














Session: Possible Hazards and Accidents

Learning Objective	Evaluation Criteria
Explain what type of first aid should be provided to patients under different circumstances	Interactive Questioning







	Duration	20 Minutes
	Resources	PowerPoint Presentation, Whiteboard, Markers, Screen and Projector
	Facilitator's Notes	In this session, take the participants through an interactive presentation with video snippets on the type of first aid to be provided to patients under different circumstances.

End of Notes







		1.	<p>Tell:</p> <p>Welcome to the video presentation on 'Possible Hazards and Accidents' while working on power distribution network.</p> <p>Facilitator's Note:</p> <p>Welcome the participants and give a brief overview of the session.</p>
			<p>Facilitator's Notes:</p> <ul style="list-style-type: none"> • Display the slide • Read out the objectives and ask learners to note them down • Inform them that they will be asked questions in between <p>End of Notes</p>
		2.	<p>Tell:</p> <p>By the end of this session, you will be able to explain what type of first aid should be provided to patients under different circumstances.</p>
		3.	<p>Tell:</p> <p>Before we begin the session, let me ask you a few questions.</p>
			<p>Ask:</p> <ul style="list-style-type: none"> • Have you ever met with an accident?



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			<ul style="list-style-type: none"> • Have you ever seen an accident? • Did you ever see a person who bled continuously? • What did you do in that case? • Was he/she left on his/her own even while bleeding? • What was done to stop the bleeding? <p>Facilitator’s Notes:</p> <ul style="list-style-type: none"> • Display the slide • Ask questions one after the other • Allow the participants to come up with their answers • Give them time to recollect and respond • Encourage them to share as many incidents as possible • Appreciate the participants for their responses
		4.	<p>Tell:</p> <p>Well! We can call such incidents as accidents or hazards. These hazards may result in near miss, incidence or accidents. Accidents always result in injury or loss of property or life.</p> <p>In this session, we will know about the possible injuries and the first aid to be given for such injuries.</p>
		5.	<p>Tell:</p> <p>Let us start with the first aid in case of internal or external bleeding following an accident. Let us see how we can control bleeding before taking a victim to the hospital. Let us watch a video to understand the concept.</p> <p>Let us first look at the steps to be followed for first aid in case of internal bleeding. Let us take the example of a stomach bleed. You need to follow several steps to give first aid in such a case. They are:</p> <ul style="list-style-type: none"> • Cover the area using cold compression technique • Bring the patient to a half-sitting position • Provide assurance to the patient • Call 102 for ambulance • Help the patient to fold his legs <p>Let us look at each of these steps in detail.</p>
		6.	<p>Tell:</p> <p>You need to use any cold compression technique to cover the bleeding area. You should cover and hold the area where the patient says there is pain. This compression helps reduce the pain and bleeding.</p> <p>Facilitator’s Note:</p>

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			Click to play the video.
		7.	<p>Tell: Now, you should give some support to the patient and bring him to a half-sitting position.</p> <p>Ask: Why do you think the patient must be brought to this position?</p> <p>Possible Responses:</p> <ul style="list-style-type: none"> • Patient can relax • Bleeding stops <p>Tell: That's correct. A half-sitting position helps reduce bleeding and provides comfort to the patient. Continue pressing on the area while supporting the patient.</p> <p>Facilitator's Note: Continue to play the video.</p>
		8.	<p>Tell: The third step is to assure the patient.</p> <p>Ask: Do you think that assuring really helps?</p> <p>Responses:</p> <ul style="list-style-type: none"> • No • Yes <p>Tell: Well! You need to assure the patient continuously, so that he does not panic or get scared. Assuring reduces half of the worrying. You can even notice the recovery of the patient. If even the family members of a patient get scared, reassure them as well that there will be no harm or danger. Help them relax.</p> <p>Facilitator's Note: Continue to play the video.</p>
		9.	<p>Tell: Once the patient is assured of safety, we should immediately call the ambulance so that the patient can be given immediate medical care.</p> <p>Ask: Have you ever seen or called the ambulance for help?</p> <p>Responses:</p> <ul style="list-style-type: none"> • Yes • No <p>Ask: What will they do?</p> <p>Responses:</p> <ul style="list-style-type: none"> • Take the patient to the hospital • Provide medical facility <p>Tell: Yes! You need to call the ambulance for help. This will help the injured get immediate</p>



