

UNIT

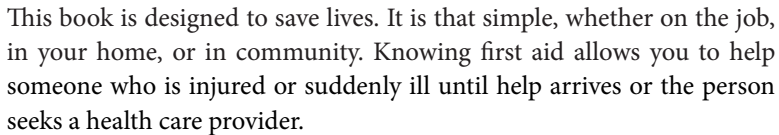
I

Introduction and Basics of First Aid

Unit Outline

- Introduction





DEFINITION OF FIRST AID

AIMS OF FIRST AID

- ## CONCEPT OF FIRST AID

- First aid is the assistance given to any person suffering a sudden illness or injury with care provided to preserve life, prevent the condition from worsening and/or promote recovery.



- First aid can be defined as the emergency treatment of illness or injury in order to maintain life, to ease pain and to prevent deterioration of patient's condition until professional medical help can be obtained.
- First aid is provision of initial care for an illness or injury. It is usually performed by nonexperts (or sometimes by experts in case of emergency) but trained personnel to a sick or injured person until definitive medical treatment can be accessed.

However, once the first-aider has started giving first aid, he/she is legally bound to remain with the victim until an EMS arrives. Another concern is taking the victim's consent. Usually the consent is clear-cut and always a "yes" as an injured person would never refuse any help. But in case a person is injured but has refused helping in such a situation, a call is made to the police so that the injured person is shifted to a safe custody.

PHILOSOPHY OF FIRST AID

The essential factors to survival and recovery from disease and injury in the prehospital situation are prompt and effective preservation of the body's primary functions:

- Airway
- Breathing
- Circulation
- Bleeding control

According to medical studies, the most major contribution to excellent outcomes for victims in the prehospital context is effective support of these core activities.

GOLDEN RULES OF FIRST AID

The golden rules of first aid are described under the following two headings:

1. What to Do

- Do first things first quickly, quietly without fuss or panic.
- Tactfully reassure the casualty as this will lessen anxiety.
- Avoid crowd as fresh air is essential.
- Give artificial respiration if breathing has stopped as every second counts, e.g., airway, breathing and circulation (ABC) of emergency.
- Stop any bleeding (pressing pressure points).
- Guard against or treat for shock.



- Do not move the casualty unnecessarily but handle the casualty gently.
- Do not remove the clothes of the casualty unnecessarily.
- Do not do too much instead do the minimum that is essential to save life and prevent the condition from worsening.
- Give comfortable position to the casualty.
- Arrange for the removal of the casualty.

2. What Not to Do

- Do not let the casualty see his own injury.
- Do not leave the casualty alone except to get help.
- Do not assume the casualty obvious injuries are the only one.

FIRST-AIDER

A first-aider is a person, who is trained and authorized in providing first aid. Certification in providing first aid is issued by St. John Ambulance Association and the Indian Red Cross Society to the candidates who have attended theoretical and practical course and have cleared the professional examinations.

Responsibilities of a First-Aider

First-aider should save lives by providing immediate medical attention and treatment to persons who are sick or injured.

- Protect the unconscious.
- Prevent a casualty's condition from becoming worse.
- Promote the recovery of the casualty.

CONCEPT OF EMERGENCY

Rapid industrialization and urbanization is the cause of various accidents and emergencies. When an accident takes place, the first thing in everyone's mind is to help the victim.

First aid is the skill of applying common sense in such a way that the victim's life is saved, recovery begins and complications are prevented until professional medical help arrives.



The concept of emergencies includes actions to be taken in all emergencies including injury or illness. These steps are as follows:

STEPS TO DO

- 1 Recognize the type of emergency
- 2 Check the scene
- 3 Call EMS system
- 4 Check the victim
- 5 Give first aid
- 6 Seek medical attention

Recognize the Type of Emergency

It is very important to recognize the type of emergency that has occurred, e.g., bleeding, poisoning, electrocution, accidents, etc. in order to manage and provide timely first aid to the victim.

Check the Scene

When an emergency has occurred, before blindly helping the victim, check the scene for your safety. If the scene is dangerous then do not approach rather call for help instead of becoming a victim yourself. A quick check is to be made for the following:

- Downed electrical wires
- Chemical spillage
- Fumes
- Smokes and flames
- Risk of explosions
- Building collapse
- Personal violence

Once the scene is safe, go and help the victim until medical help arrives.

Call EMS Number

The EMS number is to be dialed once a life-threatening injury or illness is recognized, always call EMS number when:

- The victim is unresponsive.
- The victim is bleeding.



- The victim is experiencing a life-threatening condition like choking, critical burns, spinal cord injury, poisoning, unresponsive, etc.
- In case of imminent childbirth.
- In case of suicidal attempt.
- All those situations, in which moving a victim could worsen his/her condition.
- In all cases, where you are in doubt whether it is an emergency situation.

Check the Victim

Check the victim closely, observe keenly within seconds for the life-threatening conditions requiring immediate first aid.

Give First Aid

Once the first-aider has checked the scene and condition of the victim, and feels safe, he/she can immediately give the first aid to the victim as per the type of emergency. The act should be time-saving, prompt and skillful. The first-aider is not supposed to give any kind of medication to the victim, e.g., aspirin because of risk of bleeding, allergic reaction or some other untoward complications. However, if the victim is aware of the medication and needs it in that circumstance, first-aider can assist the victim.

Above all in life-threatening situations requiring immediate first aid follow ABC of first aid explained in later chapters.

Seek Medical Attention

After providing first aid, do not leave the victim alone or if recovered even then advise him or her to seek medical care.