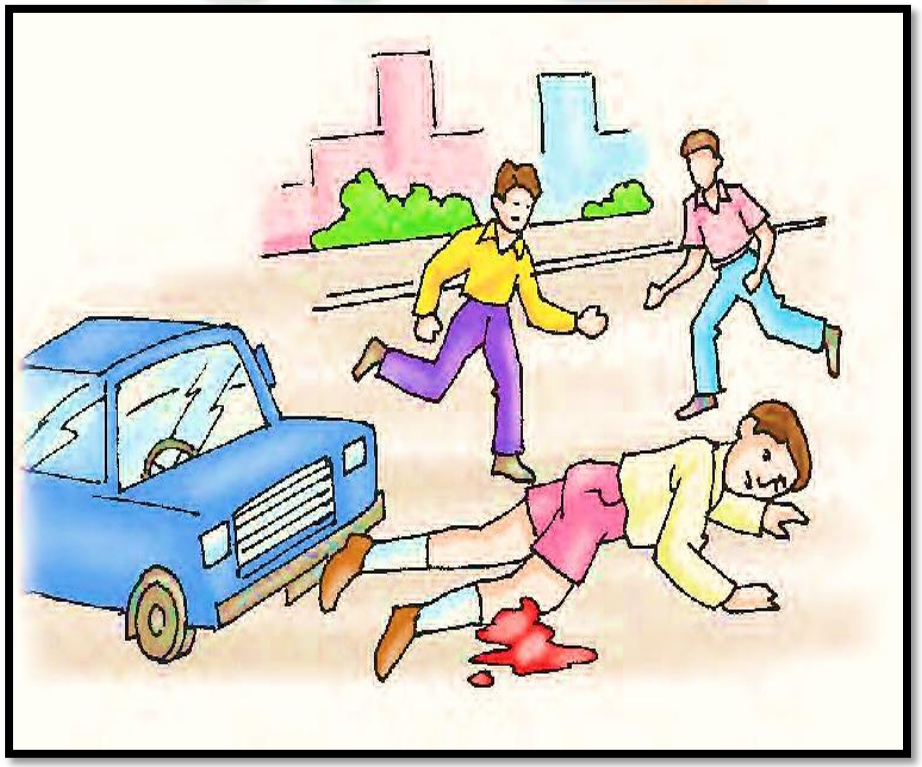
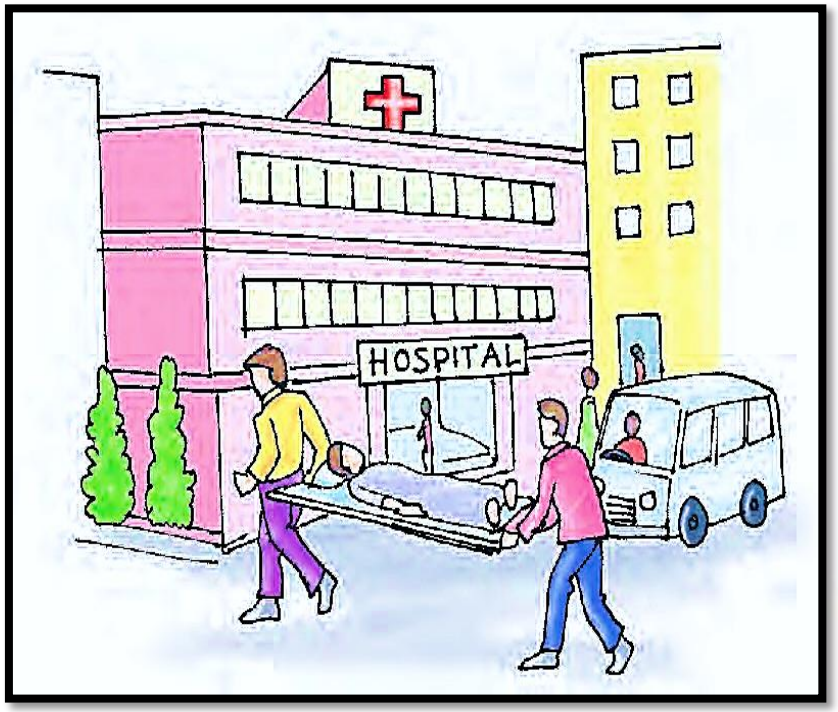
First Aid Notes

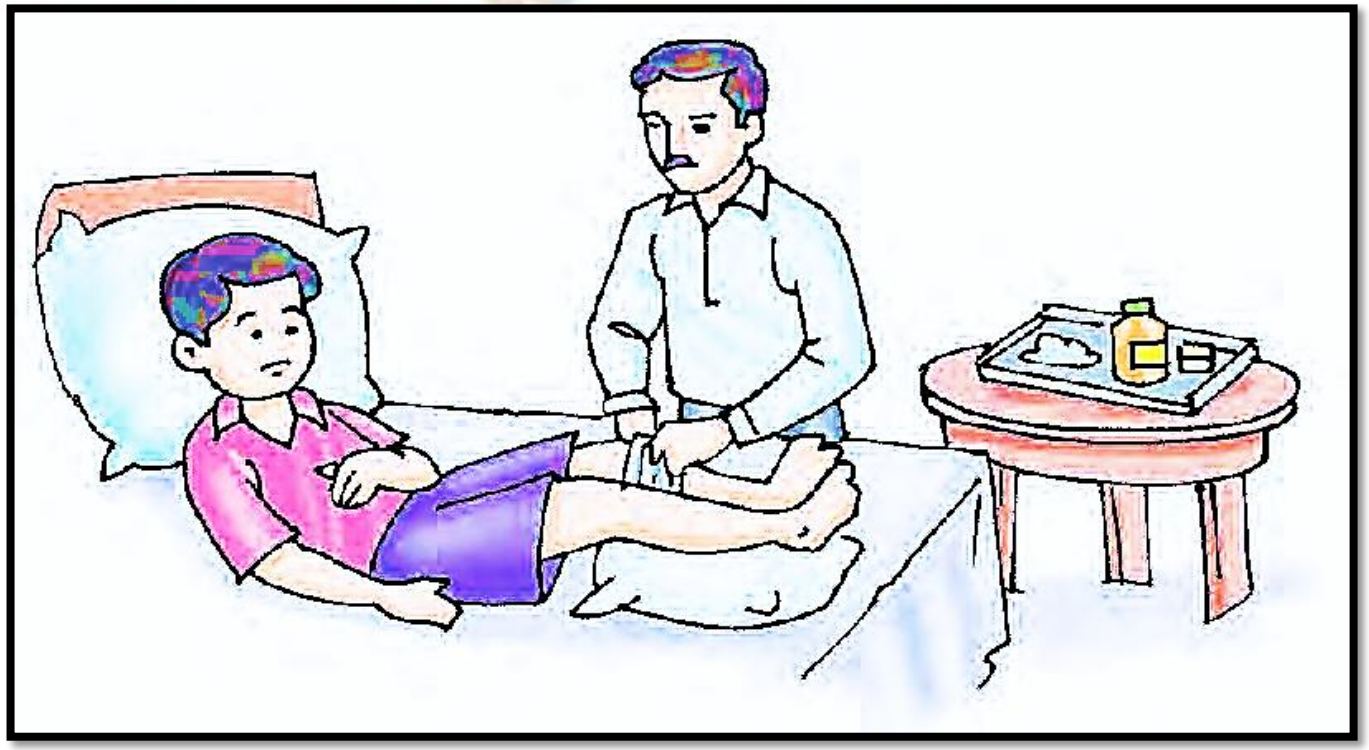
INTRODUCTION

Life is very precious but accidents can happen any time. A small mistake such as ignoring a road sign, can lead you to a fatal accident. So, one should always be prepared with first aid to at least help others and yourself till you reach a hospital. Learning first aid can save life in the hour of need.



