



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

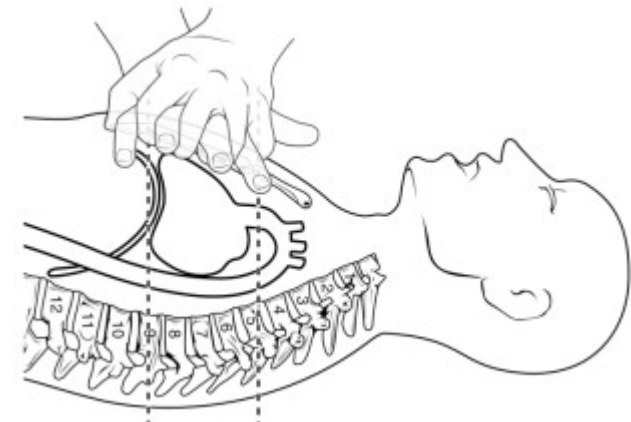
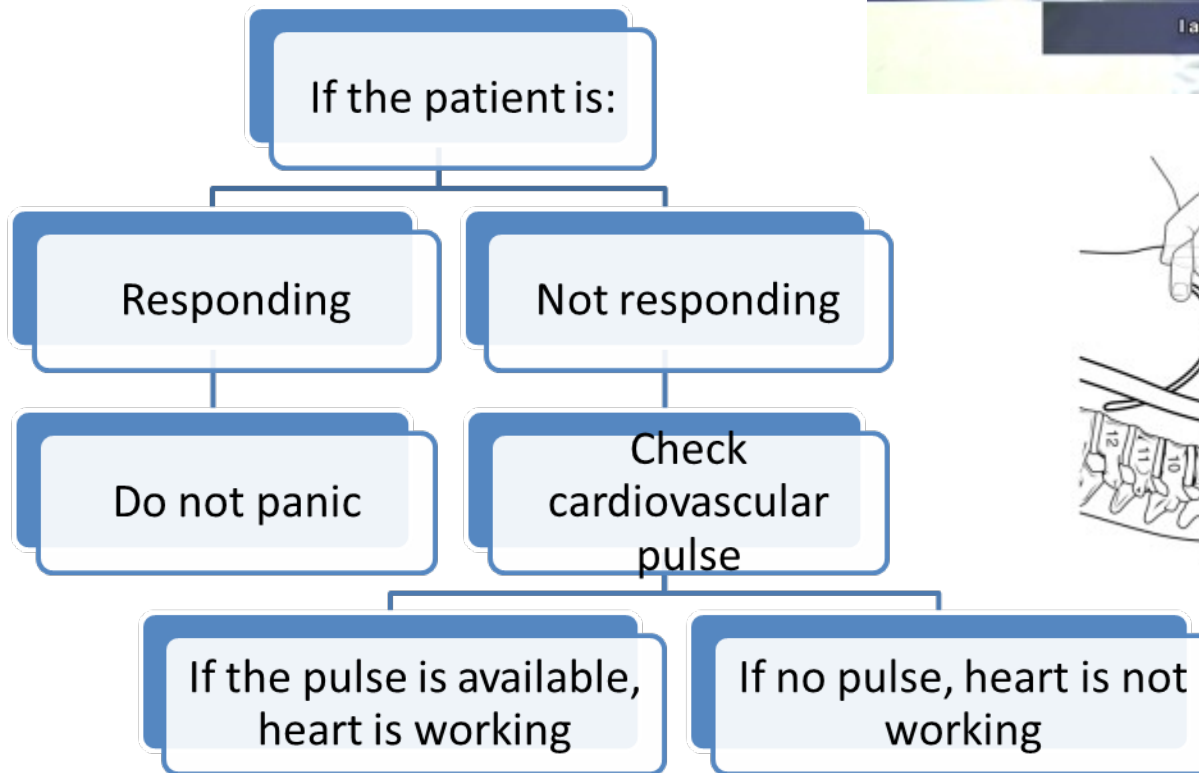


