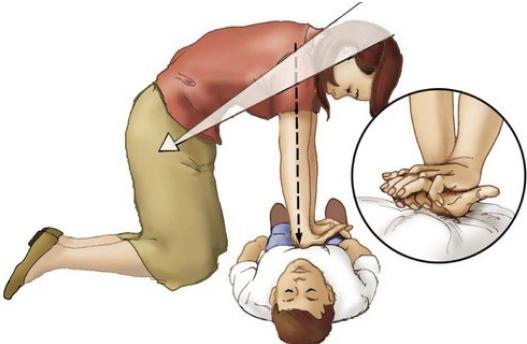


First Aid Awareness

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First Aid Awareness

First Aid:

First Aid is the assistance or treatment given to a casualty for any injury or sudden illness before the arrival of an ambulance or qualified medical expert. It may involve improvising with facilities and materials available at the time.

Aim of First Aid

- ✓ Preserve life
- ✓ Prevent worsening
- ✓ Promote recovery

Every medical emergency is different, of course

Four Basic Rules

1. Call for help immediately
2. Bring help to the victim
3. Check the ABCs
4. Do no further harm



5 Steps of First Aid

If you are the first person on the scene of an accident, the future survival of the victim may depend on what you do or don't do in the first few moments.

You must:

1. Assess
2. Protect
3. Examine
4. Alert
5. Assist



You should only provide First Aid after completing the first four steps!

1- Assess the Scene

- ✓ Evaluate the scene
- ✓ Assess safety
- ✓ Prioritize care
- ✓ Check for medical alert tags
- ✓ Do head-to-toe check
- ✓ Move only if necessary



2 - Protect

Protect yourself and the injured person.

- Avoid another accident by eliminating the **cause**.
- Turn off the **electricity** to the equipment.
- Have someone control **traffic**.
- Keep bystanders away from the scene of the accident.
- Extinguish the **fire**, if possible, without putting yourself in danger.
- Protect yourself against **bloodborne pathogens** (such as AIDS and



