

**Grade 8**

**Health &  
Physical  
Education**

Lesson 18

First aid and  
accidents



**Let us learn about  
first aid for  
accidents faced in  
daily life**

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# First aid



First aid is, the first help or aid given after an accident or disaster before the necessary medical help arrives.

In this lesson you will learn,

- The need for first aid
- The basic principles of first aid
- The qualities of a first aider
- Some instances where first aid should be administered

## Accidents

Accidents may occur to anyone, anywhere, at anytime. It is very important to be able to help a person in such a situation, by giving them first aid before medical help arrives. Through this it is possible to prevent the death of the victim.

**Need for  
first aid**

**Saving the  
victim's life**

**Aiding in the  
healing process**

**Goals of  
giving first  
aid**

**Minimize the  
damage caused**

**Reduction of  
complication (other  
difficulties)**

# Basic principles of first aid

A skilled first aider can examine the patient and identify the nature of the ailment.



**A - Airway**



**B - Breathing**



**C - Circulation**



**D - Deformity**



**E - Exposure, Environment**



**A - Airway**

- ✓ See if the patient responds.
- ✓ Check that the airway is safe.
- ✓ Otherwise, if something is stuck, remove those obstacles.
- ✓ Place one hand on the forehead and gently lift the chin with the other hand.
- ✓ If a neck injury is suspected, a hard collar should be applied to the neck area.
- ✓ This will prevent the damage to the spinal cord.

**Some instances where the airway should be examined**

- Drowning
- Choking
- Throat over food
- Fainting
- Falling from a height



**B - Breathing**

Check if breathing is occurring normally.

- ✓ To do this keep the back of the hand near the nose.
- ✓ Check for the chest movement or keep your cheek near the patients nose and feel his breathing.
- ✓ If breathing does not occur provide artificial respiration.

**Some instances that specifically need to check for breathing are,**

- Drowning
- Choking
- Fainting
- Falling from a height
- Burns
- Electrocution



**C - Circulation**

Checking the patient's pulse is essential. This is done by placing the fingers on the inner wrist, side of the neck or foot and feeling the pulse. If circulation has stopped use pressure heart massage to reactivate the heart. Instances when the pulse should be checked are,

- Drowning
- Electrocution
- After a fall from a height
- Being run over by a vehicle
- After a snake bite



**D - Deformity**

It is important to examine the patient and provide first aid accordingly. If a fracture has occurred or the spine is injured it is important to keep that area immobilized.

Ex:-

- Neck** - Roll up two pieces of cloth and keep them either side of the neck or use a collar if available
- Spine** - Keep the patient on a board
- Limbs** - Tie to a wooden plank



**E - Exposure,  
Environment**

To examine the patient it is necessary to expose the injury, but it is important to do this without harming the patient. Examination should be done in a safe environment, if not the patient should be transported carefully to a safe environment.

If the patient can breathe, move him into the recovery (left-lateral) position.



If the patient cannot breathe, perform chest compressions and artificial respiration.

- Chest compressions** - Place the hands on the chest and compress to a depth of 5-6cm around 100 times per minute.
- Artificial respiration** - After 30 compressions open the patient's mouth, close the nose and placing your mouth on his mouth, breathe until the chest rises.

Perform this in the ratio 30:2 until the patient responds.



