

First Aid Awareness

First aid can be defined as the basic treatment provided to a person who is injured or ill until professional medical assistance arrives. Always design your first aid arrangements based on the risk level of your work place. Arrangements include material, equipment and competent persons to administer first aid.

- Always ensure scene safety before approaching the casualty
- Know the location of the nearest First – Aid kit and AED
- Prioritize treatment as per the following order



BREATHING



- Get a response**
- Use voice
 - Gently pat shoulder



- Check breathing**
- Not more than 10 sec
 - Look/hear for breath



- Call Emergency Services**
- Give accurate information
 - Leave phone on speaker
- EMERGENCY No.0128080911**

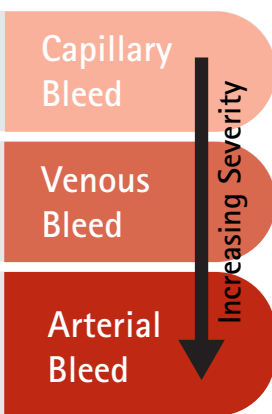
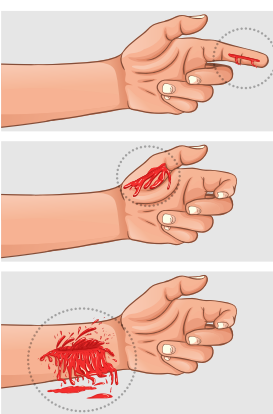


- Start compression, breaths cycle(30:2)**
- Place heel of palm on center of chest
 - Interlock palms
 - Depth of compression: 2 inches
 - Ideal: 2 compressions in 1 sec



- Place in recovery position**
- If breathing normally
 - Complete secondary survey before placing in recovery position

BLEEDING



Critical blood loss volume 20%

Bruising Treatment

Wound Treatment



- Rest**
- Rest the injured area
 - Refrain from moving



- Ice**
- Reduces blood flow
 - Prevents swelling



- Compress**
- Prevents fluid build up
 - Immobilizes injured area



- Elevate**
- Drain's out fluid
 - Prevents swelling



- Examine & Protect**
- Look for any embedded object. Wear Gloves.



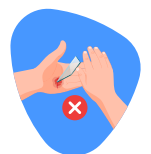
- Apply Direct Pressure**
- Use a dressing and apply direct pressure.



- Wrap**
- Wrap wound when bleeding is controlled.



- Indirect Pressure**
- Apply pressure upstream of wound. Elevate.



- Object**
- Do not remove embedded objects.

BURNS



- Remove**
- Remove from the source of heat
 - Remove clothing/jewelry unless stuck to skin



- Cool it**
- Hold under cool running water
 - Do not apply ice



- Protect**
- Cover with non-adhesive material
 - Do not burst blister's

BONES



- Movement**
- Do not move the injured area



- Immobilize**
- Using suitable bandage / material, immobilize the area

* Clean around area if fracture is open * Apply ice to bruised area