3 - Examine the victim

A- Look for severe external bleeding

B- Check for responsiveness & unconsciousness

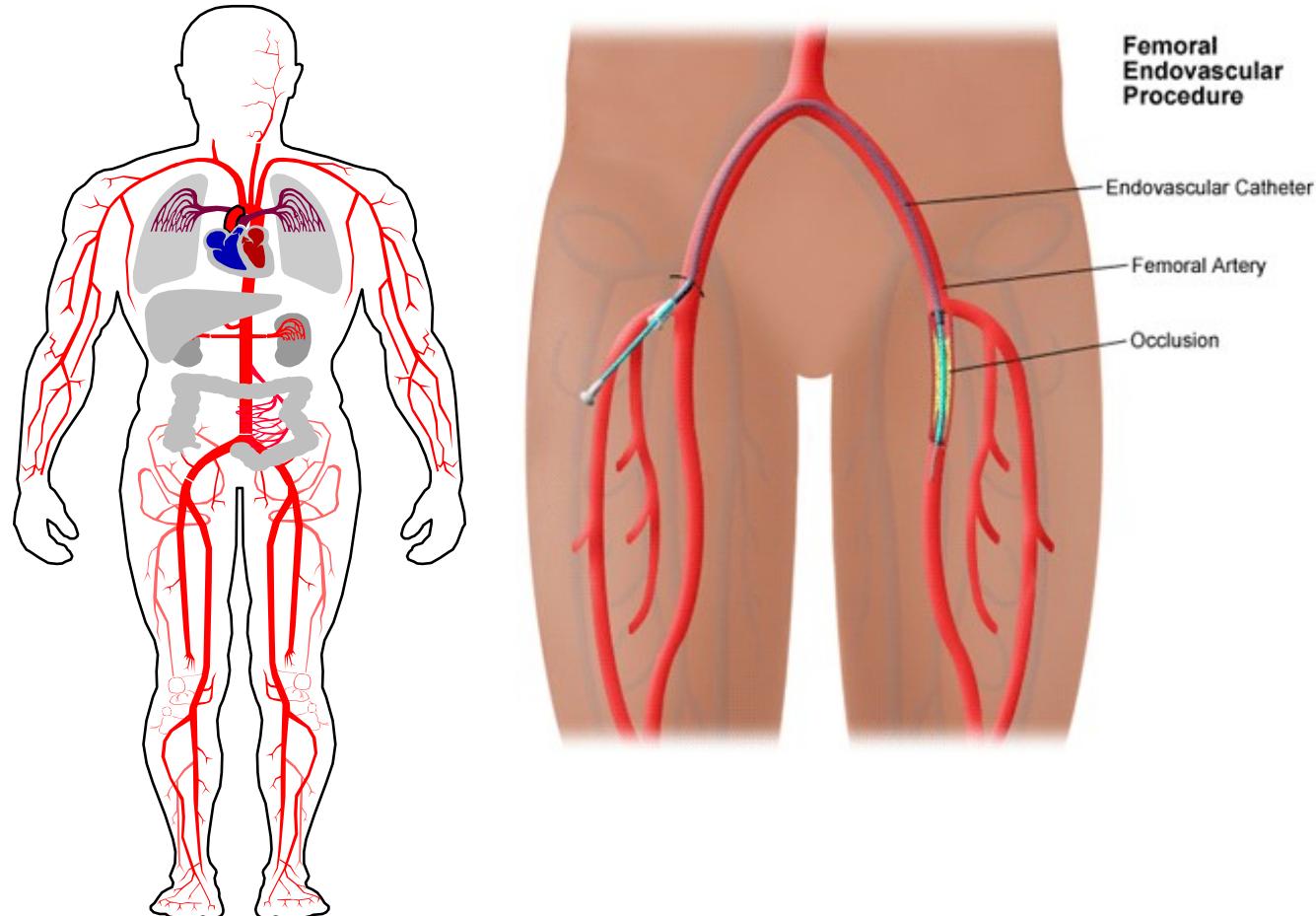
C- Check for breathing

D- Check for circulation/pulse



A- Look for Severe External Bleeding

- Loss of blood may be fatal
- Arterial bleeding from the femoral artery can cause death in two minutes!



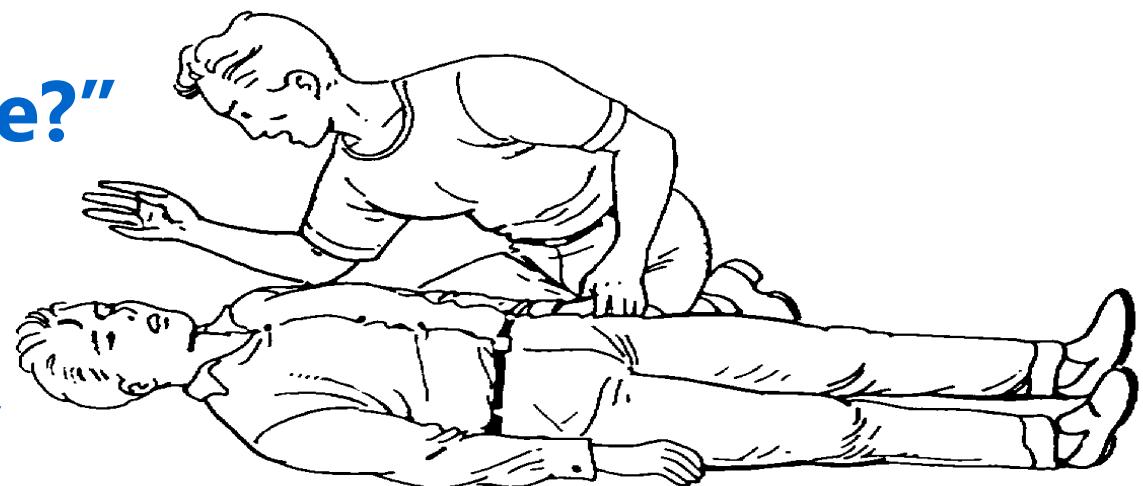
B - Check For Responsiveness/ Unconsciousness

Ask simple questions

“Can you hear me?”

Give simple orders

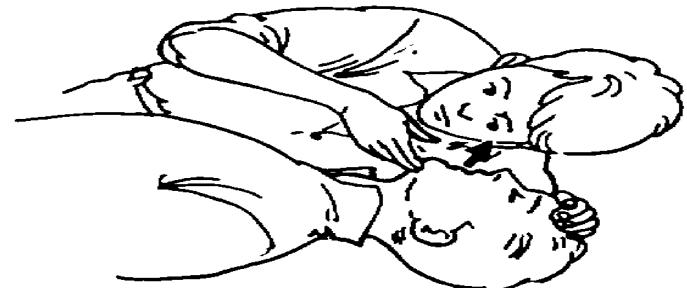
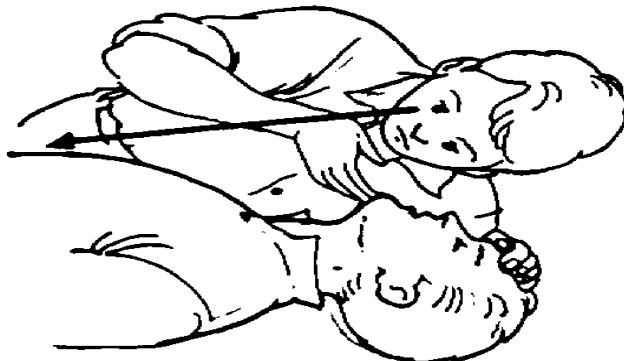
“Press my hand.”



