

Chapter 1 : Introduction To First Aid - ProProfs Quiz

First aid is the immediate care given to a person who has been injured or suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed. It also includes well-selected words of encouragement, evidence of willingness to help, and promotion of confidence.

The bandaging of battle wounds is shown on Classical Greek pottery from c. In , a society for the preservation of life from accidents in water was started in Amsterdam , and in , physician William Hawes began publicizing the power of artificial respiration as means of resuscitation of those who appeared drowned. This led to the formation, in , of the Society for the Recovery of Persons Apparently Drowned, later the Royal Humane Society , who did much to promote resuscitation. In Jean-Henri Dunant witnessed the aftermath of the Battle of Solferino , and his work led to the formation of the Red Cross , with a key stated aim of "aid to sick and wounded soldiers in the field". This was followed by creating its own wheeled transport litter in the St John Ambulance , and in established the St John Ambulance Association the forerunner of modern-day St John Ambulance "to train men and women for the benefit of the sick and wounded". Following this, in , Shepherd and Colonel Francis Duncan took advantage of the newly charitable focus of St John, [3] and established the concept of teaching first aid skills to civilians. The first classes were conducted in the hall of the Presbyterian school in Woolwich near Woolwich barracks where Shepherd was based using a comprehensive first aid curriculum. First aid training began to spread through the British Empire through organisations such as St John, often starting, as in the UK, with high risk activities such as ports and railways. The overriding aim of all medical care which includes first aid, is to save lives and minimize the threat of death. Prevent further harm also sometimes called prevent the condition from worsening, or danger of further injury, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous. First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound. This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. May Learn how and when to remove this template message In case of tongue fallen backwards, blocking the airway, it is necessary to hyperextend the head and pull up the chin, so that the tongue lifts and clears the airway. Certain skills are considered essential to the provision of first aid and are taught ubiquitously. Particularly the " ABC "s of first aid, which focus on critical life-saving intervention, must be rendered before treatment of less serious injuries. The same mnemonic is used by all emergency health professionals. Attention must first be brought to the airway to ensure it is clear. Obstruction choking is a life-threatening emergency. Following evaluation of the airway, a first aid attendant would determine adequacy of breathing and provide rescue breathing if necessary. Assessment of circulation is now not usually carried out for patients who are not breathing, with first aiders now trained to go straight to chest compressions and thus providing artificial circulation but pulse checks may be done on less serious patients. Some organizations add a fourth step of "D" for Deadly bleeding or Defibrillation , while others consider this as part of the Circulation step simply referred as Disability. Variations on techniques to evaluate and maintain the ABCs depend on the skill level of the first aider. Once the ABCs are secured, first aiders can begin additional treatments or examination, as required if they possess the proper training such as measuring pupil dilation [14]. Some organizations teach the same order of priority using the "3Bs": Breathing, Bleeding, and Bones or "4Bs": Breathing, Bleeding, Burns, and Bones. While the ABCs and 3Bs are taught to be performed sequentially, certain conditions may require the consideration of two steps simultaneously. This includes the provision of both artificial respiration and chest compressions to someone who is not breathing and has no pulse, and the consideration of cervical spine injuries when ensuring an open airway. Conscious people will maintain their own airway automatically, but those who are unconscious with a GCS of less than 8 may be unable to maintain a patent airway, as the part of the brain which automatically controls breathing in normal situations may not be functioning. If the patient was breathing, a first aider would normally then place

