

**BAHRIA COLLEGE
ZAFAR CAMPUS ISLAMABAD**

ONLINE CLASS ASSIGNMENT

FIRST AID

Unit: 04 Solution

Class: X

Assignment No: 05

Assignment Date: 1st June 2020

- i. What do you understand from the term first aid?
 - First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury.
- ii. What is the aim of administering first aid?
 - The aim of providing first aid is to preserve life, prevent the condition from worsening, and promote recovery.
- iii. When it is necessary to give first aid?
 - First aid administration ranges from dealing with minor cuts and bruises which require a simple bandage to serious medical conditions which call for special medical support and management.
- iv. How is the knowledge of first aid beneficial?
 - 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.
- v. How can we stop bleeding from a minor cut or a scrape?
 - 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.
- vi. Why clot formation on wound is necessary?
 - Allow the wound to form a clot because it stops the bleeding. Checking the wound for stopping of the bleeding may dislodge the clot forming and cause the wound to bleed again.

- vii. How a wound should be cleaned?
- Clean the wound with clean water and the area around the wound with soap and washcloth. It is important to keep the soap away from the actual wound as it can cause irritation in the wound. After cleaning the wound look for debris or foreign objects in the wound. Tweezers cleaned with alcohol should be used to remove the remains. The cleaning of 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.
- viii. What is the role of an anti-biotic cream in healing of the wound?
- After cleaning the wound, apply a thin layer of anti-biotic cream as it keeps the wound moist and strengthen the body's natural healing process to work faster.
- ix. How often should the dressing of a wound be changed?
- Certain wounds require dressing to protect the wound and help in 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.
- x. How a wound should be covered if one is allergic to self-sticking bandages?
- 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.
- xi. When it is necessary to consult a doctor about the wound?
- 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.
- xii. What elements must be present in a first aid box?
- First aid box must contain the following items:
 - a. First aid book: It explains how to deal with basic emergencies.
 - b. Band aid/ plasters: Plasters are used in dressing of small wounds while band aids are useful to cover large wounds.
 - c. Elastic bands: Help in wrapping sprained joints/ fractured bones or making sling for broken or fractured arm.
 - d. Gauze and Adhesive tape: Gauze pads/ rolls can be used to cover deep wounds and stop bleeding.
 - e. Antiseptic wipes/ swabs: They are used to clean the area around the wound.
 - f. Safety pins and Tweezers: Safety pins can be used with elastic bands while tweezers are used to remove debris/ foreign object from the wound.
 - g. Scissors: Used for cutting dressing gauze/ roll, tape or cloth.

- h. Latex Gloves: Helps to protect hands from body fluids.
- i. Calamine Lotion or Anti-biotic Cream: Helps to keep the wound moist and assist body's natural healing system to work faster.
- j. Clinical Thermometer: Helps in keeping record of body temperature.
- k. Analgesic Tablets: They are also known as pain killers. These tablets reduce pain.

SHAHZAD ALI KHAN, HOD ENGLISH, BAHRIA COLLEGE ISLAMABAD, ZAFAR CAMPUS.