If there is no reply and no response, the victim is unconscious.

C - Check For Breathing

Look - Listen - Feel

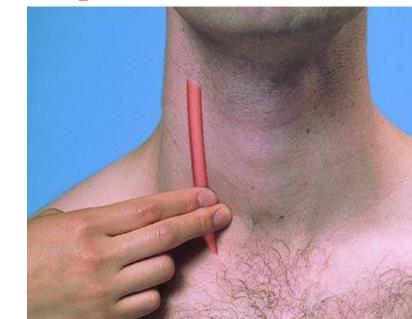


3 - Examine the victim

D - Check For Circulation/Pulse

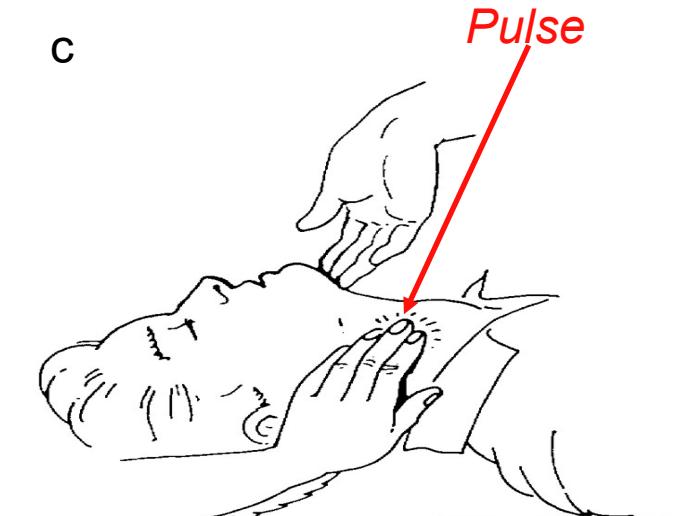
Check the pulse at the neck = **carotid pulse**

Finding the carotid pulse:



Radial Pulse

Carotid Pulse



3 - Examine the victim

4 - Alert

Call for assistance or have someone alert the emergency medical service promptly.

Always provide the following information:

- Exact location or address of the accident or incident.
- Telephone number where you can be reached.
- Number of people involved.
- Nature of injuries (e.g., fractures, burns, etc.).
- Indication of the seriousness of the injuries (e.g., breathing or not, etc.).
- Details about any first aid that has been provided.



Do not hang up until you are sure that the person at the other end has all the info and have them repeat the address to send assistance!

5- Treat the Victim

1- Control Blood Loss

2- Open the Airway

3- Give Artificial Ventilation

CPR

4- Give External Chest Compressions (ECC)

5- Place in the Recovery Position

6- Keep under Observation

CPR: Cardiopulmonary resuscitation (CPR)

1-Treating: Control Blood Loss

A- For Important But Non-complicated External Bleeding:

- Apply direct pressure on the wound.
- Avoid direct contact with blood (gloves, gauze, handkerchief, etc.)



1-Treating: Control Blood Loss

Bleeding:

- Stop the flow of blood
- Wear gloves
- Cover the wound
- Apply pressure
- Put it on ice