# Qualities of a first aider

Skills and knowledge about first aid

Ability to intimidate the patient

Ability to act according to the situation

Making correct decisions

Calmness

Not unnecessarily embarrassed

Leadership

Ability to treat everyone equally

Patience

Being cautious of own safety

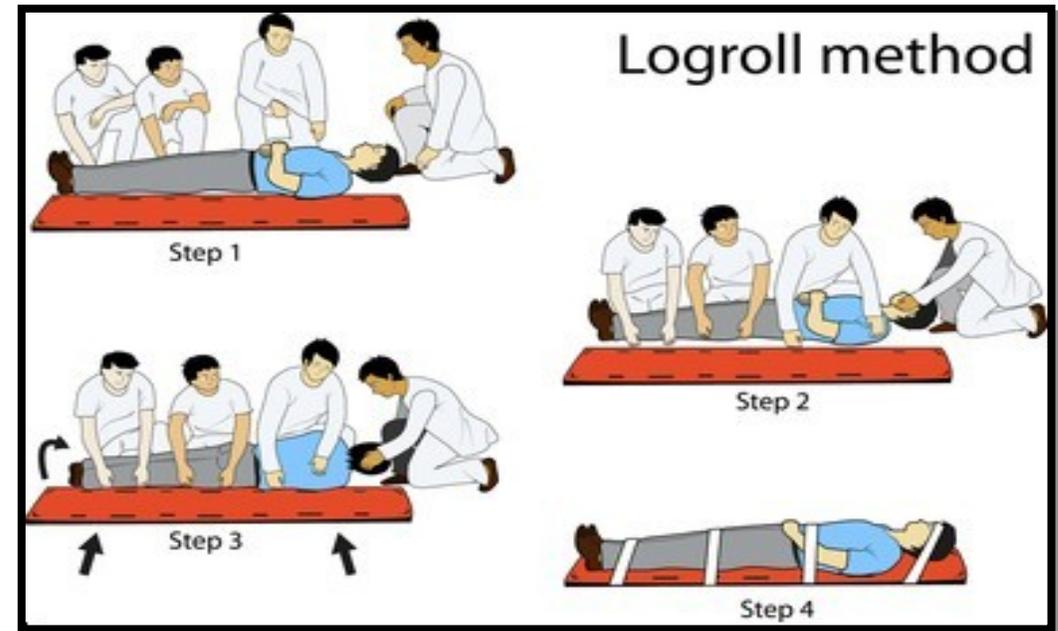
Observant

Kindness and sympathy

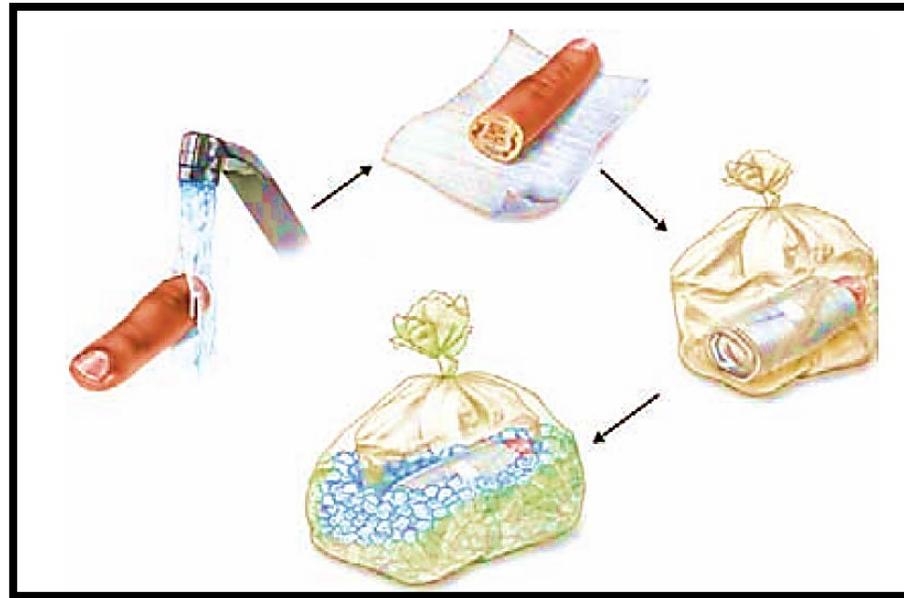
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## Points to be considered when providing first aid

When a person has fallen from a height, or something has struck his spine or if there is any reason to suspect that the spine has been damaged the person should only be moved on a wooden plank. The patient should be moved onto the plank by rolling him as rolling a log. This is the “log rolling method”. Failing to use this method could worsen the injury or cause blockage of the respiratory system.



- If there is a foreign object embedded in the patient do not remove it.
- Do not give an unconscious patient any food or drink a.
- Do not provide food or drink until medical help.
- If parts of the body have been dismembered wrap them in polythene and keep them on ice and take them to the doctor as soon as possible.



