Emergency Handling and First Aid
Learning Objectives

By the end of this session, you will be able to:

• Explain how to provide first aid during electrical accidents or any other accident
• Explain the importance of a first-aid box and its contents
Open House Discussion

• Have you ever seen anyone collapsing due to heart stroke?
• What was done to that person to bring him back to normal position?
• Have you noticed that the heart of the patient was compressed so that he can breathe?
• What else has been done to provide first aid to the person?
Cardiac Arrest – First Aid Tips

If the patient is:

- Responding
  - Do not panic
- Not responding
  - Check cardiovascular pulse
  - If the pulse is available, heart is working
  - If no pulse, heart is not working
Perform chest compression

Follow the rib cage

Locate the heart to give chest compression
Cardiac Arrest – First Aid Tips

Check for movement

Keep elbows straight and apply direct pressure over the heart

Check if the patient is breathing
Cardiac Arrest – First Aid Tips

Mouth-to-mouth Resuscitation
What do you mean by artificial respiration?

Have you ever seen someone giving artificial respiration to an injured person?

What were your observations?

Why is artificial respiration given to the patient?
Artificial Respiration – First Aid Tips

- **Artificial respiration**
- **Chin is raised**
- **Inhale fully before giving air to patient**
Artificial Respiration – First Aid Tips

Artificial respiration

Chest compression and mouth-to-mouth resuscitation should not be done simultaneously
First-Aid Box

An important aspect in first aid is the first-aid box.
First-Aid Box

Did you Know?

- The shape of the first-aid box can be as per convenience
- First-aid box can be kept:
  - In a car
  - In the workplace
  - At home
  - In factory
Contents of First-Aid Box

Let us look at the contents that should be kept in the first aid box.

First-Aid Box

- Implements
- Medicine
- Dressings
Contents of First-Aid Box – Implements

Scissors
Forceps
Wooden stick buds
Contents of First-Aid Box – Implements

- Safety pin
- Bandage can be secured with the help of:
  - Safety pin
  - Adhesive plaster
  - Tying a knot
Contents of First-Aid Box – Implements

- Measuring cup
- Face mask
- Gloves
Contents of First-Aid Box – Medicine

Local Application

Dettol or Savlon

Spirit of Ammonia

Rubbing Gel
Contents of First-Aid Box – Medicine

Oral Medicine/Items

Soda Mint Tablets

Salt

Sugar
Contents of First-Aid Box – Dressings

Roller bandage

Triangular bandage or Ram Baan Patti
Contents of First-Aid Box – Dressings

Four different ways of using triangular bandage

- Open bandage
- Broad bandage
- Roller bandage
- Narrow bandage
Contents of First-Aid Box – Dressings

Triangular Bandage

- Pull one end to loosen it
- Pull out to loosen it
- Pull out completely to open the knot

Reef Knot
Contents of First-Aid Box – Dressings

- Sterile bandage
- Sterile bandage pack
- Crepe bandage or Garam patti
Contents of First-Aid Box – Dressings

- Cotton roll
- Sterile gauze
- Adhesive plaster
- Micro tape
Contents of First-Aid Box – Dressings

Readymade bandages

Eye pads
First-Aid Box – Maintenance

First-aid box

White in colour

Red cross marking
Key Learning Outcomes

• We need to provide required first aid to the victims of electrical accidents or any other accident
• If the heartbeat of a person stops, we have to give cardio-pulmonary resuscitation (CPR)
• It is very important to have first aid box available in case of any emergency
• The contents of a first-aid box are categorised into:
  – Implements
  – Local application medicines
  – Oral application medicines and
  – Dressings
Key Learning Outcomes

- Implements include scissors, forceps, bamboo sticks, safety pins, measuring cup, mask and gloves
- Local application medicine includes Savlon or Dettol, spirit of ammonia and rubbing gel
- Oral application medicine includes soda mint, salt and sugar
- Dressings include roller bandage, triangular bandage, sterilised bandage, crepe bandage, cotton roll, sterilised gauze and adhesive plaster