



# 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

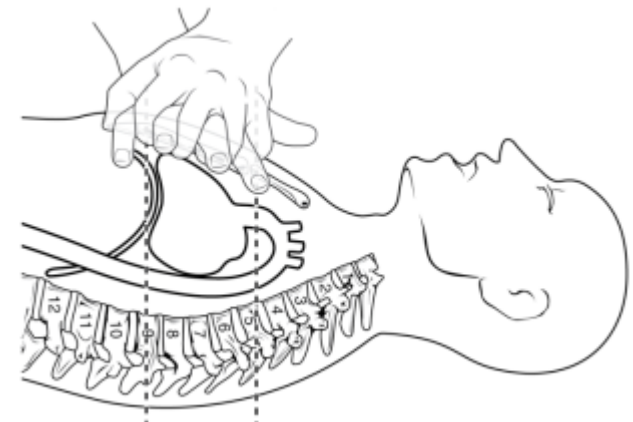
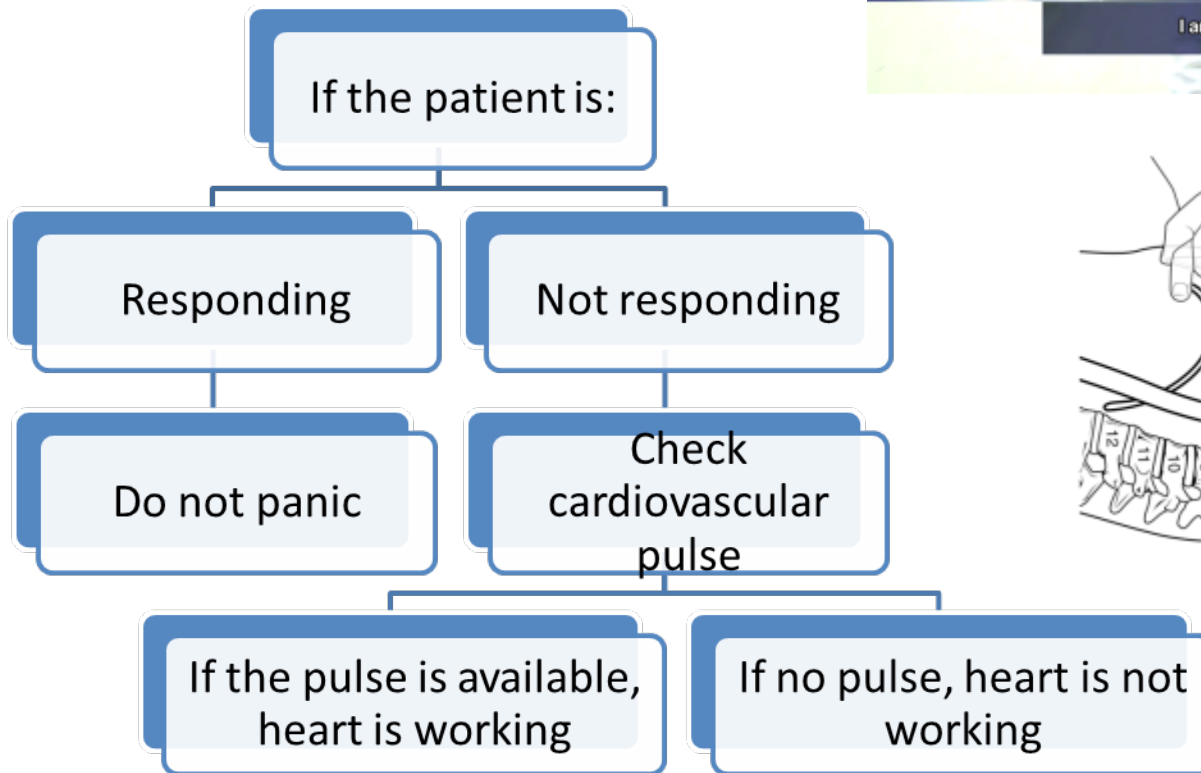