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			<p>medical care.</p> <p>Facilitator's Note: Continue to play the video.</p>
		10.	<p>Tell: Before the ambulance arrives and does the needful, help the injured person to fold his legs as shown in the video. This helps in reducing the bleeding. If we can give at least this much first aid before medical aid arrives, the patient's chances of survival increase by 50%. Let us look at the safety tips to be followed during heavy bleeding.</p> <p>Facilitator's Note: Continue to play the video.</p>
		11.	<p>Tell: Let us now see what happens on heavy bleeding.</p> <p>Ask:</p> <ul style="list-style-type: none"> • Have you noticed that when we hurt our finger, we keep moving it continuously? • Can you tell me the reason? • Is it a good practice? <p>Facilitator's Notes:</p> <ul style="list-style-type: none"> • Ask the questions one by one • Capture the responses on the whiteboard • Give time for participants to respond • Appreciate their responses <p>Tell: That's correct. We notice that when people injure their finger, which is bleeding, they keep moving their hand continuously to get some relief from pain. But this is not a good practice because it leads to heavy bleeding.</p> <p>Facilitator's Note: Click to play the video.</p>
		12.	<p>Tell: If a hand or finger is injured and bleeding, you should not move your hand. Instead, let it rest to reduce bleeding.</p> <p>Facilitator's Note: Continue to play the video.</p>
		13.	<p>Tell: The next thing is to elevate the injured hand above the heart level.</p> <p>Ask:</p> <ul style="list-style-type: none"> • Why should the hand be elevated above the heart level? • What do you think is the purpose to do so? <p>Facilitator's Notes:</p>

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			<ul style="list-style-type: none"> • Capture the responses of the participants • Appreciate their responses <p>Tell: You need to lift your hand up so that the pumping of blood becomes difficult and reduces bleeding. You can also apply some pressure with fingers or palm to make pumping difficult and reduce the bleeding.</p> <p>Facilitator’s Note: Continue to play the video.</p>
		14.	<p>Tell: The next task is to tie a cloth around the wound.</p> <p>Facilitator’s Note: Continue to play the video.</p> <p>Tell: The elevated hand with the wound covered with the cloth also reduces bleeding. If you don’t have any cloth, use a handkerchief to cover the wound. This helps reduce bleeding and the injured person will relax.</p>
		15.	<p>Tell: If there is no handkerchief available, cover the wound as shown in the video. Remember to keep the hand elevated.</p> <p>Assure the patient that he will be alright and will be soon taken to the hospital or his home. This will also help the patient to relax.</p> <p>Facilitator’s Note: Continue to play the video.</p> <p>Tell: Let us now look at the first aid tips to be followed in case of fracture.</p>
		16.	<p>Facilitator’s Note: Click to play the video.</p> <p>Tell: If there is a fracture following an injury to the leg, the broken limb should not be moved at all. Do not even touch or move the leg. Take the help of people if the injured person is in a public place. Create a splint with the help of a cardboard to support the limb. You can even use a 12-inch scale, any stick or the stick of a police officer to support the broken limb. If you do not get anything for support, do not disturb the limb under any circumstances.</p> <p>Move the healthy limb near to the broken limb. Tie both the limbs with the help of a bandage by passing the bandage under the waist, neck, knee or ankle. If bandage is unavailable, use a tie or shoelaces. Tie both the limbs above and below the joints with the help of a bandage. Here, you can notice that bandage is being tied around the ankles.</p> <p>Do not put pressure on the broken limb while bandaging. Put pressure on the unbroken limb to tie the bandage. Tie the limbs in such a manner that the broken limb does not move.</p> <p>If the patient is conscious, assure him that he is safe. This will help him relax. If the limbs are tied above and below the joints this way, the patient is 80% secured. Once the patient is taken to the hospital, he will be able to recover quickly and can survive.</p>



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			Let us now look at the safety measures to be taken in case of fire injuries.
		17.	<p>Tell:</p> <p>Let us now learn about the first aid steps in case a person is injured by fire. The first and foremost thing before treating the patient is to wash and dry your hands to prevent infections. You can even use gloves.</p> <p>Let us watch the video to understand the concept in a better way.</p> <p>Facilitator's Note:</p> <p>Click to play the video.</p> <p>Tell:</p> <p>The first aid steps in case of fire injury include:</p> <ul style="list-style-type: none"> • Wash and dry hands or use gloves to treat • Wash the burn under running water • In case of stored water, change water after ten minutes • Use ice if water is not available • Wrap the ice in a cloth and compress • Assure the patient and divert attention • Do not apply toothpaste or cream on the burnt area • Cover the burn with a clean cloth • Take the patient to hospital
			<p>Ask:</p> <p>What can be the other hazards while working on a power distribution network?</p> <p>Possible Responses:</p> <ul style="list-style-type: none"> • Falling from heights • Electric shock <p>Tell:</p> <p>That's great. Let us now look at the first aid steps when a person suffers an electric shock.</p>
		18.	<p>Tell:</p> <p>We are associated with the electricity department. Therefore, we see several electrocution cases when working on a line or grid station or control room. Consumers can also face such accidents at home.</p> <p>Let us learn to provide first aid in case of electrocution. Electric shock is also called 'Electrocution'.</p> <p>Facilitator's Note:</p> <p>Click to play the video.</p> <p>Tell:</p> <p>First, we need to understand that electrocution is also an injury. The severity might be very high because electricity travels through the body into the earth. When this happens, electricity ruptures the body tissue. This leads to internal bleeding, which</p>