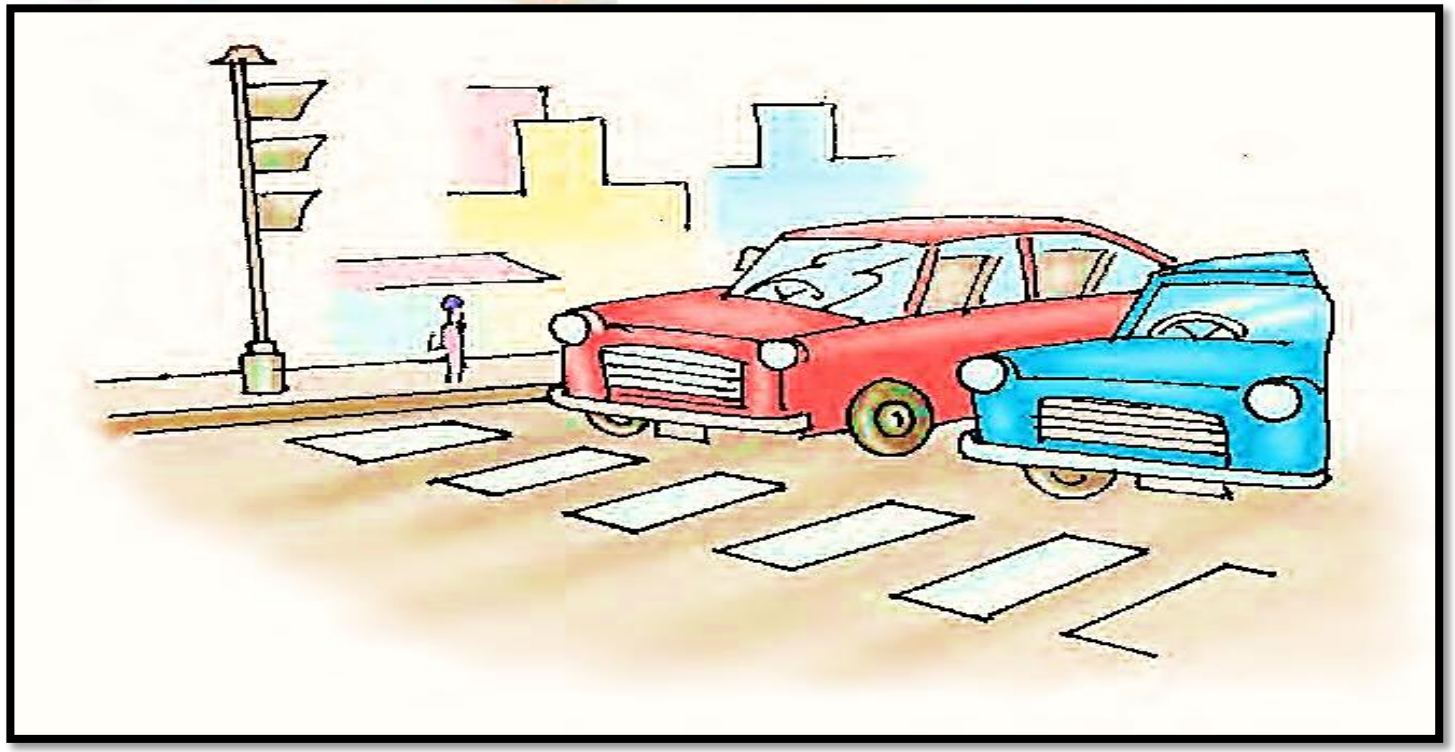

HOSPITAL

First aid, as the name suggests, is the first medical help given to an injured till the doctor arrives. A trained person, for safety reasons, must do first aid. We must learn how to give first aid.



Prevention is better than cure, is an old saying, which you must follow to avoid accidents. While on road we must follow the traffic rules. Always read and follow the road signs.

Never over speed or jump red lights. In spite of all the care, sometimes accidents do happen. First aid helps us, in dealing with such emergencies.



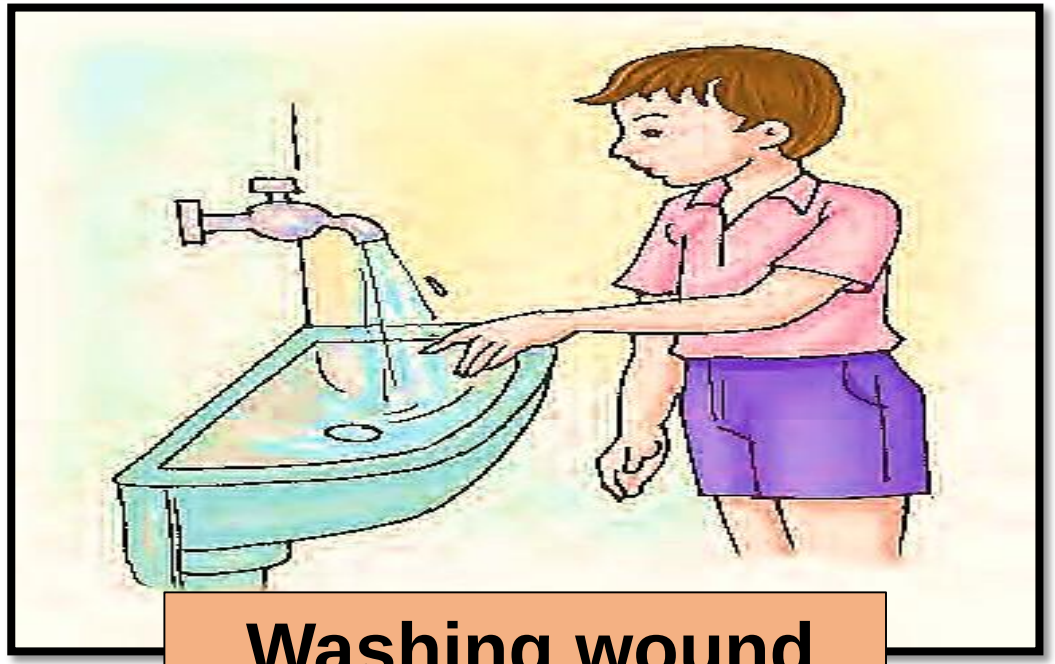
In case of Cut

Never neglect a cut even if it is small because it can cause infection, which could be fatal. The person giving the first aid must wash his hands before giving the treatment.

