BASIC FIRST AID

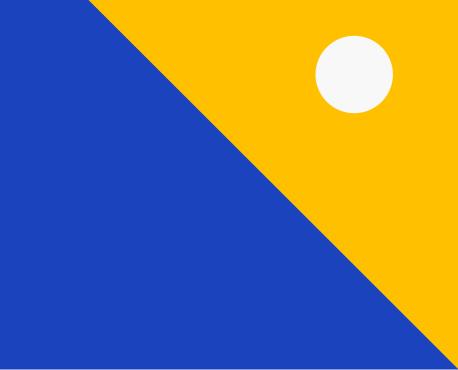
TALATI'S 8TH EAST BOMBAY



Topics To Be Covered

- First Aid & it's Aims
- Golden Rules of First Aid
- Minor Cuts & Wounds
- Burns & Scalds
- Sprains & Strains
- Bleeding from the Nose
- Contents of First Aid Box







What is First Aid?



WHAT IS FIRST AID?

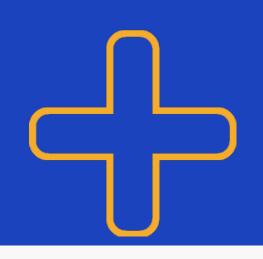
First Aid is the Immediate and Temporary assistance or treatment given to a casualty for any injury or sudden illness before the arrival of an ambulance or a qualified medical person. A First Aider is a term which describes any person who has received certificate from an authorised training body that he is qualified to render First Aid.



Aims of First Aid



Aims of First Aid:



- Preserve Life
- To Prevent Worsening of Medical Condition
- To Promote Recovery





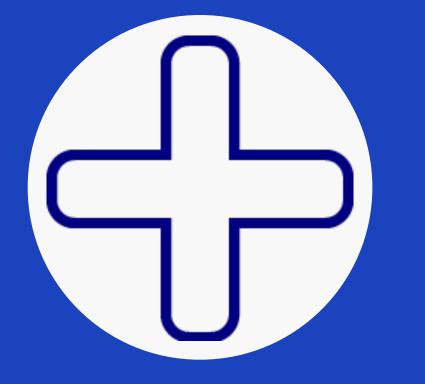
Golden Rules of First Aid



GOLDEN RULES OF FIRST AID:

- See that you yourself are not in danger.
- Do first things first, quickly and quietly and methodically without panic.
- Check A B C. (Airway, Breathing & Circulation)
- <u>Assess</u> the situation, <u>Reassure</u> the Patient, and prioritize.
- Do not attempt too much.
- Treat for shock.
- Arrange for further medical treatment.

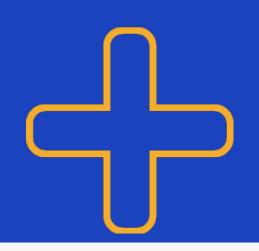




Minor Cuts/Wounds



What are Wounds?



A break in the continuity of skin is termed as a <u>wound</u>. It can be an <u>Open Wound</u>(cut) or a <u>Closed Wound</u>(cut). Open Wound causes two main complications – <u>Bleeding</u> and <u>Infection</u>

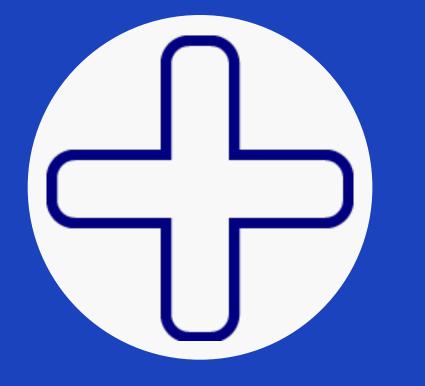


Treatment:

- Clean the wound with soap and water.
- Stop Bleeding by direct pressure.
- Apply Ice and comfort the patient
- Apply antiseptic ointment and cover it with a bandage.



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Burns & Scalds



What are Burns & Scalds?





Degrees of Burns:

There are 3 degrees of burns, which indicate the degree of damage to the tissues.

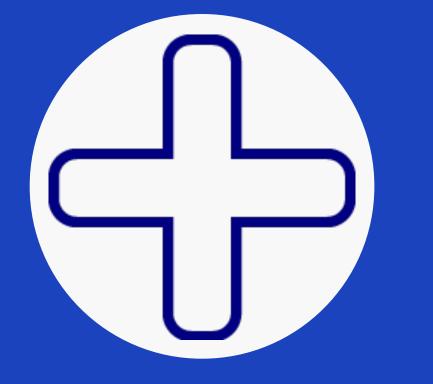
- First Degree When the skin is only reddened.
- <u>Second Degree</u> when there are blisters on the skin.
- <u>Third Degree</u> when destruction is deeper damaging nerves, tissues, muscles, etc.