them in the recovery position, with the patient leant over on their side, which also has the effect of clearing the tongue from the pharynx. It also avoids a common cause of death in unconscious patients, which is choking on regurgitated stomach contents. The airway can also become blocked through a foreign object becoming lodged in the pharynx or larynx, commonly called choking. Once the airway has been opened, the first aider would assess to see if the patient is breathing. If there is no breathing, or the patient is not breathing normally, such as agonal breathing, the first aider would undertake what is probably the most recognized first aid procedure—CPR, which involves breathing for the patient, and manually massaging the heart to promote blood flow around the body. The first aider is also likely to be trained in dealing with injuries such as cuts, grazes or bone fracture. They may be able to deal with the situation in its entirety a small adhesive bandage on a paper cut, or may be required to maintain the condition of something like a broken bone, until the next stage of definitive care usually an ambulance arrives. Training[edit] First aid scenario training in progress Basic principles, such as knowing to use an adhesive bandage or applying direct pressure on a bleed, are often acquired passively through life experiences. However, to provide effective, life-saving first aid interventions requires instruction and practical training. This is especially true where it relates to potentially fatal illnesses and injuries, such as those that require CPR; these procedures may be invasive, and carry a risk of further injury to the patient and the provider. As with any training, it is more useful if it occurs before an actual emergency, and in many countries, emergency ambulance dispatchers may give basic first aid instructions over the phone while the ambulance is on the way. Training is generally provided by attending a course, typically leading to certification. Due to regular changes in procedures and protocols, based on updated clinical knowledge, and to maintain skill, attendance at regular refresher courses or re-certification is often necessary. First aid training is often available through community organizations such as the Red Cross and St. John Ambulance, or through commercial providers, who will train people for a fee. This commercial training is most common for training of employees to perform first aid in their workplace. Many community organizations also provide a commercial service, which complements their community programmes. Specific disciplines[edit] There are several types of first aid and first aider which require specific additional training. These are usually undertaken to fulfill the demands of the work or activity undertaken. Battlefield first aid takes into account the specific needs of treating wounded combatants and non-combatants during armed conflict. Hyperbaric first aid may be practiced by SCUBA diving professionals, who need to treat conditions such as the bends. Oxygen first aid is the providing of oxygen to casualties who suffer from conditions resulting in hypoxia. Wilderness first aid is the provision of first aid under conditions where the arrival of emergency responders or the evacuation of an injured person may be delayed due to constraints of terrain, weather, and available persons or equipment. It may be necessary to care for an injured person for several hours or days. Mental health first aid is taught independently of physical first aid. How to support someone experiencing a mental health problem or in a crisis situation. Also how to identify the first signs of someone developing mental ill health and guide people towards appropriate help. First aid services[edit] First aider of the British Red Cross accompanies parade of morris dancers at the Knutsford Royal May Day Some people undertake specific training in order to provide first aid at public or private events, during filming, or other places where people gather. They may be designated as a first aider, or use some other title. This role may be undertaken on a voluntary basis, with organisations such as the Red Cross and St John Ambulance, or as paid employment with a medical contractor People performing a first aid role, whether in a professional or voluntary capacity, are often expected to have a high level of first aid training and are often uniformed. According to the Geneva Conventions and other international laws, the use of this and similar symbols is reserved for official agencies of the International Red Cross and Red Crescent, and as a protective emblem for medical personnel and facilities in combat situations. Use by any other person or organization is illegal, and may lead to prosecution. The internationally accepted symbol for first aid is the white cross on a green background shown below. Some organizations may make use of the Star of Life, although this is usually reserved for use by ambulance services, or may use symbols such as the Maltese Cross, like the Order of Malta Ambulance Corps and St John Ambulance. Other symbols may also be used.