1. Firstly, wash the wound carefully.
2. Cleanse the wound and the affected area with a cotton wool, soaked in an antiseptic like Dettol.

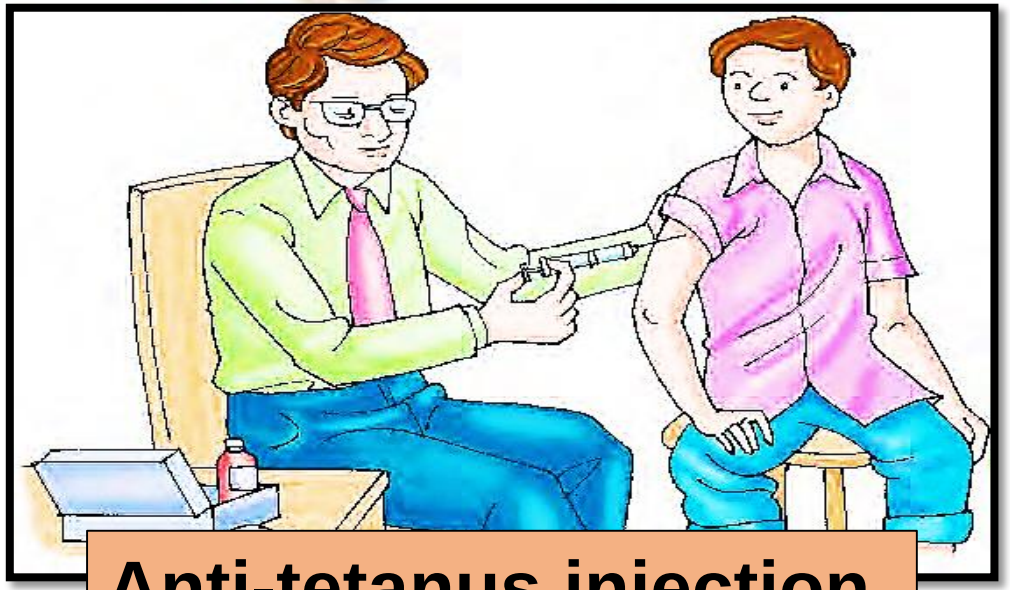
3. Press the wound tightly to stop bleeding by using a cotton pad or sterile gauze.