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			<p>leads to shock.</p> <p>In case of electric shock, the most important treatment should be treatment for shock. Other first aid treatments remain the same.</p> <p>If a person is bleeding, suitable first aid must be provided. In case of fracture, suitable aid must be given.</p> <p>In case of breathing problem or if heartbeat has stopped, CPR should be given.</p> <p>Let us now watch a video to understand what safety measures can be taken in case of electrocution.</p>
		19.	<p>Tell:</p> <p>The most important thing to be done for electric shock is to switch off the source of electricity. Use a bad conductor like a stick or cloth. Switch off the power source first.</p> <p>Facilitator’s Note:</p> <p>Click to play the video.</p> <p>Ask:</p> <p>What could be the next step?</p> <p>Possible Responses:</p> <ul style="list-style-type: none"> • Treat the patient • Give him water <p>Tell:</p> <p>Well! Before treating the patient, you have to rescue the person from shock.</p> <p>Ask:</p> <p>Can you touch the person to remove his hand or body from the source of electricity?</p> <p>Responses:</p> <ul style="list-style-type: none"> • Yes • No <p>Ask:</p> <p>Why should we not touch the person who gets an electric shock?</p> <p>Possible Responses:</p> <ul style="list-style-type: none"> • We will also get the shock • We will also be affected as the intensity of shock will be high <p>Tell:</p> <p>That’s correct. That leads to our next step.</p> <p>Facilitator’s Note:</p> <p>Click to play the video.</p>
		20.	<p>Tell:</p> <p>The difference between normal injuries and electric shock is that electric shock is a higher level of injury. You should never touch the injured person with hand. Instead, use a wooden stick or any bad conductor of electricity.</p> <p>Facilitator’s Note:</p> <p>Continue to play the video.</p>



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 	21.	<p>Ask: What can you do next?</p> <p>Possible Responses:</p> <ul style="list-style-type: none"> • Call the ambulance • Take him to the doctor <p>Tell: That's well said. The patient should be immediately taken to a doctor for medical attention.</p> <p>Facilitator's Note: Continue to play the video.</p>
 	22.	<p>Tell: Let us now know the first aid tips in case of arm injury.</p> <p>Facilitator's Note: Click to play the video.</p>
 	23.	<p>Tell: Let us now know the first aid tips in case of head injury.</p> <p>Facilitator's Note: Click to play the video.</p>
 	24.	<p>Tell: You can use another bandage if the bleeding is heavy, as shown in the video.</p> <p>Facilitator's Note: Click to play the video.</p> <p>Tell: Let us now look at the first aid tips to be followed in case of shoulder injury.</p>
 	25.	<p>Tell: You should never move the shoulder in case of an injury. This will help prevent the injury from becoming complex. You can also provide armpit support to a person when his shoulder is injured. Let us watch the video to understand the concept.</p> <p>Facilitator's Note: Click to play the video.</p>
 	26.	<p>Tell: We know that in case of a fracture, we either put a bandage or tie a cloth.</p> <p>Ask:</p> <ul style="list-style-type: none"> • Can any one of you tell me whether we need to use plaster or bandage of cloth to tie the shoulder? • How can we tie the shoulder part? <p>Facilitator's Notes:</p> <ul style="list-style-type: none"> • Capture the responses of the whiteboard

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			<ul style="list-style-type: none"> • Appreciate the responses <p>Tell: Well! Let us watch a video to know how we can tie the bandage.</p> <p>Facilitator’s Note: Continue to play the video.</p>
			<p>Tell: In this video presentation we have seen what type of first aid should be provided to patients under different circumstances.</p>
		27.	<p>Tell: Let us quickly recollect the key points of this session.</p> <p>In this session, you have learnt that:</p> <ul style="list-style-type: none"> • Accidents or hazards can result in injury or loss of life • In case of bleeding from stomach, cover the area that is bleeding and compress it to reduce pain • If a limb is injured, do not move it. Let it rest in a position that does not cause pain • In case of fracture, do not move the limb. Tie it to the unbroken limb above and below the joints with a bandage to provide support • In case of fire injury, wash the wound with water • In case of electric shock, first shut the source of electricity • In case of arm injury, provide support to the arm • In case of head injury, tie a bandage on the wound to stop bleeding • In case of shoulder injury, provide armpit support