Chapter 2 : First Aid/Introduction - Wikibooks, open books for an open world

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Introduction to first aid At any moment, you or someone around you could experience an injury or illness. Using basic first aid, you may be able to stop a minor mishap from getting worse. In the case of a serious medical emergency, you may even save a life. To build on the information you learn here, considering taking a first aid course. Many organizations offer first aid training, including the American Red Cross and St. In some cases, first aid consists of the initial support provided to someone in the middle of a medical emergency. This support might help them survive until professional help arrives. In other cases, first aid consists of the care provided to someone with a minor injury. If you encounter an emergency situation, follow these three basic steps: Check the scene for danger Look for anything that might be dangerous, like signs of fire, falling debris, or violent people. If your safety is at risk, remove yourself from the area and call for help. If the scene is safe, assess the condition of the sick or injured person. Call for medical help, if needed If you suspect the sick or injured person needs emergency medical care, tell a nearby person to call or the local number for emergency medical services. Provide care If you can do so safely, remain with the sick or injured person until professional help arrives. Cover them with a warm blanket, comfort them, and try to keep them calm. If you have basic first aid skills, try to treat any potentially life-threatening injuries they have. Remove yourself from danger if at any point in the situation you think your safety might be at risk. In many cases, you can use an adhesive bandage to cover minor cuts, scrapes, or burns. To cover and protect larger wounds, you might need to apply a clean gauze pad or roller bandage. To apply a roller bandage to a wound, follow these steps: Hold the injured area steady. Gently but firmly wrap the bandage around the injured limb or body part, covering the wound. Fasten the bandage with sticky tape or safety pins. The bandage should be wrapped firmly enough to stay put, but not so tightly that it cuts off blood flow. If you suspect that someone has a third-degree burn , call Seek professional medical care for any burns that: Avoid applying ice to burned tissue. It can cause more damage. Over-the-counter pain relievers can help relieve pain. Applying lidocaine or an aloe vera gel or cream can also reduce discomfort from minor burns. First aid CPR If you see someone collapse or find someone unconscious, call If the area around the unconscious person seems safe, approach them and begin CPR. Place both hands on the center of their chest, with one hand on top of the other. Press straight down to compress their chest repeatedly, at a rate of about 100 to 120 compressions per minute. Continue performing chest compressions until professional help arrives. First aid for bee sting For some people, a bee sting is a medical emergency. If a person is having an allergic reaction to a bee sting, call If they have an epinephrine auto-injector like an EpiPen , help them find and use it. Encourage them to remain calm until help arrives. If the stinger is still stuck under the skin, gently scrape a credit card or other flat object across their skin to remove it. Then wash the area with soap and water and apply a cool compress for up to 10 minutes at a time to reduce pain and swelling. To treat itching or pain from the sting, consider applying calamine lotion or a paste of baking soda and water to the area several times a day.

Chapter 3 : First Aid Introduction

Introduction to First Aid Not a day goes by that there is not some potential for injury, illness, or sudden health emergency to occur in the places where we live, work, learn, and play.

Parker , In Medicine First aid is the immediate care given to a person who has been injured or suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed. It also includes well-selected words of encouragement, evidence of willingness to help, and promotion of confidence by demonstration of competence. The person giving first aid, the first-aid, deals with the whole situation, the injured person, and the injury or illness. He knows what not to do as well as what to do; he avoids errors that are frequently made by untrained persons through well-meant but misguided efforts. He knows, too, that his first aid knowledge and skill can mean the difference between life and death, between temporary and permanent disability, and between rapid recovery and long hospitalization. The annual cost of medical attention, the loss of earning ability due to temporary or permanent impairment, the direct property damage, and the insurance costs amount to many billions of dollars each year, not to mention the toll in pain, suffering, disability, and personal tragedy. Added to the grim accident statistics is the fact that the pattern of medical care has changed. Individuals today require, and should demand, the best possible care. Equipment for diagnosis and treatment, which is needed to provide such care, is usually at a hospital. Moreover, the growing population and expanding health needs have not been balanced by a proportional increase in numbers of doctors, nurses, and allied health workers.

Self-Help If you, as a first-aid, are prepared to help others, you are better able to care for yourself in case of injury or sudden illness. Even if your own condition keeps you from caring for yourself, you can direct others in carrying out correct procedures to follow in your behalf.

Help for Others Having studied first aid, you are prepared to give others some instruction in first aid, to promote among them a reasonable safety attitude, and to assist them wisely if they are stricken. There is always an obligation on a humanitarian basis to assist the stricken and the helpless. There is no greater satisfaction than that resulting from relieving suffering or saving a life.

Preparation for Disaster First aid training is of particular importance in case of catastrophe, when medical and hospital services are limited or delayed. Catastrophe may take the form of a hurricane, a flood, an earth-quake, a tornado, an explosion, or a fire. It may also take the form of a single accidental death or a life-threatening illness. Knowing what to do in an emergency helps to avoid the panic and disorganized behavior that are characteristic of unprepared persons at such times. Knowledge of first aid is a civic responsibility. It not only helps to save lives and prevent complications from injuries but also helps in setting up an orderly method of handling emergency problems according to their priority for treatment, so that the greatest possible good may be accomplished for the greatest number of people.

