

FIRST AID

First AID is the immediate and temporary care given to the victim of an accident or in sudden illness. Its purpose is to preserve life, assist recovery and prevent aggravation of the condition until the service of a doctor can be obtained.

FEW COMMON CASES AND ITS MEASURE:

CUTS & WOUNDS

The cuts can be defined by many means and bleeding is sometimes slowly and sometimes heavily.

- **THE CARE**

- Person should lay down or sit in a safe place.
- Raise the wound part up than the heart level.
- Open the wound portion.
- Clear the clot in and around and wound with cotton or fresh cloth.
- Try to minimise bleeding by putting pressure on affected or damaged artery or veins.
- Don't move the wounded part.
- Consult physician immediately.

BONE FRACTURE: (HAND OR LEG)

Any fracture is delicate one. The fracture is due to Direct Force, Indirect Force or Muscular action.

- **THE CARE**

- Don't move the affected portion.
- If needed use bandage.
- If shifted by transport, then use splint.
- Collect Flat wooden stick. Place the sticks both side of the fracture and bandage it with a splint.
- Rush to the doctor.

SNAKE BITE

- **THE CARE**

- If the snake is visible, identify type of scales and body colour. Report the same to doctor. Tie up with rope or elastic cord just upper portion of biting spot.
- Biting spot should be washed with Potassium Permanganate.
- Try to pore Potassium Permanganate in the bite hole.
- Ask the victim to take rest and to keep his body warm, use any hot drink.
- Keep up the confidence of the victim.
- If necessary, apply mouth to mouth respiration.
- Arrange for immediate medical assistance.

BLEEDING FROM NOSE

- **THE CARE**

- Sit in airy space and keep the head of the victim downward.
- Remove all tight clothing.
- Next, ask the victim to breathe deep.
- Press tightly just below the nose cartilage.
- Sneezing is not allowed.
- Wash with normal water or cotton.

BITE OF INSECTS:

- **THE CARE**

- use one disinfectant or sterilise forceps and pull out the sting.
- Apply surgical spirit in the affected area & bite hole.

HEAT STROKE:

- **THE CARE**

- Take the victim in a cold shaded area.
- Keep all clothes as loose as possible.
- Wrap the head & neck with wet cloth.
- Body temperature should not go down.
- When body temperature is normal then wash the body with wet cloth.
- Time to time body wash will continue as long as the body temperature is normal.
- May use some cold drinks

CRAMP

- **THE CARE**

- Rest
- Hot drink
- Massage

LEECH BITE:

A type of chemical injects by leech in our body, which prevent clotting, resulting heavy blood loss from affected point.

- **THE CARE:**

- To remove leech from body use salt, petrol, paraffin or on the back of leech.
- Wash with surgical spirit or methylated spirit.
- Burning sensation can be removed by using liquid ammonia.
- Use dry dressing.

C.P.R : CPR stands for cardiopulmonary resuscitation. It can help save a life during cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs.

- Call for help, when you find a VICTIM who is unresponsive.
- needs 2 people for effective CPR and objective to restore CAB, C-circulation, A-airway B- breathing
- c-circulation ->to start cardiac massage pressing the heart between breastbone to backbone by putting your ball of the palm over the breastbone and keep pressing @30:2 (30 compression: 2 mouth to mouth resuscitation)
- make sure before start CPR that his airway is clear (any blockage should not be there in mouth or nose)
- B- artificial breathing by mouth to mouth resuscitation OR by ambubag, by keeping his neck tilted at back (neck till chin lift position)

NOTES