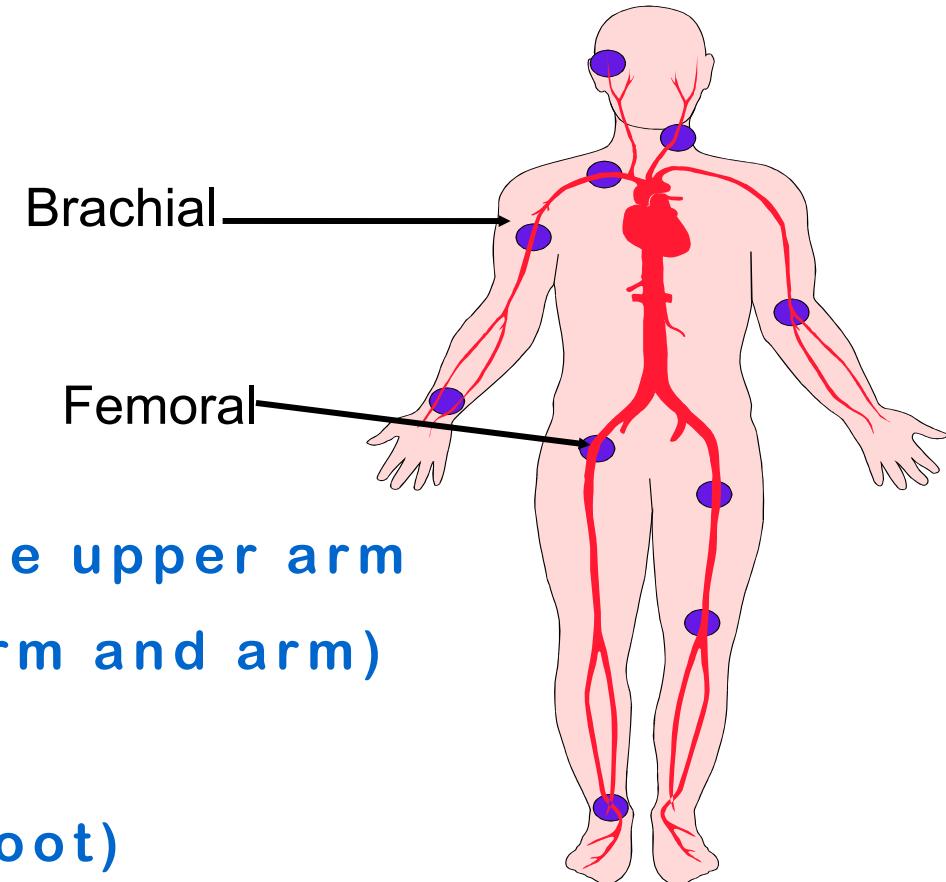
1-Treating: Control Blood Loss

B- For Important But Complicated External Bleeding: (associated with a fracture or foreign body):

“Use Indirect Pressure”

This requires applying pressure to the appropriate pressure point.

- **Brachial pressure point = Inner part of the upper arm**
(Used to stop bleeding in hand, forearm and arm)
- **Femoral pressure point = Groin**
(Used to stop bleeding in thigh, leg, foot)



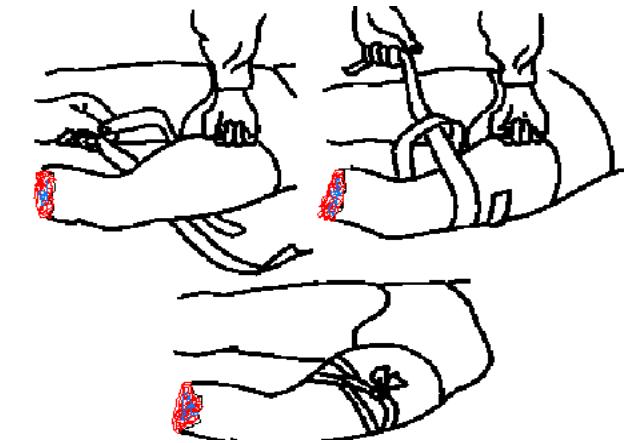
1-Treating: Control Blood Loss

C- TOURNIQUET

Place a Tourniquet ONLY if:

- Bleeding is profuse and the pressure point is ineffective or impossible to achieve.
- You are alone and cannot apply a pressure point and perform CPR at the same time.
- There is no other choice as in the case of an amputated limb.

