶ It's important to have a well-stocked first aid kit in your home so you can deal with minor accidents and injuries.
- ▶ Your first aid kit should be locked and kept in a cool, dry place out of the reach of children.
- ▶ Many people also keep a small first aid kit in their car for emergencies.

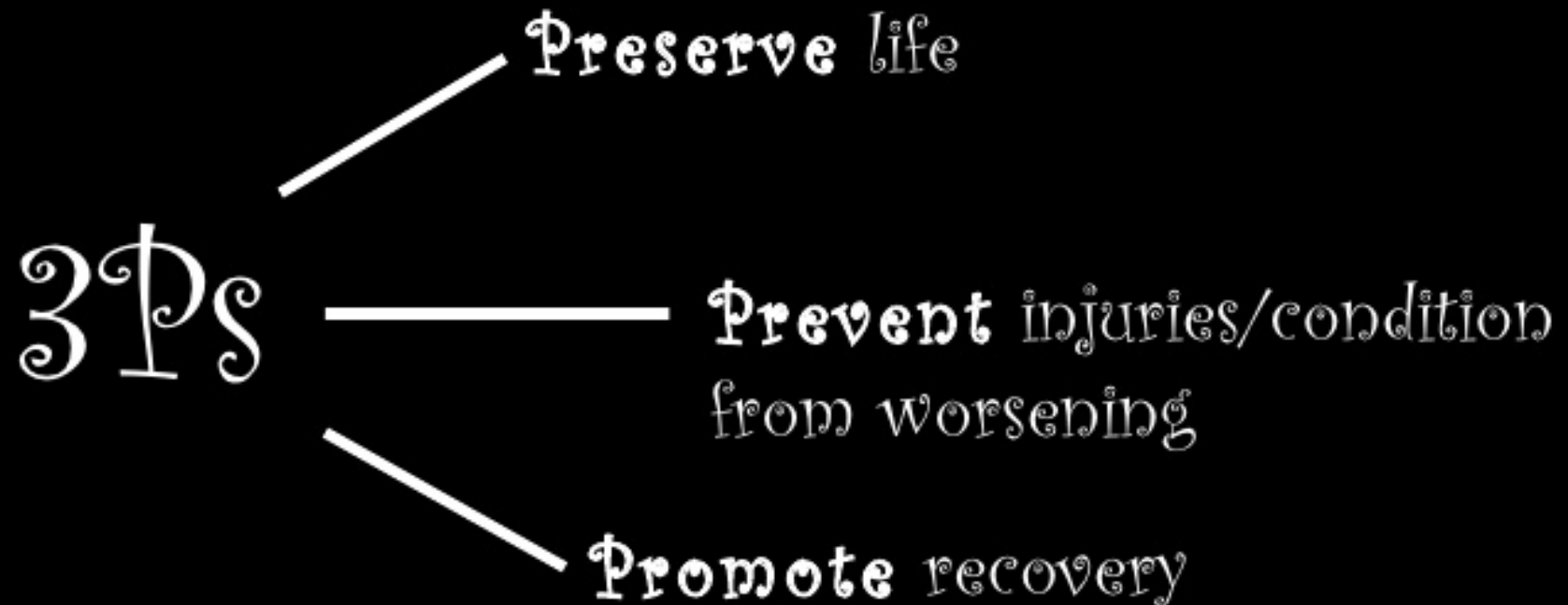


UNIVERSAL FIRST AID SYMBOL



Aims of a first aide:

3 Ps:



Action Plan

This Action Plan is a vital aid to the first aider in assessing whether the victim has any life-threatening conditions and if any immediate first aid is necessary. They are **DRABC** .

D - Check for **DANGER**

- ❖ To you
- ❖ To others
- ❖ To victim

R - Check **RESPONSE**

- ❖ Is victim conscious?
- ❖ Is victim unconscious?

A - Check AIRWAY

- ❖ Is airway clear of objects?
- ❖ Is airway open?

B - Check for BREATHING

- ❖ Is chest rising and falling?
- ❖ Can you hear victim's breathing?
- ❖ Can you feel the breath on your cheek?

C - Check for CIRCULATION

- ❖ Can you feel a pulse?
- ❖ Can you see any obvious signs of life?

Qualities of a first aide:

- ☐ ~ **Calm**
- ☐ ~ **Confident**
- ☐ ~ **Willing to offer assistance
whenever necessary**
- ☐ ~ **Patience**



Protecting yourself as a first aide

Essential to protect yourself from injury and infection

d) Ensure surroundings are safe

e) Protection from infection

- to prevent "cross infection"

(transmitting germs to a casualty or contracting an infection yourself)

- wear gloves or wash hands before doing a dressing.



Preserving life:

- 1) Control bleeding
- 2) Treat probable cause of shock
- 3) Maintain airway in correct position
- 4) Perform CPR when needed
(no breathing or pulse)



GENERAL FIRST AIDS

BLEEDING

- § **Apply direct pressure** to the wound (at this time a direct pressure bandage may be used)
- § **Elevate** (do not further harm)
- § **Pressure Point** additional pressure may be applied to a pressure point to help reduce bleeding.



STRAINS

I-C-E

- ❖ **I - Ice**, apply a cold pack. Do not apply ice directly to skin.
- ❖ **C - Compress**, use an elastic or conforming wrap - *not too tight*.
- ❖ **E - Elevate**, above heart level to control internal bleeding.