Open House Discussion

- 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



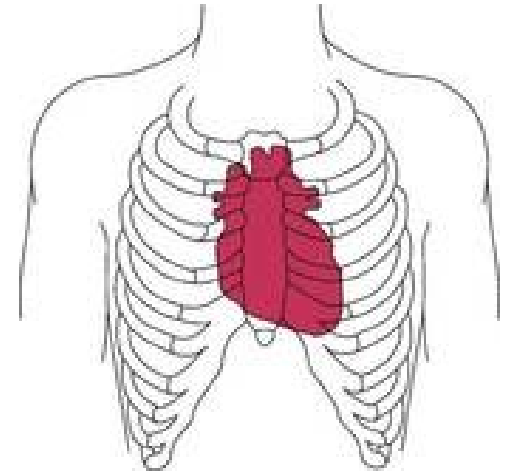
Cardiac Arrest – First Aid Tips



**Perform chest
compression**



**Follow the rib
cage**

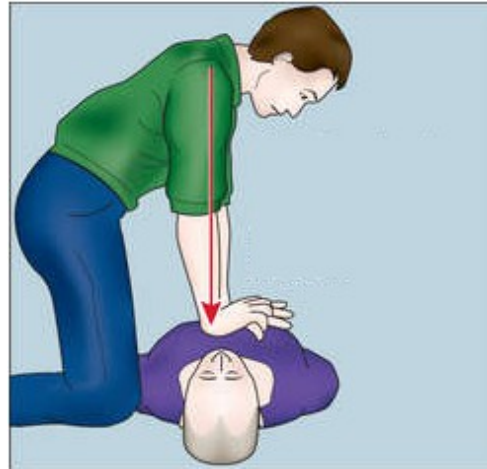


**Locate the heart to
give chest
compression**

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

Artificial Respiration – Discussion

- 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?



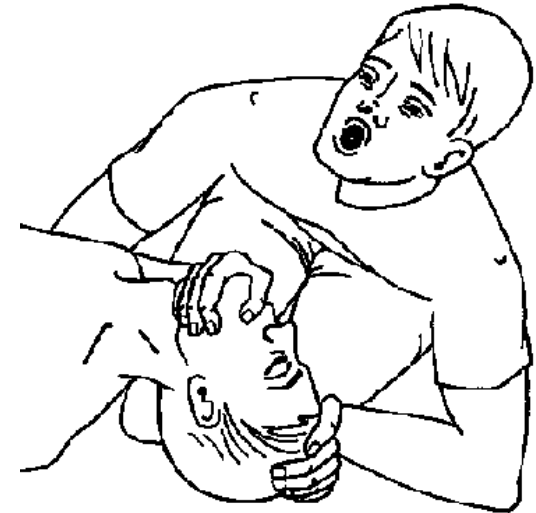
Artificial Respiration – First Aid Tips



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

Emergency Handling and First Aid

FIRST AID BOX

IMPLEMENTS (TOOLS)	APPLICATION	DRESSINGS
① SCISSORS	① SALINE	① ROLLER BAND
② Forceps	② SODA WATER	② TRIANGLE
③ Bandage	③ SALT	③ STERILISED
④ SALT	④ SUGAR	④ CREPE
⑤ M...		⑤ Cotton Roll
⑥		⑥ STERILISED G
⑦		⑦ PLASTER

An important aspect in first aid is the 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



