

Contents



<i>About the Author</i>	vii
<i>Preface to the Fourth Edition</i>	ix
<i>Preface to the First Edition</i>	xi
<i>Contributors and Reviewers</i>	xiii
<i>Special Features of the Book</i>	xvii

Section I **Anatomy and Physiology of Human Body** **1–30**

1. Introduction to Anatomy and Physiology	3
---	---

Section II **Fundamentals of First Aid** **31–74**

2. Introduction and Basics of First Aid	33
3. First Aid Kit	39
4. Hand Washing	45
5. Responsibilities of a First Aider	53
6. First Aid Assessment: Primary and Secondary Survey	61

Section III **Basic Procedures and Techniques in First Aid** **75–154**

7. Dressing	77
8. Bandages	81
9. Splints and Slings	101
10. Transportation of the Injured	113
11. Stretchers	123
12. Basic Life Support	129
13. Recovery Position	149

First Aid Manual for Nurses

Section IV First Aid in Respiratory Emergencies 155–180

14. Suffocation by Smoke	157
15. Asthma	161
16. Choking	165
17. Asphyxia	171
18. Drowning	175
19. Hanging/Throttling/Strangulation	179

Section V First Aid in Cardiovascular Emergencies 181–209

20. Heart Attack	183
21. Shock	185
22. Hemorrhage/Bleeding	189
23. Hypertensive Crisis	205

Section VI First Aid in Gastrointestinal and Endocrine Emergencies 209–218

24. Diarrhea	211
25. Diabetic Emergencies	213
26. Dehydration	217

Section VII First Aid in Neurological Emergencies 219–231

27. Seizures or Epilepsy	221
28. Stroke	225
29. Fainting	229

Section VIII First Aid Management of Injuries and Fractures 233–283

30. Wound	235
31. Injuries to the Bones, Joints and Muscles	243
32. Falls	261
33. Dislocation	263
34. Abdominal Injuries	267
35. Chest Injuries	271
36. Crush Injuries	277
37. Sprain and Strain	281

First Aid Manual for Nurses

Section IX First Aid Management of Miscellaneous Medical Conditions 285–358

38. Burns	287
39. Poisoning	297
40. Bites and Stings	309
41. Foreign Body in the Eye	321
42. Foreign Body in the Mouth	325
43. Foreign Body in the Ear	331
44. Foreign Body in the Nose	333
45. Frostbite	335
46. Heat Exhaustion and Heatstroke	339
47. Accidental Injuries	343
48. Anaphylaxis or Allergy	349
49. Sunburn	353
50. Psychiatric Emergencies	355

Section X First Aid Management of Community Emergencies 359–403

51. Introduction to Disaster.....	361
52. Wildfires	367
53. Explosions (Nuclear Bombs, Atom Bombs, Hydrogen Bombs)	369
54. Flood	373
55. Earthquake	377
56. Tsunami	381
57. First Aid in COVID-19 Related Emergencies	383
58. Famine	389
59. Gas Leak Emergencies	391
60. Stampede Injuries	395
61. Electric Shock	397
62. Road Side Accident	401

First Aid Manual for Nurses

Section XI	First Aid Resources	405–422
63.	Indian Helpline Numbers and Consultation	407
64.	Rehabilitation	409
65.	Voluntary Health Organizations	411
<i>Index</i>		423