

Let us learn first aid for accidents face in daily life

Accidents could 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.

In the 17th lesson you learnt the harmful effects of accidents and disasters, steps to prevent or minimize their harmful effects and the skills needed to overcome them.

In this lesson you will learn the need for first aid, the basic principles of first aid, the qualities of a person delivering first aid and some instances where first aid should be administered.

What is first aid?



Activity

Unscramble the words to form the definition of first aid.

The primary help or aid, first aid, before, given, medical help, accident, is given, necessary, disasters, is known as, or, other emergency, occur, when

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



Figure 18.1 - International symbol of first aid

Activity

Make a list of instances where first aid is given.

Need for first aid

Diagramme 18.1



Activity

Fill in the table for different instances that you identified in previous activity

Instance	Harm that could occur	First aid
1		
2		
3		
4		
5		

Basic principles of first aid

A skilled provider of first aid team examines the patient and identifies the nature of the ailment.

The ABCDE method for basic life support is described below.

A - Airway

First any blockages of the respiratory system must be identified and cleared. To do this, the victims head and neck should be examined and if there is no injury the head should be turned downward or to a side and the blockage is removed. Some instances where the airway should be examine are listed below,

- Drowning
- Choking
- Fainting
- Falling from a height



Figure 18.2 - Examining the airway

B - Breathing

Check if breathing is occurring normally. To do this keep the back of the hand near the nose, check if the chest rises and falls or keep your cheek near the patients nose and feel his breath on your cheek. 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
- When burnt
- Electrocutation



Figure 18.3 - Checking the breathing

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 or heart massage to reactivate the heart. Instances when the pulse should be checked are,

- Drowning
- Electrocutation
- After a fall from a height
- After being run over by a vehicle
- After a snake bite

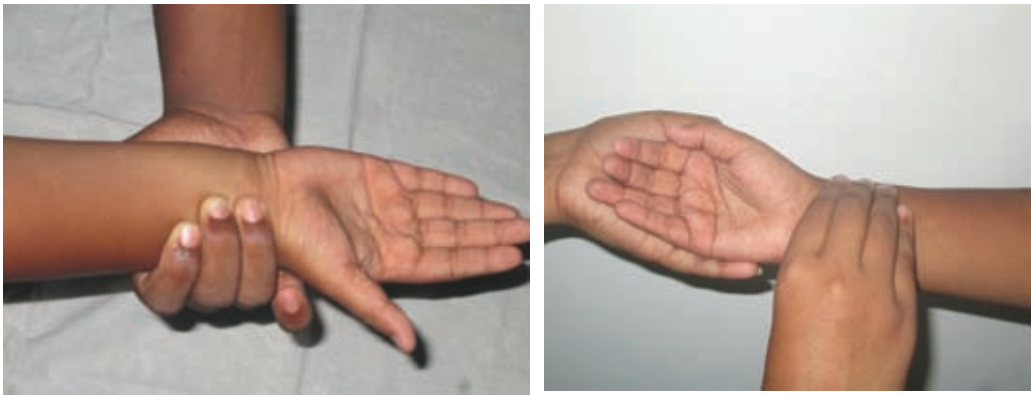


Figure 18.4 - Checking for pulse

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.

eg: 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



Figure 18.5 - Tie to a wooden plank



Figure 18.6 - Making a collar by piece of cloth

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.



Figure 18.7 - Recovery position

If he cannot breath 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.



Figure 18.8 - Chest compressions

Artificial respiration

- after 30 compressions open the patient's mouth, close the nose and placing your mouth on his, breathe until the chest rises.



Figure 18.9 - Artificial respiration

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



Activity

With the guidance of the teacher demonstrate chest compression in class.

Qualities of a person who provides first aid

Skill and knowledge
about first aid

Ability to act according
to the situation

Calmness

Patience

Treating all equally

Bravery

Leadership

Making correct decisions

Observant

Kindness and sympathy

Ability to not be disgusted

Not unnecessarily embarrassed

Being cautious of own safety

Points to considered when providing first aid

- When a person has fallen from a height, or something has struck his spine or 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 them as if 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.