First-Aid Box



Implements

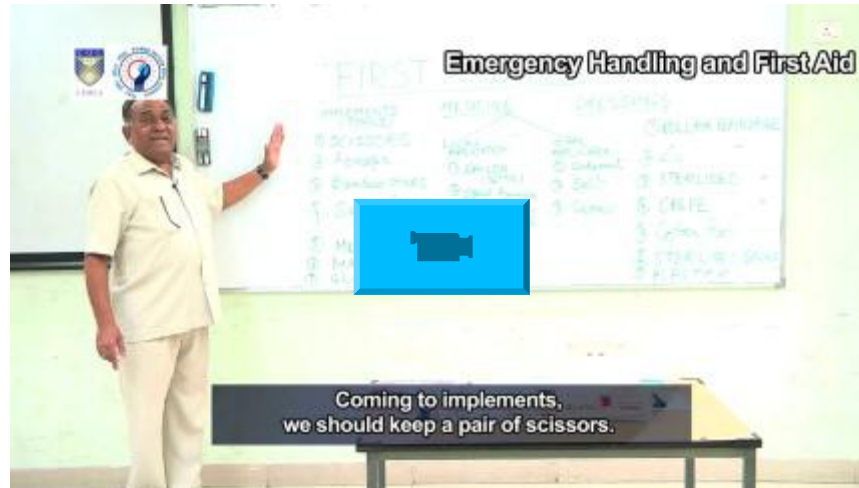


Medicine



Dressings

Contents of First-Aid Box – Implements



Scissors

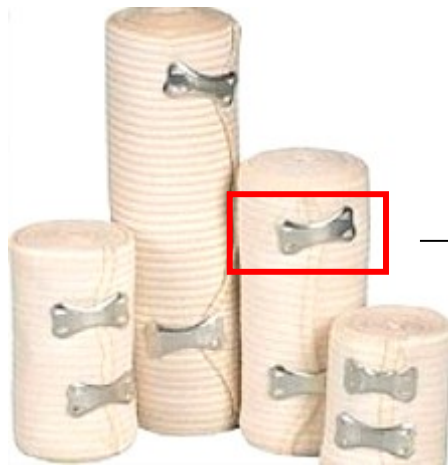


Forceps



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

Local Application



Dettol or Savlon



Spirit of Ammonia



Rubbing Gel

Oral Medicine/Items



Soda Mint Tablets



Salt



Sugar

Contents of First-Aid Box – Dressings



Roller bandage

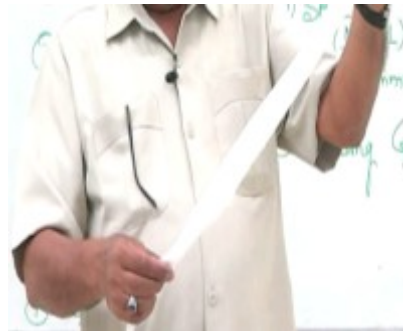


Triangular bandage or
Ram Baan Patti

Four different ways of using triangular bandage



Open bandage



Broad bandage



Roller bandage



Narrow bandage

Triangular bandage



Reef knot



Pull one end to loosen it



Pull out to loosen it

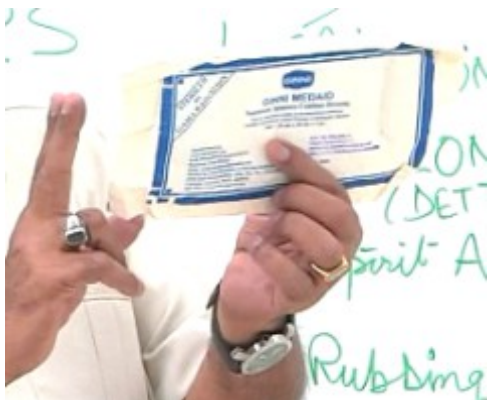


Pull out completely to open the knot

Contents of First-Aid Box – Dressings



Sterile bandage



Sterile bandage pack



Crepe bandage or Garam patti

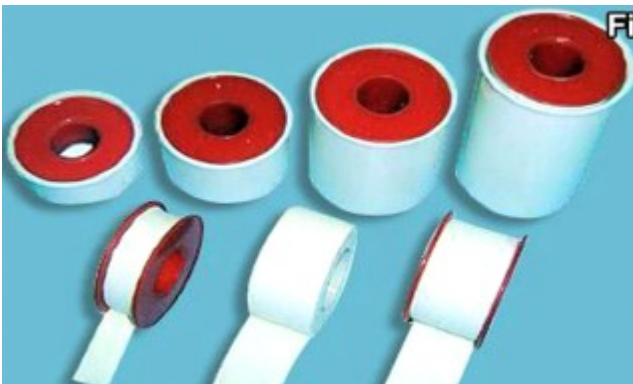
Contents of First-Aid Box – Dressings



Cotton roll



Sterile gauze

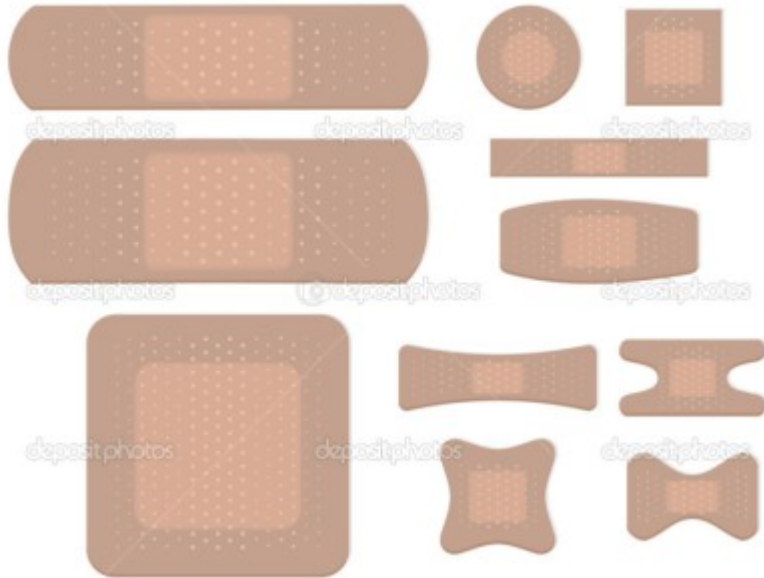


Adhesive plaster



Micro tape

Contents of First-Aid Box – Dressings



Readymade bandages



Eye pads

First-Aid Box – Maintenance



**White in
colour**

**Red cross
marking**

First-aid box

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