4. If the cut is from a rusted object or dirty metal, then immediately consult doctor and get an anti-tetanus injection.



Washing wound

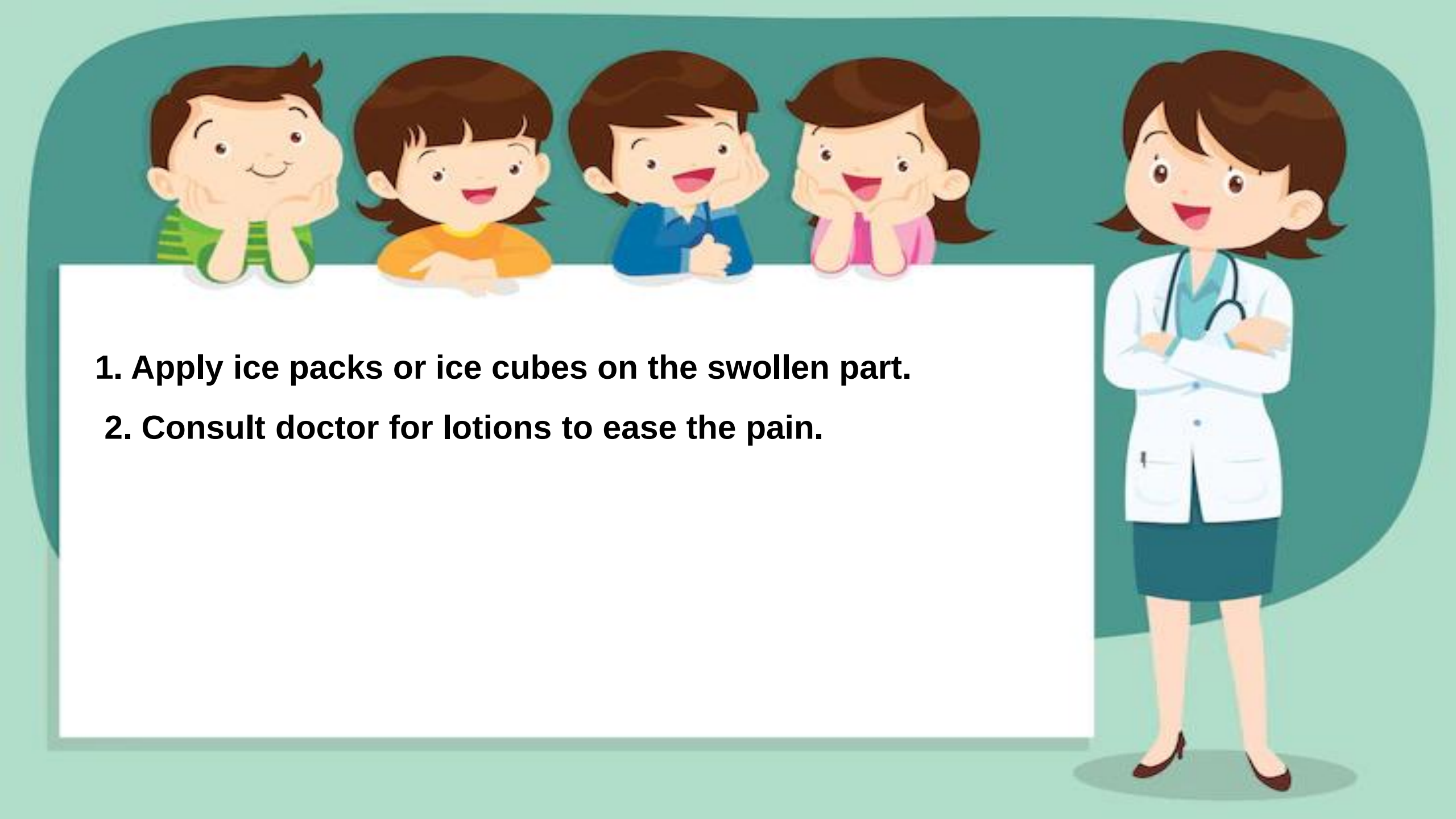
Applying antiseptic



Anti-tetanus injection by doctor

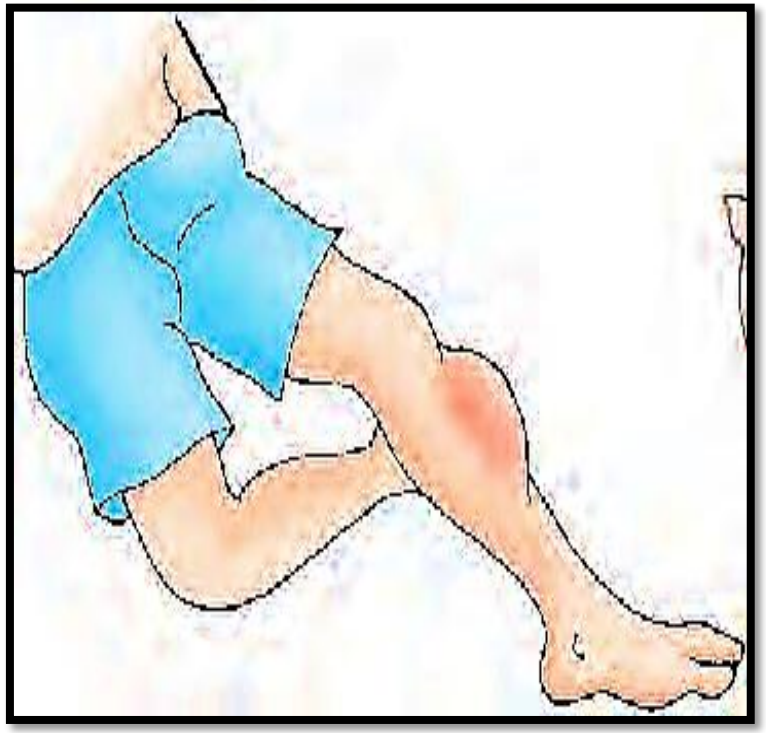
In case of Sprain and Bruise

Sometimes tissues under the skin around a joint get torn. We call it sprain. Bruises occur when tissue ruptures and blacken our skin. Sprains cause swelling and discolouration of skin.



1. Apply ice packs or ice cubes on the swollen part.

2. Consult doctor for lotions to ease the pain.

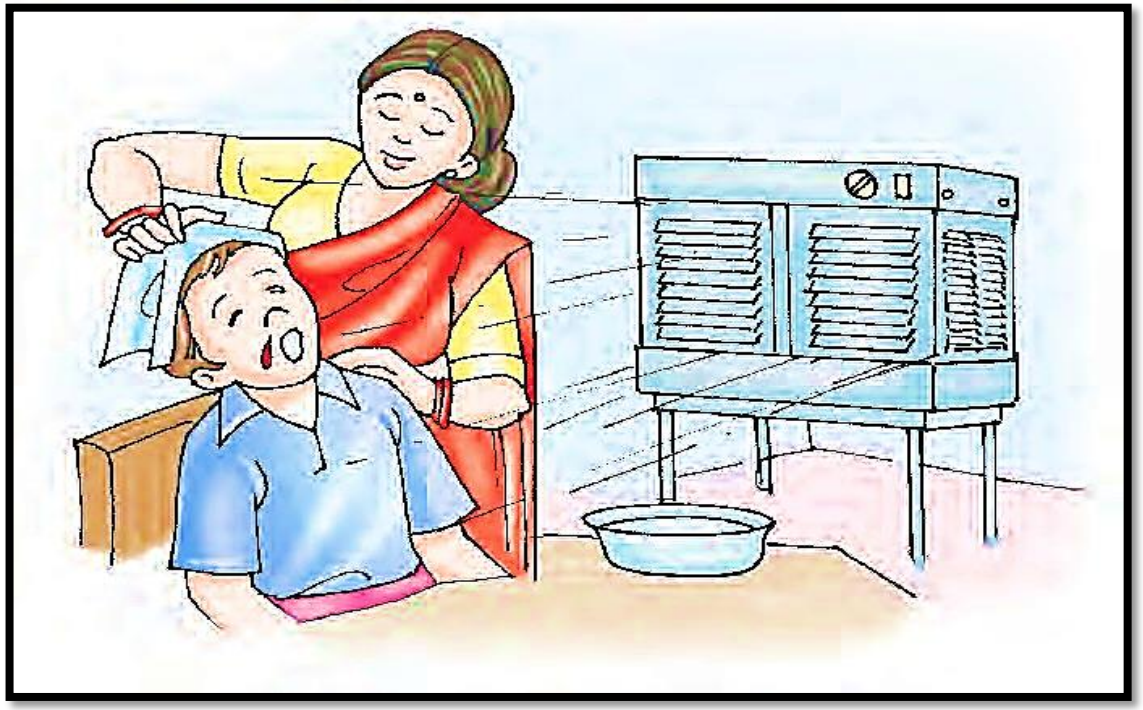


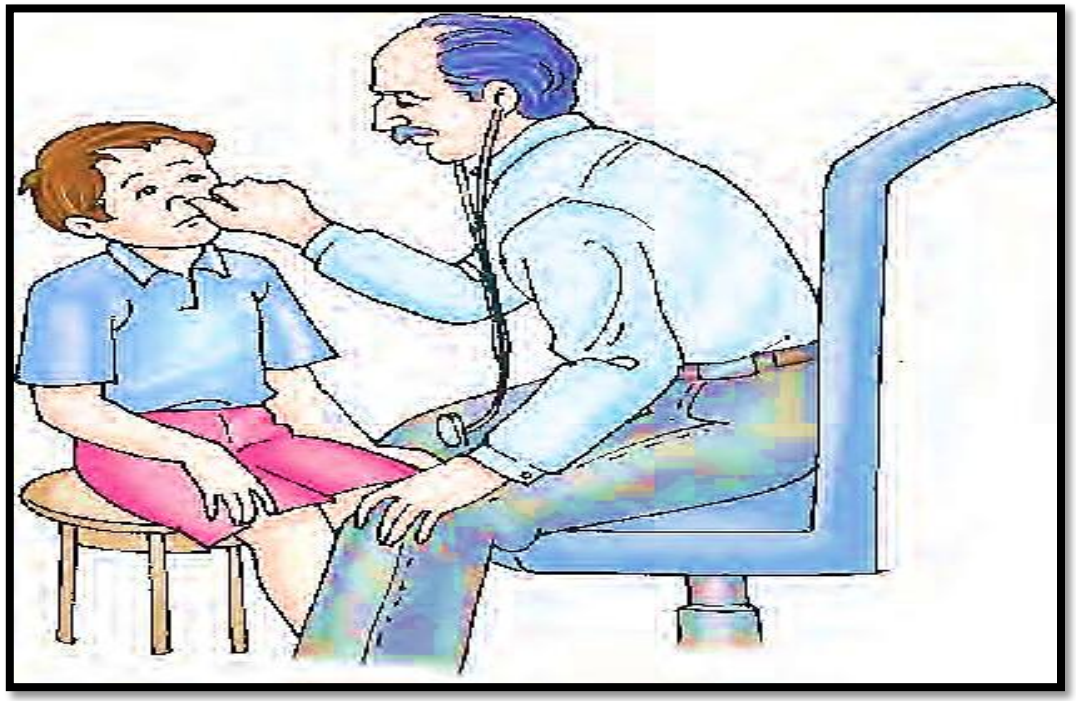
In case of Nose Bleeding

1. Keep the victim in an upright position, with his head held backwards.
2. Press the bleeding nose sidewise, firmly to stop bleeding.
3. Take the victim to a colder place and keep ice packs or wet clothes on nose and head.

