

Session: Emergency Handling and First Aid

Learning Objectives	Evaluation Criteria
<ul style="list-style-type: none"> Explain how to provide first aid during electrical accidents or any other accident Explain the importance of a first-aid box and its contents 	Interactive Questioning



Duration 30 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 how to provide first aid during electrical or any other accident. You will also explain the importance a first-aid box and its contents with the help of the video snippets.

End of Note



1. Tell:

Welcome to the video presentation on 'Emergency Handling and First Aid'.

Facilitator's Note:

- Welcome the participants and give a brief overview on the session
- Click to play the video



Facilitator's Notes:

- Display the slide
- Read out the objectives and ask learners to note them
- Inform them that they will be asked questions during the session

End of Notes



2. Tell:

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

- Explain how to provide first aid during electrical or any other accident
- Explain the importance a first-aid box and its contents



3. Tell:

Let us learn what first aid has to be provided to the victim of electrical accidents or any other accident. Before we begin the session, let me ask you a few questions.

Ask:

- Have you ever seen anyone collapsing due to heart stroke?

- What was done to the 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?

Facilitator's Notes:

- Display the slide
- Ask the questions one after the other
- Encourage the participants to respond
- Tell them to share any of their experiences
- Capture the responses on the whiteboard
- Appreciate the participants for their effort

Tell:

Let us first learn what is to be done in case a person's heart and breathing stops.



4. Tell:

Cardio Pulmonary Resuscitation (CPR) is a method to save a person whose heart has stopped. This method is useful in many emergencies, including heart attack or near drowning due to which someone's breathing or heartbeat has stopped.

Whenever a person gets heart attack, call out to the patient and see if he is responding.

Facilitator's Note:

Click to play the video.



5. Tell:

Let us learn what has to be done if the heart of the patient stops working. We first need to give him chest compression.

Facilitator's Note:

Click to play the video.



6. Tell:

Check if the patient is breathing while giving chest compression.

Facilitator's Note:

Continue to play the video.



7. Tell:

If the patient is not breathing, we need to give mouth-to-mouth resuscitation. Let us also discuss how to handle other emergency situations in cardiac arrest.

Facilitator's Note:

Continue to play the video.



8. Tell:

Let us now look at the first aid tips to be followed in case of artificial breathing.

Ask:

- What do you mean by artificial breathing?
- Have you ever seen someone giving artificial breathing to an injured person?
- What were your observations?
- Why is artificial breathing given to the patient?

Facilitator's Notes:

- Display the slide
- Ask the questions one after the other
- Encourage the participants to respond
- Tell them to share any of their experiences
- Capture the responses on the whiteboard
- Appreciate the participants for their effort



9. Tell:

Well! Let us discuss artificial breathing in detail. For artificial respiration, we need to cover the entire mouth of the patient.

Facilitator's Note:

Click to play the video.



10. Tell:

Remember that chest compression and mouth-to-mouth resuscitation should not be done together.

Facilitator's Note:

Continue to play the video.



11. Ask:

- Can anyone of you tell me what a first-aid box is used for?
- What are the items contained in the first-aid box?
- Have you ever used it in case of any emergency?
- Where do we place the first-aid box generally when in workplace?

Facilitator's Notes:

- Display the slide
- Ask the questions one after the other
- Encourage the participants to respond
- Tell them to share any of their experiences
- Capture the responses on the whiteboard
- Appreciate the participants for their effort

Tell:

Well! Let us learn about the first-aid kit and its usage.

Facilitator's Note:

Click to play the video.



12. Tell:

First aid can be given by a common person.

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



13. Tell:

As you can see here, there are three different categories. Local and oral applications of medicine can be divided into two separate categories. Let us learn about each of these categories in detail.

Facilitator's Note:

Click to play the video.



14. Tell:

We will first look at the contents of implements. The implements include scissors, forceps, bamboo sticks, safety pins, measuring cup, mask and gloves.

Facilitator's Note:

Click to play the video.



15. Tell:

Let us now know about safety bandage. The safety bandage can be secured with the help of a safety pin, sticky bandage or by tying a knot.

Facilitator's Note:

Continue to play the video.



16. Tell:

You can use the measuring cup to give water or medicine.

Note:

Continue to play the video.

Tell:

Let us next learn about the medicines in the first-aid kit.



17. Ask:

Can any one of you tell the two categories of medicines seen in a first-aid kit?

Possible Responses:

- Local application medicines
- Oral medicines

Tell:

That's correct! Let us first have a look at the local application medicines. These medicines are applied on the affected area.

Local application medicines include:

- Dettol or Savlon
- Spirit of Ammonia
- Rubbing gel

Facilitator's Note:

Click to play the video.



18. Tell:

Let us next learn about the oral medicine.

Ask:

- Do you know what is meant by oral medicines?
- Can anyone of you give me examples for oral medicines?

Facilitator's Notes:

- Capture the responses on the whiteboard
- Appreciate the responses

Tell:

Well! Oral medicines are those that we take through the mouth. Let us observe what are included in that.

Facilitator's Note:

Click to play the video.

Tell:

Oral medicines include:

- Soda mint tablets,
- Salt and
- Sugar.

We need to have salt and sugar to prepare Oral Rehydration Solution (ORS).



19. Tell:

Let us now learn about the important part of first aid that is dressing. This includes different types of bandages.

Facilitator's Note:

Click to play the video.



20. Tell:

The 'Ram Baan Patti' is very important as it can be used in different ways as shown

here.

Facilitator's Note:

Click to play the video.



21. **Tell:**

If we want to secure the bandage, we can put a knot. Here, we refer to it as 'Reef knot'.

Facilitator's Note:

Continue to play the video.



22. **Tell:**

The sterile bandage is cut with scissors and is not touched by hand. Use the required amount and put it back into the bandage pack.

Facilitator's Note:

Continue to play the video.



23. **Tell:**

Cotton is important and the most useful item in the first aid box. We often have it in our homes as well.

Facilitator's Note:

Continue to play the video.



24. **Tell:**

We generally use such type of bandages on our fingers.

Facilitator's Note:

Continue to play the video.



25. **Tell:**

Always ensure that the first-aid box has clear marking of a red cross mark on all sides so that it is easy to identify in case of emergency.

Facilitator's Note:

Click to play the video.



Tell:

In this video presentation, you have seen first aid methods during a cardiac arrest, artificial respiration and also the importance and contents of a first-aid box.

Key Learning Outcomes



26–
27. **Tell:**

Let us quickly recollect the key points of this session.

- We need to provide required first aid to the victims of electrical or any other accident

- If the heartbeat of a person stops, we have to give cardiopulmonary 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 medicine
 - Oral medicine and
 - Dressings
- Implements include scissors, forceps, bamboo sticks, safety pins, measuring cup, mask and gloves
- Local application medicine includes Savlon or Dettol, spirit ammonia and rubbing gel
- Oral medicines or items include soda mint, salt and sugar
- Dressings include roller bandage, triangular bandage, sterilised bandage, crepe bandage, cotton roll, sterilised gauze and adhesive plaster