Safety Awareness First aid training not only provides you with knowledge and skill to give life support and other emergency care but also helps you to develop safety awareness and habits that promote safety at home, at work, during recreation, and on the streets and highways. In the promotion of safety awareness, it is important to closely relate three terms: Cause As various types of injury and illness are studied, initially only the more likely causes are identified, mainly because of the diversity of circumstances that are present in most accident situations. Aside from the more likely and obvious causative conditions, there are related human and mechanical factors to consider, as well as factors beyond the control of man. A primary consideration in determining the root cause of an accident is human failure: Human failure may involve an act of doing something or perhaps not doing something. It can create danger to oneself as well as to others. A person may wantonly disobey some regulation or law that has been established for safety. People often fail to heed warnings and follow directions. Instruction in the safe use of an object or in safe conduct may be inadequate; supervision during the learning process may be ignored. Human failure can also involve such mental or physical conditions as fatigue, inattention, impatience, and structural or functional handicaps of the body. The possibility of mechanical malfunctions or structural failures as contributing causes of accidents also requires consideration. Faulty design or engineering may create a built-in hidden hazard. Manufacturing or construction procedures could lack the quality control necessary to ensure safe performance or use. The raw

material may contain some inordinate defect. When the in-depth study of an actual or hypothetical accident situation identifies all the causative factors, it becomes possible to determine what can be done to eliminate, control, or avoid the hazards. These effects are dealt with in the material on first aid care, particularly in discussions of signs and symptoms. However, long-range "possibly permanent" effects are also involved in many situations. Permanent disability can make it difficult for a person to enjoy a fully active and productive life. The economic and social structure of the family unit is frequently disrupted. When analysis carefully considers both immediate and long-range or permanent effects of injury or sudden illness, it becomes obvious why every possible effort should be taken to eliminate, control, or avoid a situation that is hazardous to oneself or to others.

Prevention A better understanding of the overall accident problem is developed if all the circumstances surrounding various types of accidents are carefully studied, including the broad range of first aid care that may be required. With such understanding, a person is likely to think and act more carefully, thoughtfully, and wisely. He tends to become more concerned for his own personal safety, as well as for that of others. He is likely to become genuinely interested in creating a safer environment on the highway, in the home, at work, in school, and at play. He will have a more responsible attitude toward accident prevention. The causes of an accident indicate what accident-producing conditions and activities require attention. Accident effects indicate why such conditions and activities deserve concerted attention. Preventive measures should include a consideration of how these conditions and activities can be eliminated, controlled, or avoided. Your decisions and actions will vary according to the circumstances that produced the accident or sudden illness, the number of persons involved, the immediate environment, and the availability of medical assistance, emergency dressings and equipment, and help from others. You will need to adapt what you have learned to the situation at hand or will need to improvise. Sometimes, prompt action is needed to save a life. At other times, there is no need for haste. Efforts in the latter case will be directed toward preventing further injury, obtaining assistance, and reassuring the victim, who may be emotionally upset and apprehensive, as well as in pain. First aid begins with action, which in itself has a calming effect. If there are multiple injuries or if several persons are hurt, priorities must be set. If you are the first-aider in charge you should enlist the help of bystanders to make telephone calls, to direct traffic, to keep others at a distance if necessary, to position safety flares in case of highway accidents, and so on. You should provide life support to victims with life-threatening injuries, attending first to those suffering from stoppage of breathing and then to those with severe hemorrhaging. You can then turn to those with less critical injuries. Telephone or have someone else telephone the appropriate authorities regarding the accident. The police department or the high-way patrol is a good first contact, but the circumstances surrounding the accident should be a guide as to whom to call. You should always have a list of emergency telephone numbers available. If the numbers are not readily available, ask the operator for assistance. Describe the problem, indicate what is being done, and ask for whatever help you think is needed, such as an ambulance, the fire department, the rescue squad, or utility company personnel. Give your name, the location of the accident, the number of persons involved, and the telephone number where you can be reached. Do not hang up the receiver until after the other party hangs up, because he may wish to clarify some information.