4. Ask the victim to breathe through his mouth.

5. Consult doctor if bleeding is heavy.





In case of Fracture

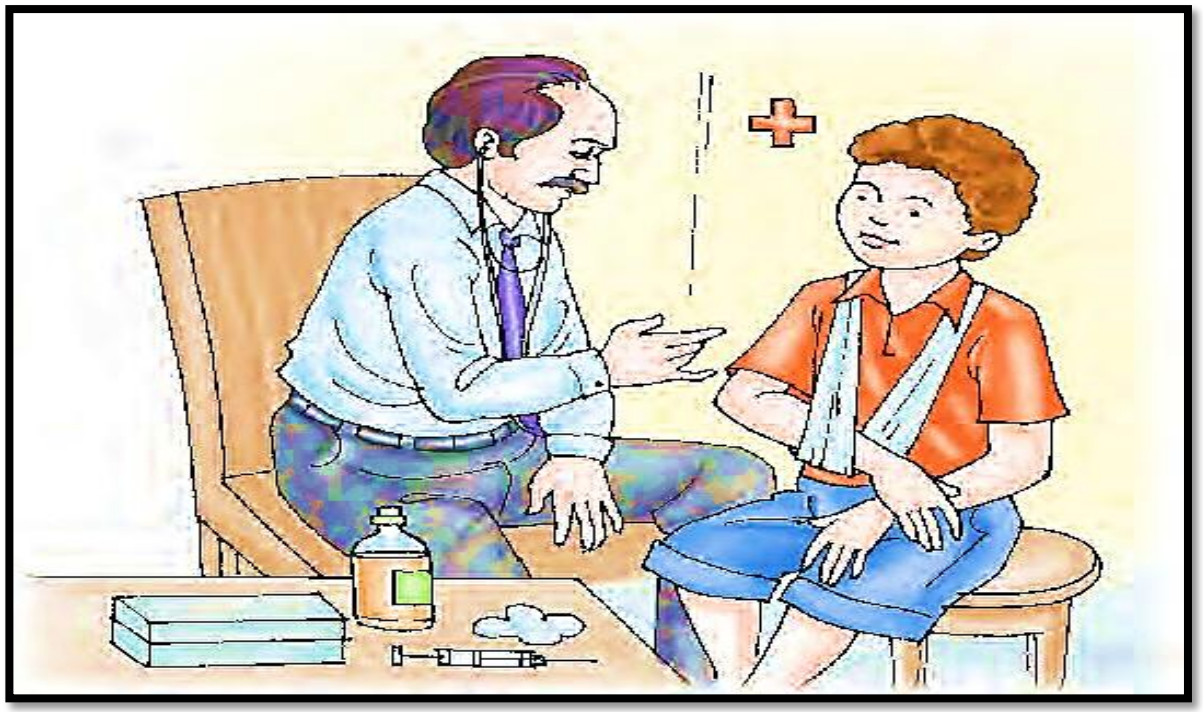
A bone crack or breakage is known as a fracture.

1. **Take the injured to a comfortable place and calm him/her down.**
2. **Do not try to move the fractured part and use a splint to support the fractured bone.**

A splint could be any object available at the moment like thick newspaper, cardboard or pillow. It helps in providing support to the bone.

3. If hand is fractured then use a triangular shaped cloth made into a sling to give support.

4. Immediately call for a doctor.



In case of Burn

Burning is a very common accident that can occur anywhere. Fire, hot objects and chemicals can cause burns. Burn is of different kinds, such as minor burn, severe burn and chemical burn.

Minor Burn

Burning is very painful irrespective of its kind. Minor burn can be cured easily at home.

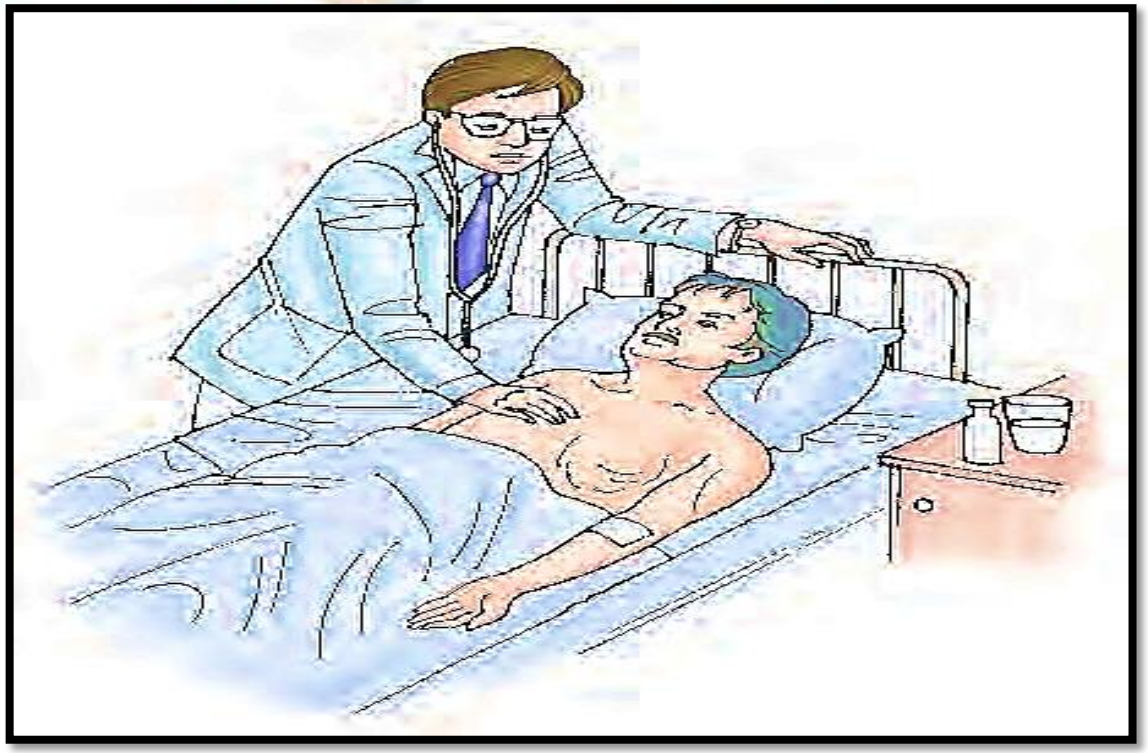
1. Flow running cold water on the burnt area, till the pain sinks lower.
2. Apply antiseptic lotion or cream like Bernol on the wound.
3. If any lotion is not available then use a paste of water and baking soda.