## Open House Discussion

- 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



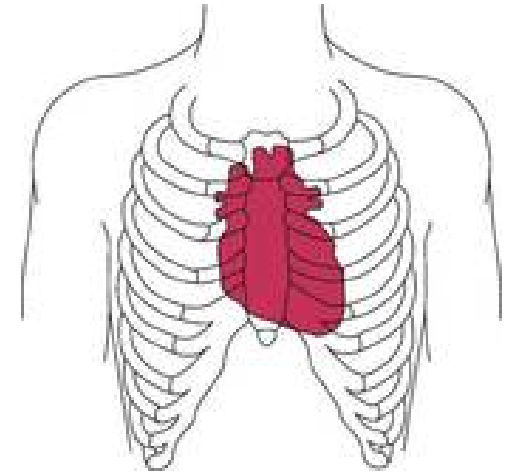
# Cardiac Arrest – First Aid Tips



**Perform chest  
compression**



**Follow the rib  
cage**

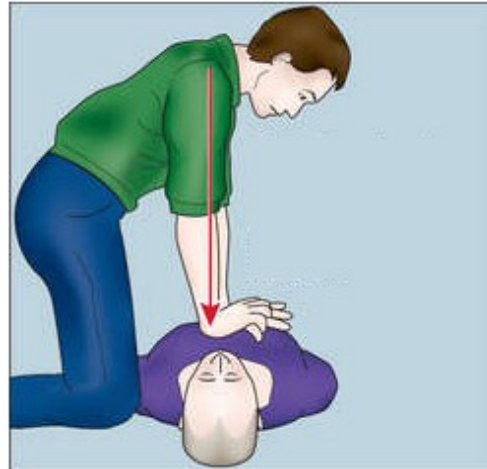


**Locate the heart to  
give chest  
compression**

## 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?





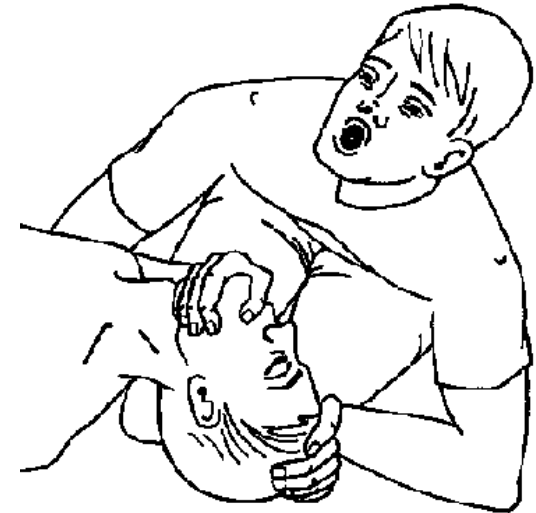
# Artificial Respiration – First Aid Tips



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



First-Aid Box

Emergency Handling and First Aid

## FIRST AID BOX

IMPLEMENTS (TOOLS)	DRUGS	DRESSINGS
<ul style="list-style-type: none"> <li>① SCISSORS</li> <li>② Forceps</li> <li>③ Bambo</li> <li>④ Salt</li> <li>⑤ M</li> <li>⑥</li> <li>⑦</li> </ul>	<ul style="list-style-type: none"> <li>① ORAL APPLICATION</li> <li>② Soda mint</li> <li>③ Salt</li> <li>④ Sugar</li> </ul>	<ul style="list-style-type: none"> <li>① ROLLAR BAND</li> <li>② △</li> <li>③ STERILISED</li> <li>④ CREPE</li> <li>⑤ Cotton Roll</li> <li>⑥ STERILISED G</li> <li>⑦ PLASTER</li> </ul>

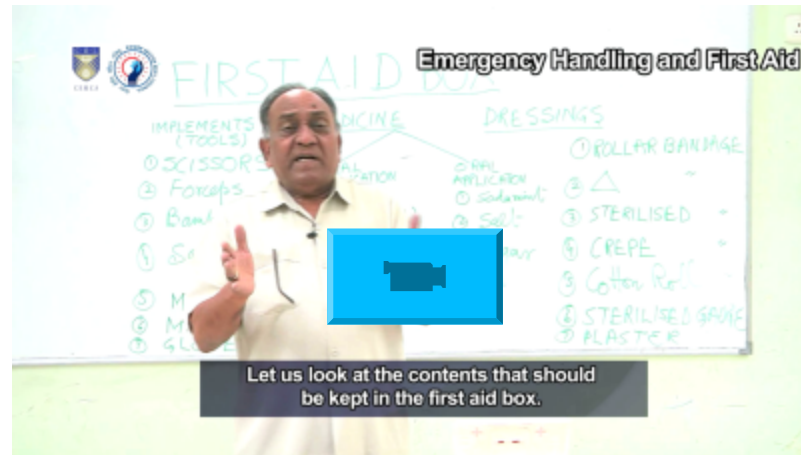
An important aspect in first aid is the first-aid box.

