

FIRST AID

Unit 04

By
Shahzad Ali Khan
HoD English

WHAT IS FIRST AID?

- **First aid** is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury.

AIM OF FIRST AID

- The aim of providing first aid is to preserve life, prevent the condition from worsening, and promote recovery.

WHO CAN GIVE FIRST AID?

- First aid can be given by anyone who has taken part in life saving instruction and practical training based on clinical knowledge and procedures.

WHEN TO GIVE FIRST AID?

- First aid administration ranges from dealing with minor cuts and bruises which require a simple bandage to cardiopulmonary resuscitation (CPR) which calls for special medical support.

WHAT IS THE IMPORTANCE OF FIRST AID KNOWLEDGE?

- The knowledge of first aid plays an important role during crisis. It helps in saving life, prevents worsening of condition and helps in recovery of a patient.

CUTS AND SCRAPES

- Normal emergency one may come across at home is cuts and scrapes which normally do not require emergency attention. However, if proper care is not taken these minor cuts and scrapes may develop infection.

STOP THE BLEEDING

- Minor cuts and scrapes usually stop bleeding on their own.
- If bleeding does not stop, apply gentle pressure for twenty to thirty seconds using a clean piece of a cloth, a bandage or elevating the wound.
- Allow the wound to form a clot and do not check for the bleeding has stopped because it may dislodge the clot forming and cause the wound to bleed again.
- If the blood continues to flow even after application of pressure, seek medical attention.

CLEANING OF THE WOUND

- Clean the wound with clean water and the area around the wound with soap and washcloth.
- Keep the soap away from the actual wound as it can cause irritation in the wound.
- After cleaning the wound look for debris/ remains/ particles in the wound. Tweezers cleaned with alcohol should be used to remove the remains.
- Cleaning the wound reduces the chances of developing infection or tetanus.
- If debris remains in the wound seek doctors help immediately otherwise the wound may develop tetanus or infection.

APPLICATION OF ANTI-BIOTIC CREAM

- After cleaning the wound, apply a thin layer of anti-biotic cream.
- Misconception about anti-biotic cream is that it makes the wound heal faster in reality, it keeps the wound moist and strengthen the body's natural healing process to work faster.
- Caution must be taken if rashes appear. Discontinue the use of ointment in such cases.

COVERING THE WOUND

- Bandages can keep the wound clean and Bacteria free. Once the wound has healed enough it is advisable to expose the wound to the air as it will speed up the healing process.

CHANGING THE DRESSING

- Certain wounds require dressing to help the healing process. It is recommended to change the dressing daily or whenever it becomes wet or dirty due to fluids oozing out of the wound.
- Wounds may be covered with adhesive bandages however, if one is allergic to self sticking bandages, dressing gauze should be used with paper/ surgical tape or gauze roll.

WHEN TO CONSULT THE DOCTOR

- Doctor should be consulted immediately when the wound is not healing, there is redness around the wound, increase in pain, drainage from the wound, warmth or swelling around the wound.

ELEMENTS OF FIRST AID KIT

- First aid book: It explains how to deal with basic emergencies.
- Band aid/ plasters: Plasters are used in dressing of small wounds while band aids are useful to cover large wounds.
- Elastic bands: Help in wrapping sprained joints/ fractured bones or making sling for broken or fractured arm.
- Gauze and Adhesive tape: Gauze pads/ rolls can be used to cover deep wounds and stop bleeding.
- Antiseptic Wipes/ swabs: They are used to clean the area around the wound.

ELEMENTS OF FIRST AID KIT (cont..)

- Safety pins and Tweezers: Safety pins can be used with elastic bands while tweezers are used to remove debris/ foreign object from the wound.
- Scissors: Used for cutting dressing gauze/ roll, tape or cloth.
- Latex Gloves: Helps to protect hands from body fluids.
- Calamine Lotion or Anti-biotic Cream: Helps to keep the wound moist and assist body's natural healing system to work faster.
- Clinical Thermometer: Helps in keeping record of body temperature.
- Analgesic Tablets: They are also known as pain killers. These tablets reduce pain.

TASK

- Read the slides and do the assignment.