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TREATMENT OF BURNS/SCALDS • Wash the burnt area gently with clean cold water /submerge

- the burnt area in cold water.
- Remove burnt clothes but do not forcibly remove adherent portion of charred clothing.
- Cover with dry dressing. **DO NOT APPLY**
- Any Greasy substance or ointment.
- Cotton wool.
- Adhesive Dressing.



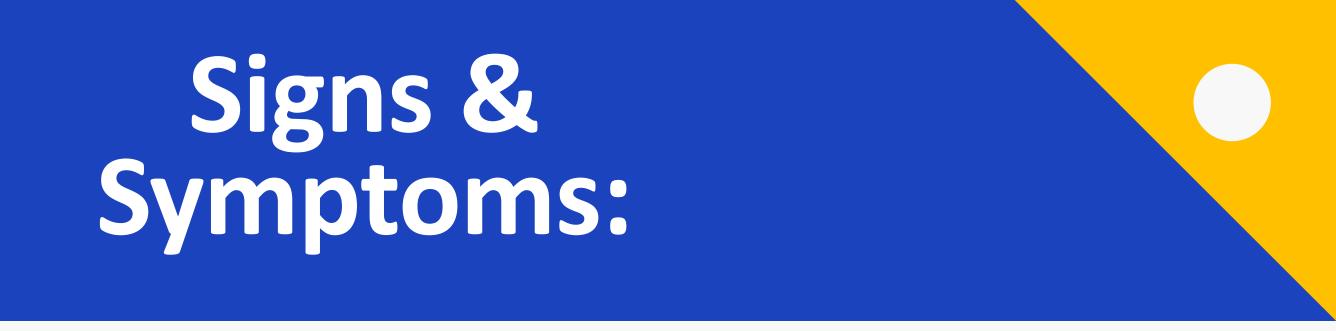
Sprains & Strains



What are Sprains & Strains?

Sprain is tearing of the ligament of joints.

Strain is caused by overstretching of muscles.



- There is pain at the joint
- There is swelling and may be bruising also.
- Movement of the joint is painful.

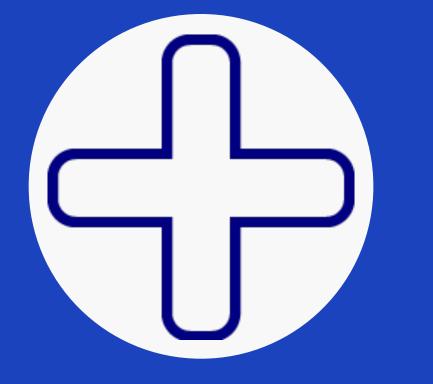
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Management:

- Place the limb in the position most comfortable to the casualty, preferably elevated.
- Do not allow him to move the joint.
- Apply a firm bandage on the joint. This will lessen pain.
- Take the casualty to the doctor.

IT IS DIFFICULT TO SAY WHETHER THE CASUALTY HAS A SPRAIN, DISLOCATION OR A FRACTURE. WHEN IN DOUBT, TREAT AS A FRACTURE.





Bleeding from the Nose



Causes:

Bleeding from the nose may be due to

- **Direct injury to the nose.**
- Dry and hot weather.
- Minor injury like blowing the nose or picking out crusts.
- **High Blood Pressure.**
- Head injury especially fracture of base of the skull.



Treatment:

- Seat the casualty with head bent slightly forward.
- Ask him/her to breathe through the mouth.
- Loosen clothing at neck.
- Pinch the soft part of the nostrils together firmly.
- Apply a cold compress to the nose for 10 minutes.
- Ask patient not to blow his/her nose for some time.
- Advise the doctor's consultation.



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ogether firmly. for 10 minutes. se for some time.



Contents of First Aid Box



CONTENTS OF FIRST AID BOX:

- A small First Aid Box should contain :
- Sterilized Dressings / Gauze 4 to 5
- Bandages: Triangular - 2 **Roller (different size)** - 2 **Elesto-crape** - 1
- Band Aid - 8 to 10
- Antiseptic Ointment like Soframycin, neosporin, etc.
- Antiseptic Liquid like Dettol, Savlon, etc.
- Needle • Scissors **Tweezers** Chalk • Safety Pins
- Torch Paper Pen



Match box

Thank You For Attending This Session

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