## 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**

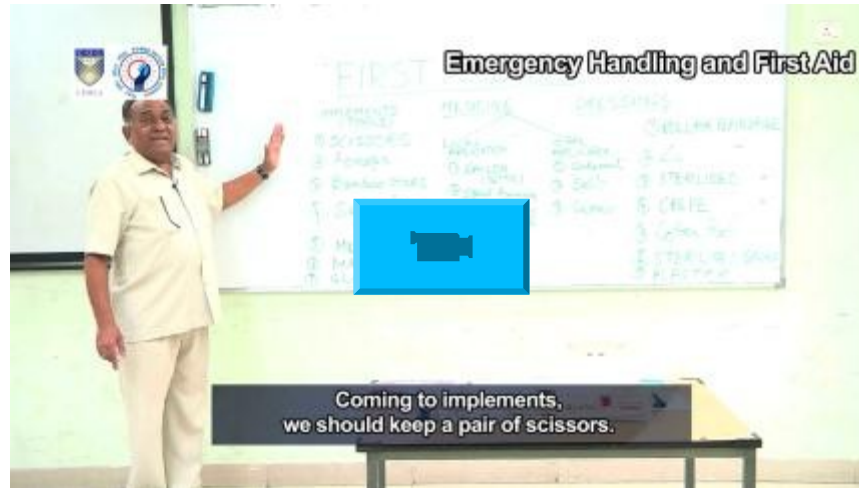


**Medicine**



**Dressings**

# Contents of First-Aid Box – Implements



Scissors

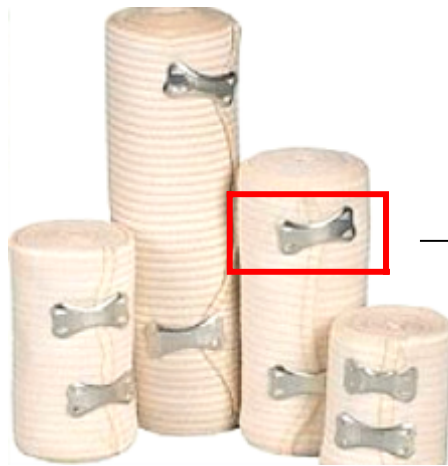


Forceps



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

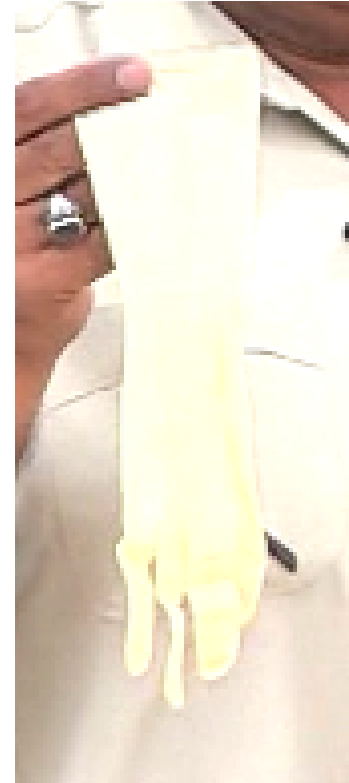
## Contents of First-Aid Box – Implements