Urgent Care In case of serious injury or sudden illness, and while help is being summoned, you must immediately "Determine the best way of rescue for example, removal of an accident victim from water, from a fire, or from a garage or room containing carbon monoxide or smoke. Ensure that the victim has an open airway and give mouth-to-mouth or mouth-to-nose artificial respiration if it is necessary. Give first aid for poisoning or ingestion of harmful chemicals. Specific emergencies that require immediate first aid will be discussed in the appropriate chapters in the text.

Additional First Aid Directions Unless it is necessary for safety to move a victim at once, keep him in the position best suited to his condition or injuries. Do not let him get up or walk around. Protect him from aggravation of existing injuries. If blankets or covers are available, keep him warm enough to overcome or avoid chilling. If he is exposed to cold or dampness, place blankets or additional clothing over and under him. If haste is not imperative, or after immediate problems are under control, survey the situation and try to find out exactly what happened. The direction and extent of the examination should be determined by the kind of accident or sudden illness and the needs of the situation. Have a reason for what you do. Information may be obtained from the victim or from

persons who were present and saw the accident or the onset of illness. It is advisable to have a witness when you are looking for identification. Many people with chronic illness, such as heart disease, may carry medication with them, to be taken in the event of sudden illness; or they may have emergency medical identification, such as a card or bracelet, that gives a clue to their condition. Examine the victim methodically. Remove or open clothing as necessary to examine the victim and give first aid clothing may be cut away or ripped at the seams but do not expose the victim unduly without protective cover. Discretion must always be used in removing clothing. In the case of a victim with dark skin pigmentation, it may be difficult to interpret changes in skin color; look for changes in the color of the mucous membrane, which is the inner surface of the lips, mouth, and eyelids. Use all other available information concerning signs and symptoms, the history of the accident, and the like. Is the victim awake, stuporous, or unconscious? Does he respond to questions? Look at the expression of his eyes and the size of his pupils. Examine his trunk and limbs for open and closed wounds and for signs of fractures. If the victim is unconscious, look for evidence of head injury. If he is conscious, look for paralysis of one side of his face or body. See whether he shows evidence of a recent convulsion. He may have bitten his tongue, producing a laceration. Most laryngectomees carry a card or other identification stating that they cannot breathe through nose or mouth. Do not inadvertently block the stoma of a laryngectomee when carrying out other first aid, because blockage could cause death from asphyxiation. Apply emergency dressings, bandages, and splints as necessary, if they are available.

Chapter 4 : First aid - Wikipedia

An introductory course for individuals and families on First Aid. The handling, treatment, and management of everyday wounds, burns, sudden illness, and environmental injuries and much more.

Chapter 5 : FA Level 1 Introduction to First Aid in Football (IFAiF)

The leading cause of death in the US according to the Center for Disease Control (racedaydvl.com) is Cardiovascular. racedaydvl.com is important to keep in mind, that applying Cardiopulmonary Resuscitation (CPR) and First-Aid can occur in many ways.

Chapter 6 : Introduction to first aid – First Aid Powerpoint

John Furst. JOHN FURST is an experienced emergency medical technician and qualified first aid and CPR instructor. John is passionate about first aid and believes everyone should have the skills and confidence to take action in an emergency situation.

Chapter 7 : Introduction To First Aid - Accredited First Aid Courses

First Aid is defined as the medical attention that is given to an ill or injured person before medical experts arrive on the scene. OSHA details First Aid care to include cleaning minor cuts and scratches, treating burns, helping to relieve heat stress, and more.

Chapter 8 : first aid - introduction to first aid on Vimeo

The goal of first aid is to save life, to prevent an injury or illness from worsening, or to help speed recovery. First aid for cardiac arrest, choking, internal bleeding, minor wounds, and minor soft tissue injuries is discussed in this chapter.

Chapter 9 : Introduction to CPR | First Aid for Free

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