Severe Burn

Severe burns can cause blisters on the skin if not cured properly. Blisters can cause infections later. Therefore, never prick a blister.

1. Try to calm down the victim by making him drink some water. Never try to give water to an unconscious person.
2. Apply a wet compress by a sterile cloth dipped in baking soda.

3. Gently and very carefully cover the burned area with a sterile gauze or cloth for protection from dust and germs.
4. Immediately take the victim to hospital or consult a doctor.



Chemical Burn

1. Remove clothing from the affected area.
2. Wash the burnt area with clean and plenty of water.
3. Consult the doctor immediately.

In case of Animal Bite

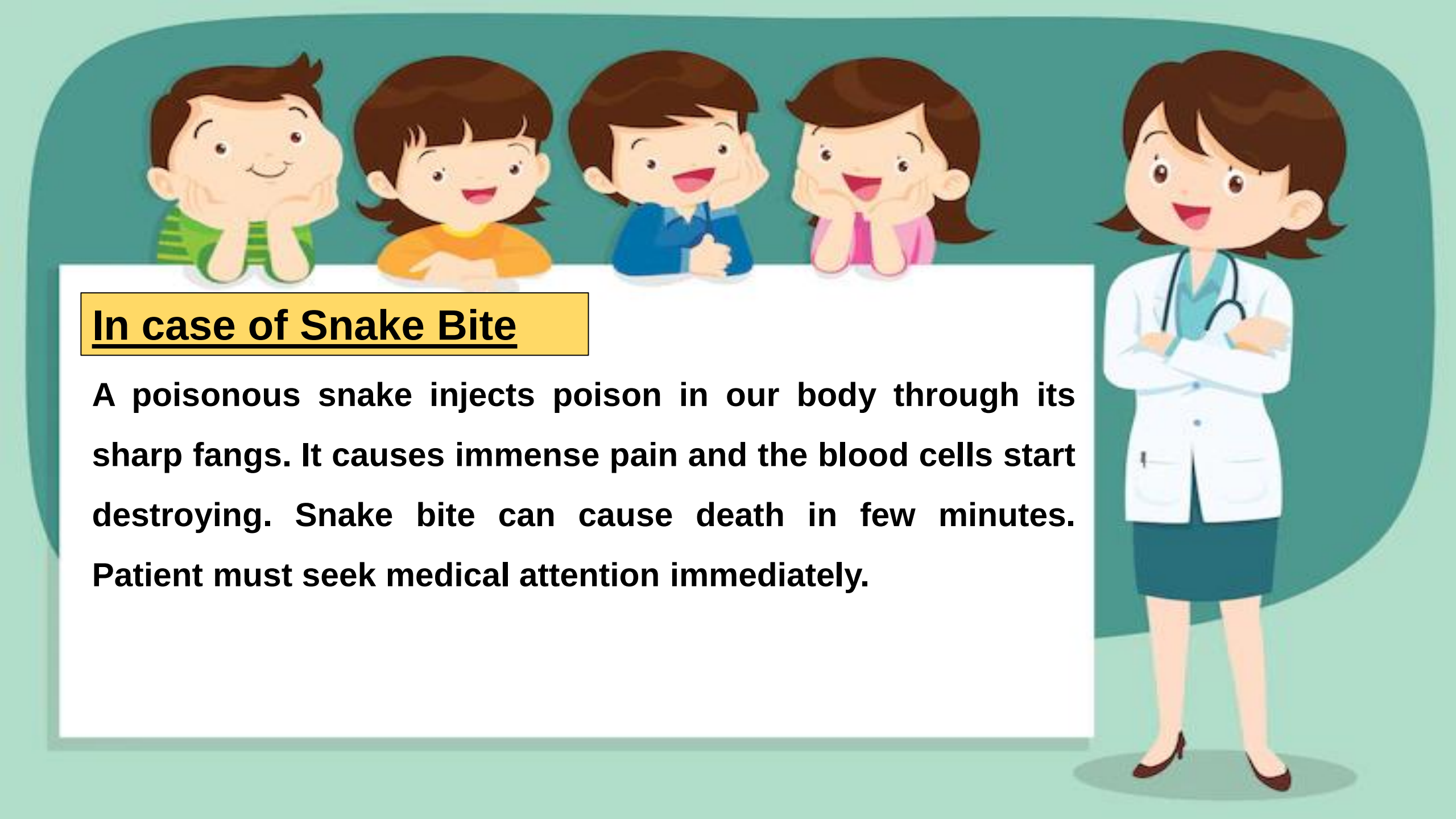
1. Animal bite can cause a fatal disease called rabies, also known as hydrophobia. Animals which carry rabies virus are dogs, wolfs, bats and cats.

2. Wash the wound with clean water and cleanse it properly.

3. Apply an antiseptic lotion on the wound to avoid infection.

   Do a bandage of sterile gauze on the wound.

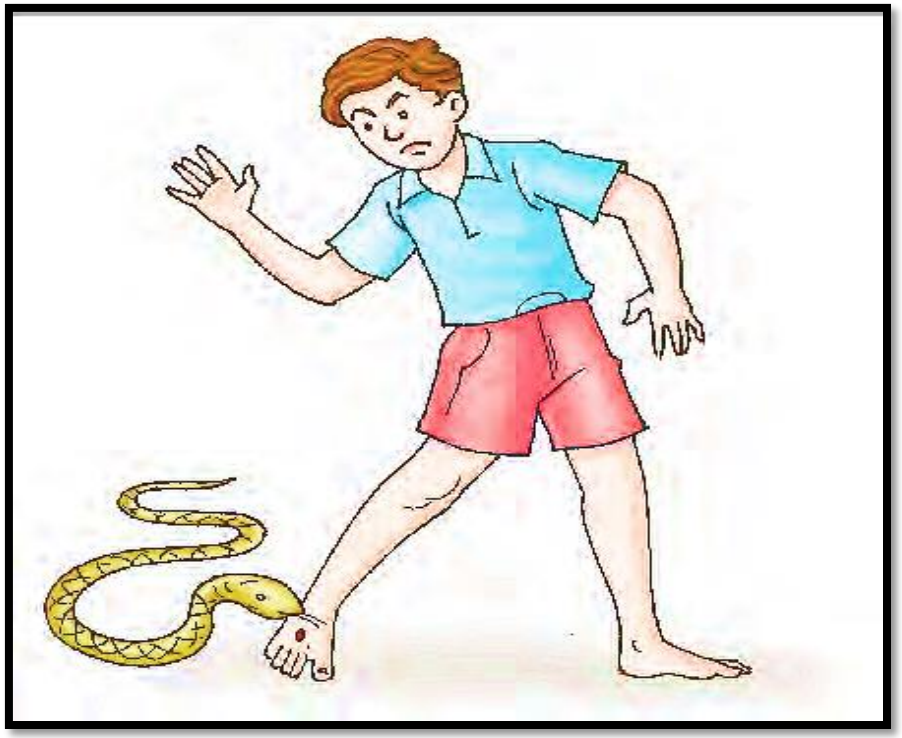
4. Rush the victim to the hospital.

