

TALATI'S 8TH EAST BOMBAY

BASIC FIRST AID



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)
- Assess the situation, Reassure 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 wound. It can be an Open Wound(cut) or a Closed Wound(cut).

Open Wound causes two main complications –
Bleeding and Infection



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.**



Burns & Scalds



What are Burns & Scalds?

Burns are caused by Dry Heat like fire, flame, hot stove, the sun, etc.

Scalds are caused by Wet Heat like boiling water, steam, oil, tar, etc.



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.
- Second Degree – when there are blisters on the skin.
- Third Degree – when destruction is deeper damaging nerves, tissues, muscles, etc.

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.



Signs & Symptoms:

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



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.**



Contents of First Aid Box

Thank You

For Attending This Session

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