Figure 18.10 - Log rolling method

- If there is a foreign object embedded in the patient DO NOT remove it. This could cause internal damage or the patient could bleed to death.
- Do not give an unconscious patient any food or drink as they could cause the blockage of the respiratory system.
- Do not provide food or drink until medical help has been received, because it may need several hours fasting to give anaesthesia given for surgery.
- 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. eg: hands, fingers, feet (Figure 18.11)



Figure 18.11

1. Fainting

Fainting occurs due to the lack of oxygen to the brain, the body then becomes lifeless. The patient should be made to lie down on the floor or on a bed. Loosen tight clothing. If a patient feels faintish instruct him/her sit down and place the head between the legs. If the patient has been made to lie down, raise the legs above the head level, by this the oxygen and blood will flow to the brain. Move the patient to a place with more natural ventilation. After the patient regains consciousness give them glucose and some warm water.



Figure 18.12 - Position when the patient is faintish

2. Animal or snake bites

Calm the patient. Wash the site of the snake bite under cold, flowing water for 10-15 minutes. Minimize the movement of the area of 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. Keep the site of the bite below the level of the head.

Do not try to suck the wound or tie a tourniquet (a band tied above the bite).

3. Bee or wasp stings

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 a fingernail. Use medicine like paracetamol for pain. If there are multiple stings seek medical help.

4. Electrocutation

Disconnect the electricity by switching off the fuse or main switch. If you cannot disconnect the electricity using these methods, do not touch the appliance using your hands, use a wooden broomstick or piece of firewood. Identify the situation using the ABCDE method.

If circulation is not functioning, give heart massage and if there is no respiration give artificial respiration. If there are burns, give the necessary first aid. Seek medical help.



Figure 18.13 - Removing the patient from the electricity supply

5. Burns

Burns can be caused by fires, chemicals and electricity. The way the fire is extinguished depends on its source. Some methods include covering it with a thick cloth, spraying water on it and if the clothes are on fire rolling the person on the floor.

After a burn 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, cut them off the patient. If the clothes are stuck to any wounds, do not attempt to remove them. Calm the patient and seek medical help.



Figure 18.14 - Hold the burns under running water immediately

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.



Figure 18.15 - After an injury place the area elevated to a level above the heart

7. Chocking

Identify the item that could cause the blockage of the airway by opening the mouth and examining it. If the patient is an adult or a child bend the torso forward, open the mouth and hit the back. Alternatively, stand behind the patient and press the upper part of the torso using your clasped hands. 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. If the object causing the blockage does not come out seek medical help immediately.



Figure 18.16
Method of removing
an object choking an adult



Figure 18.17
Method of removing
an object choking a child

8. Blockage of the nose

Tickle the nose to induce 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

You may have heard of many people, both adults and children lose their lives due to drowning. This is due to the difficulty in breathing caused by drowning.

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



Activity

With the guidance of the teacher demonstrate giving first aid for following incidence

I fainting

II choking of an adult

Summary

The primary aid provided after an accident or disaster until the necessary medical aid arrives is known as first aid.

First aid helps prevents the situation from worsening , helps recovery and could save the victims life.

The ABCDE method can be used to identify the situation before first aid is given.

It is always important to move the patient to a safe place and calm his fears, give firstaid and then seek medical help.

The skills of a person who provides first aid are skillfulness, knowledge, patience, kindness, bravery, observant, making correct decisions and acting according to the situation.

Exercise

1. What are the three goals of providing first aid?
2. Explain how the ABCDE method should be done in each step.
3. Write five qualities a person who provides first aid should have.
4. Mention one thing you should not do in the case of a snake bite wound.
5. Mention necessary steps to be taken after rescuing a person from electrocution.
6. What needs to be done immediatly after a burn?