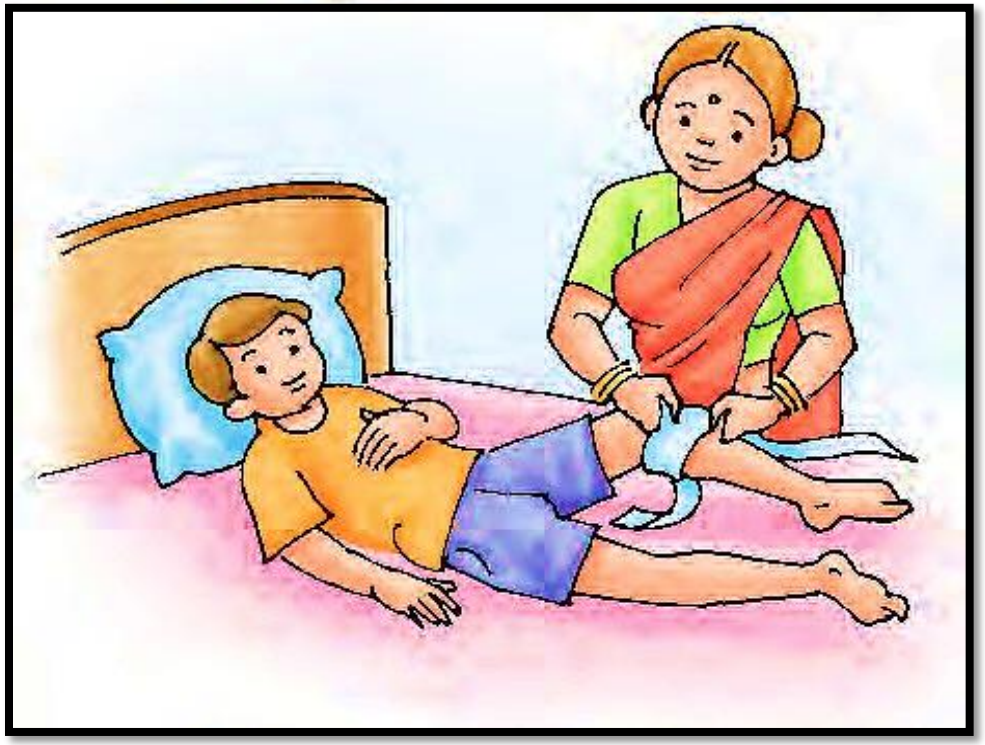


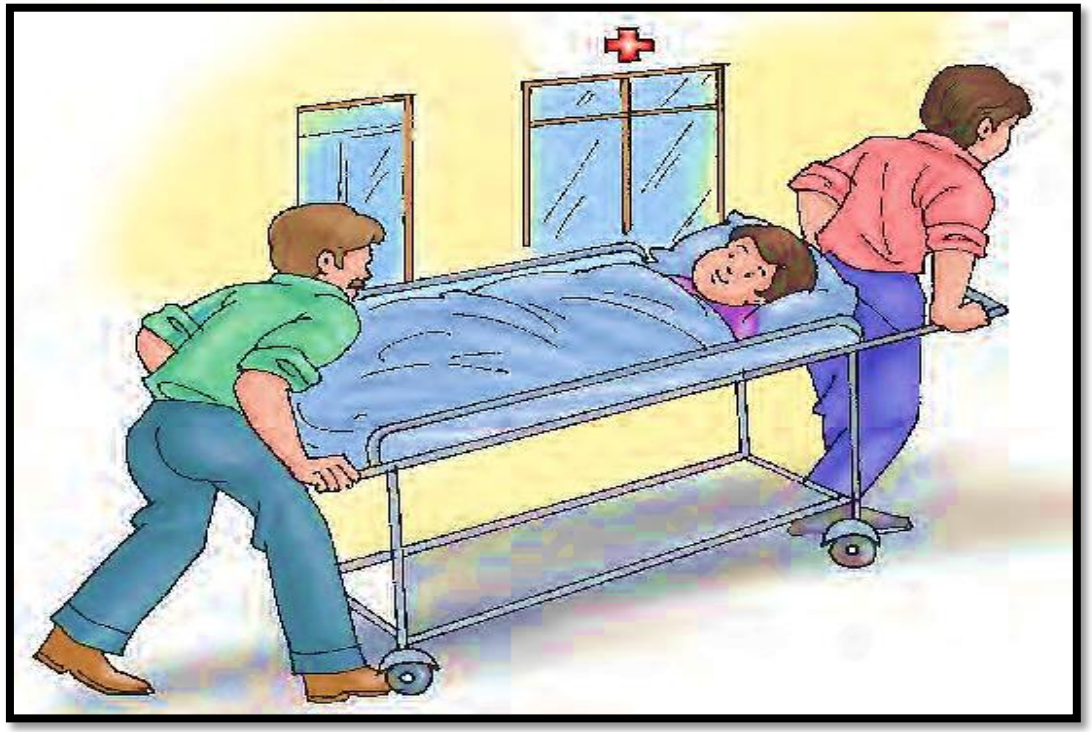
In case of Snake Bite

A poisonous snake injects poison in our body through its sharp fangs. It causes immense pain and the blood cells start destroying. Snake bite can cause death in few minutes. Patient must seek medical attention immediately.

1. Tourniquet applied on the wound will help stop the flow of blood to heart. This will slow down the spreading of poison.
2. Immediately rush the victim to the hospital.