# Instances where first aid should be administered

## 1. Fainting

Fainting occurs due to the lack of oxygen to the brain

- The patient should be made to lie down on the floor or on a bed.
- Loosen tight clothing.
- If the patient feels faintish instruct him/her sit down and keep the head between the legs.
- When the patient is been made to lie down . Lift the legs above the head level, by this the oxygen and blood will flow to the brain. Do not spray water on the face.
- When the patient regains consciousness give glucose and some warm water.



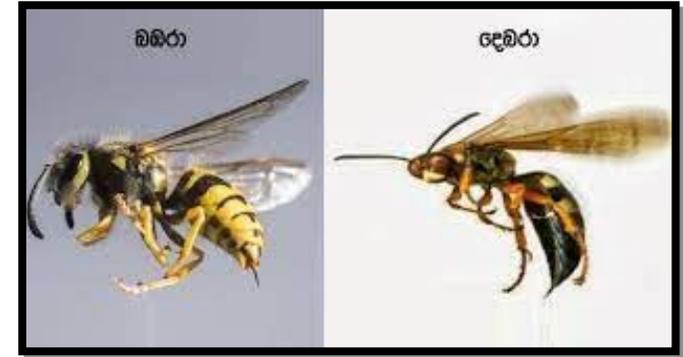
## 2. Animal or snake bites

- First, The fear of the victim must be allayed.
- Wash the site of the snake bite under cold, flowing water.
- Minimize the movement of the area of the bite , do not suck the wound or use tourniquet( a band tied above the bite).
- Remove all tight items of clothing and accessories such as rings and watches.
- It is important to identify the snake and take it to the doctor.



### 3. Bee or wasp

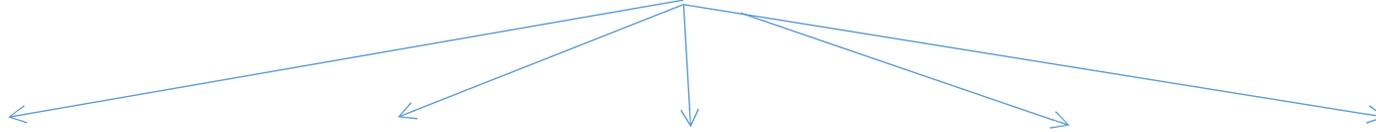
- Remove the patient from the environment.
- Calm the patient. Remove all rings, bracelets etc.
- Identify the area most affected.
- Remove any remaining stings or other parts using a blade or fingernail.
- Use medicine like paracetamol for pain.
- If there are multiple stings seek medical help.



### 4.

- Disconnect the supply of electricity .
- Do not touch the appliance.
- Use a wooden broomstick or piece of firewood.
- Identify the situation using the ABCDE method.



**5. Burns****Chances of  
burns**First aid

- Remove the patient from the situation immediately and move them to a safe place.
- Hold the burns under cold running water for 10 minutes.
- Remove all rings, bracelets and watches.
- If boiling water or chemicals have spilt on the clothes, remove them safely. If the clothes are stuck, do not attempt to remove them.
- Calm the patient and seek medical help.

The way the fire is extinguished depends on its source. Some methods are covering it with a thick cloth, spraying water on it and if the clothes are on fire make the victim roll on the floor.



## 6. Injuries

There are many types of wounds such as burns, cuts, falls, scrapes and punctures. First stop the blood flow using a cloth to apply pressure. Keep the wound above the level of the heart. Ice could be used if necessary. Seek medical help.



## 7. Chocking



If the patient is an adult or a child bend the torso forward, open the mouth and hit the back.



In the case of a small child, turn the child's face to one side, holding the head downwards, keep the child bent over your knee with the upper chest resting on the knee and pat the back.



Alternatively, stand behind the patient and press the upper part of the torso using your clasped hands.



## 8. Blocking of the nose

Tickle the nose make sneezing. If this is ineffective do not insert anything into the nose, seek medical help immediately. Do not allow the patient to lie down as this could lead the object to enter the respiratory tract, instead arrange for him to sit or stand.

## 9. Drowning

Evaluate a victim of drowning using the ABCDE method. Use chest compressions and artificial respiration if necessary.



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