**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

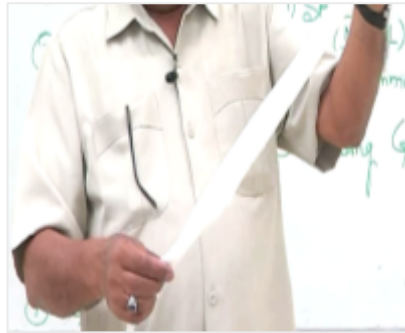


Triangular bandage or  
Ram Baan Patti

## Four different ways of using triangular bandage



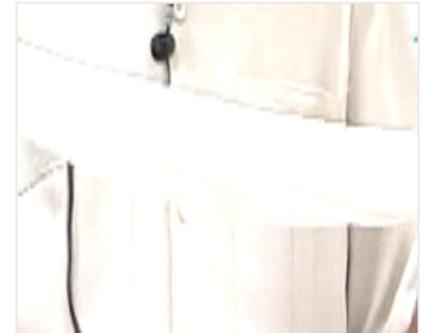
Open bandage



Broad bandage



Roller bandage



Narrow bandage

## Triangular bandage



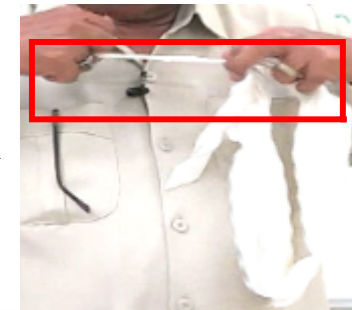
Reef knot



Pull one end to loosen it



Pull out to loosen it

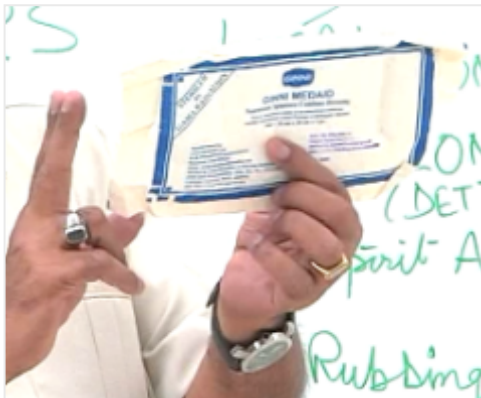


Pull out completely to open the knot

## Contents of First-Aid Box – Dressings



**Sterile bandage**



**Sterile bandage pack**

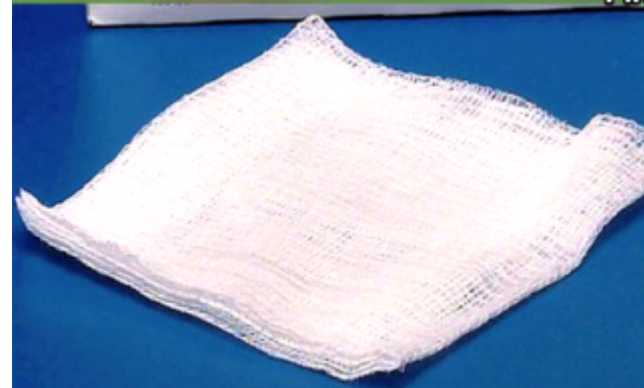


**Crepe bandage or Garam patti**

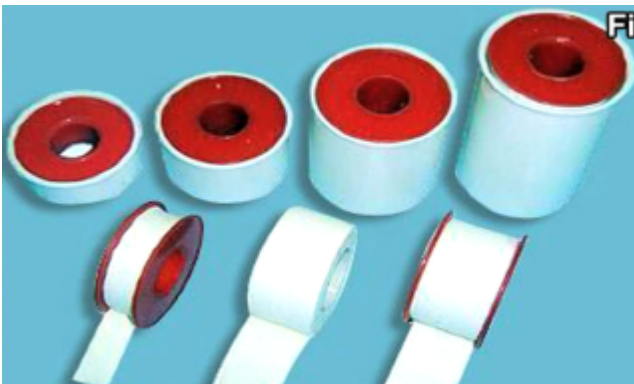
## Contents of First-Aid Box – Dressings



Cotton roll



Sterile gauze

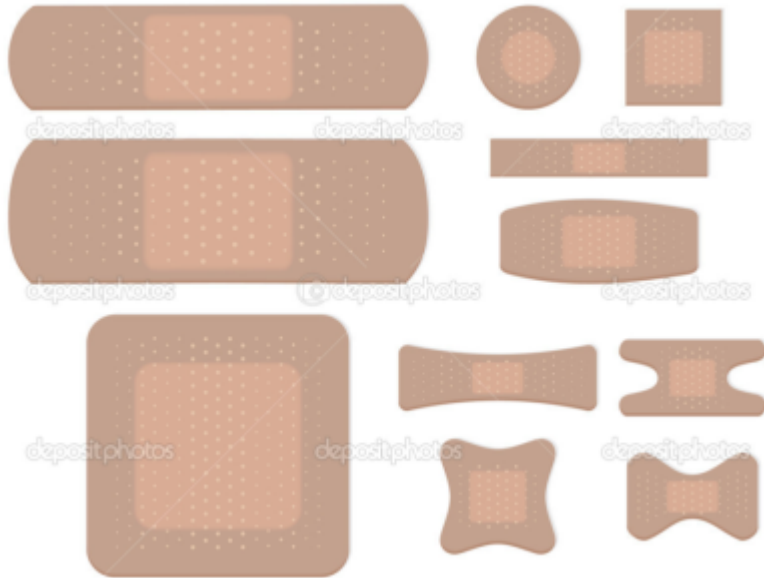


Adhesive plaster



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