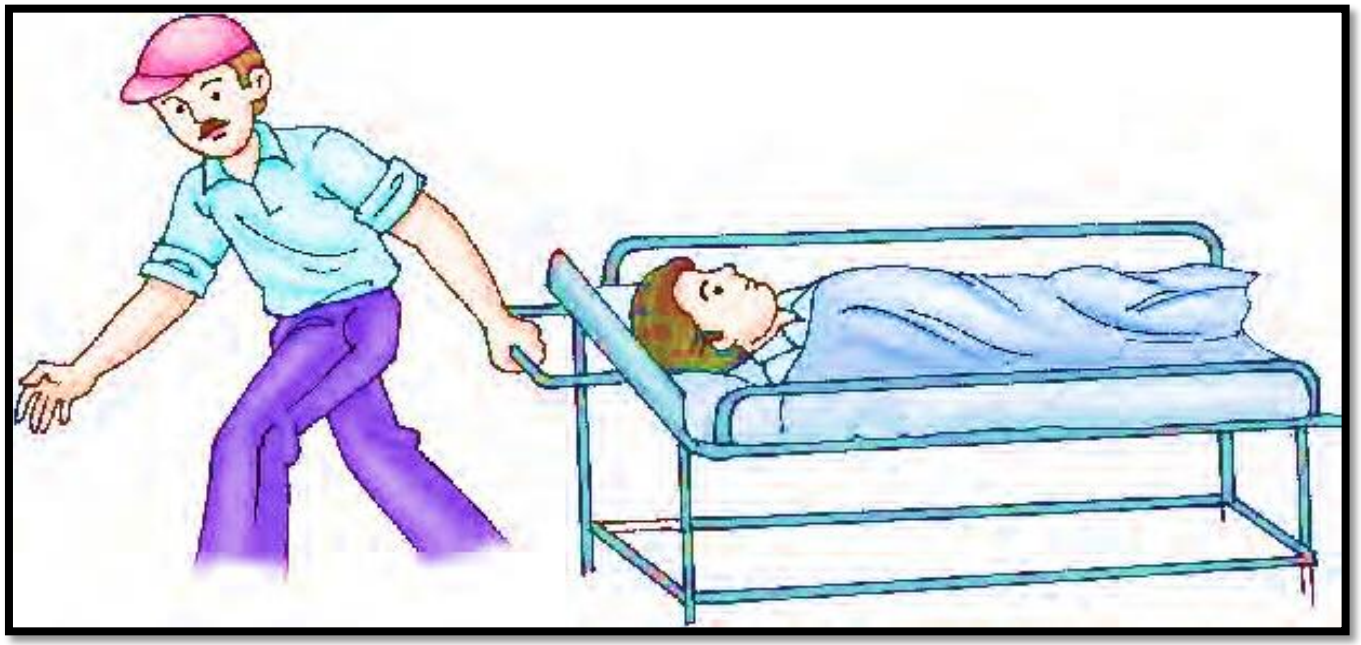


In case of Poisoning

Many drugs and medicines could be poisonous. Many other objects, commonly found in our houses like nail polish, naphthalene balls, paints, detergents and phenyl could also be poisonous.

1. Elders should keep medicines locked in drawers away from children. Always throw away or destroy the expired medicines.
2. Always read labels on bottles carefully before using.

3. Never take any medicine without the prescription of a doctor.
4. Try to make the victim vomit if poisoned.
5. Rush the victim to a hospital.

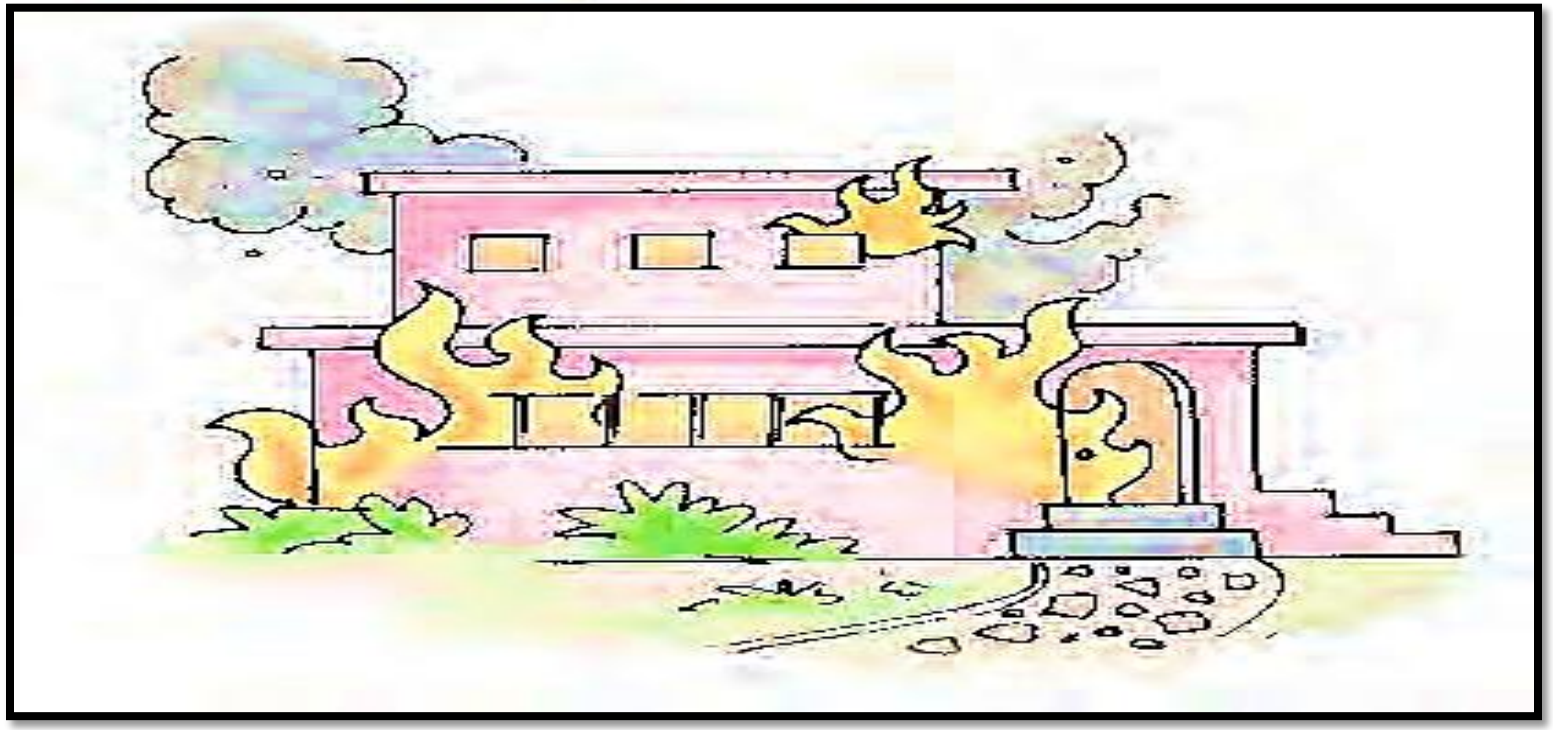


In case of Fire

1. If any house or a building catches fire, call the fire station immediately.
2. a. Fire caused by faulty electric wires can cause heavy damage. Never throw water on it, turn off the main switch or disconnect the electricity supply of the place.

b. Throw sand on fire, to cut the air supply and use a fire extinguisher.

3. Fire caused by fuels or petrol can burn things very fast. Never throw water as petrol or any other fuel can float above the water and keep on burning the things.



Always keep a list of all emergency numbers nearby and contact them as fast as possible.

Check Your Knowledge

Fill in the blanks.

1. We should call the if any house or building catch on _____ fire.

2. Animal bite can cause a fatal disease called . _____

3. _____ is better than cure.

Fact File

- First aid is the first medical help given to a victim till the doctor arrives.

Things to Remember

- Learning first aid can save life in the hours of need.
- Tetanus is a fatal disease caused by cut from rusted objects.
- Bruises occur when tissue ruptures and blacken our skin.
- A bone crack or breakage is known as a fracture.