Cardiopulmonary
Resuscitation



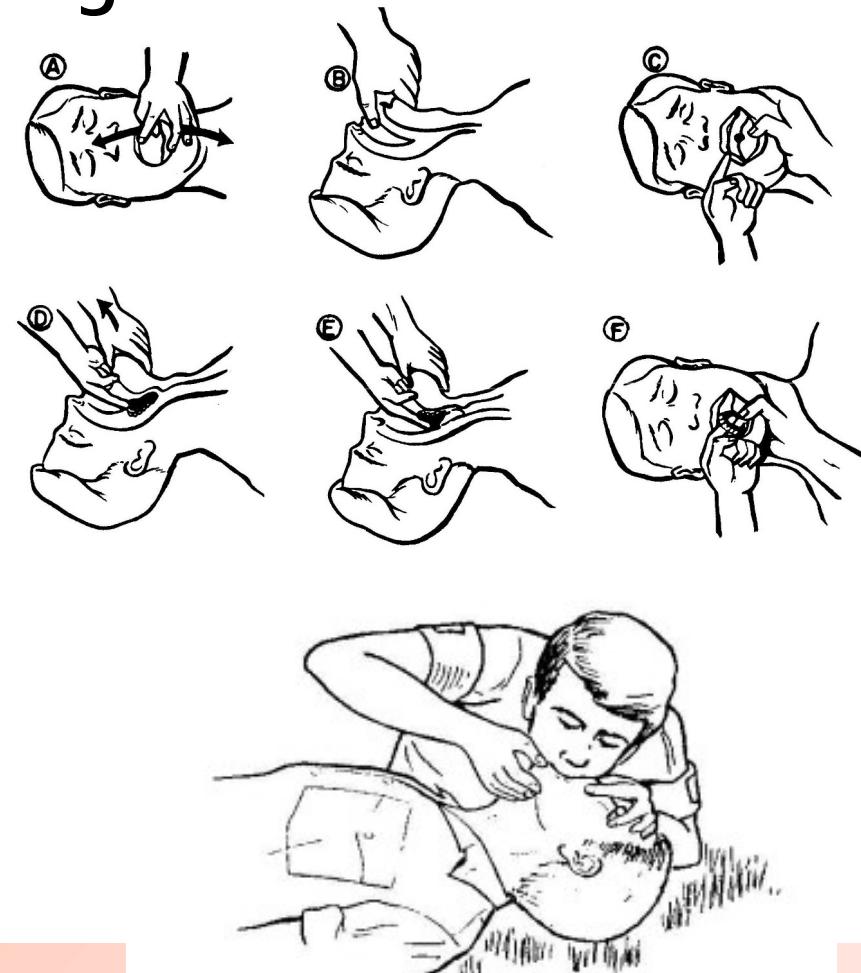
Lay the injured person down. Note the time at which the tourniquet was placed, and write it on his forehead.

Never Remove A Tourniquet Once It Has Been Placed.

2-Treating: Opening the Airways

For an unconscious casualty who is not breathing:

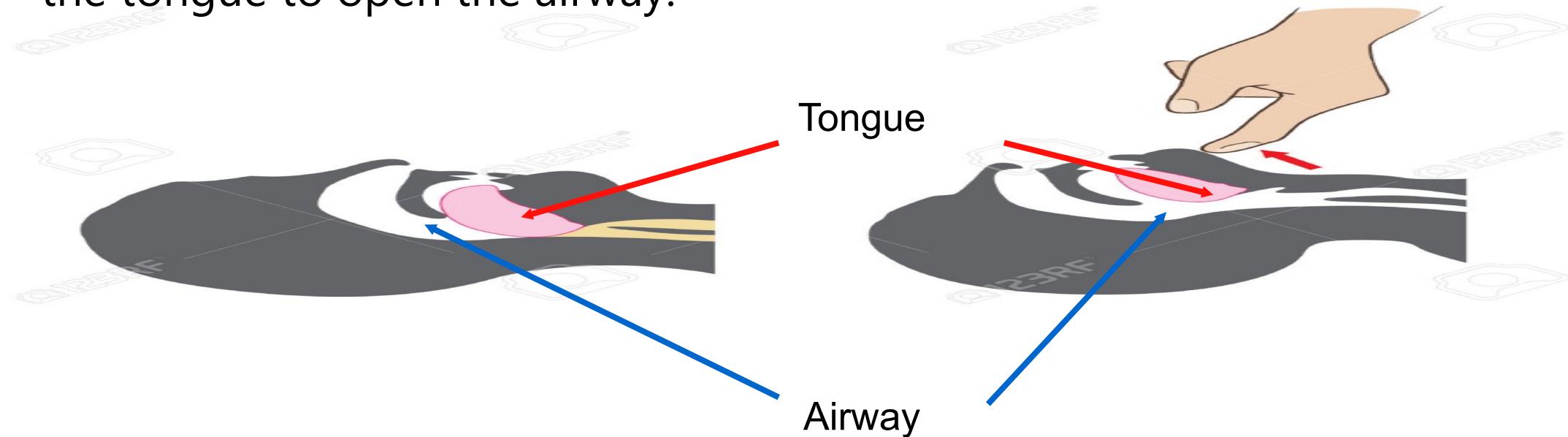
- Give two inflations immediately
- Check carotid pulse
- Open the airway if the first two inflations are ineffective:
 - Check tongue's position
 - Use fingers to remove obstruction
 - Tilt up chin



2-Treating: Opening the Airways

If casualty is unconscious:

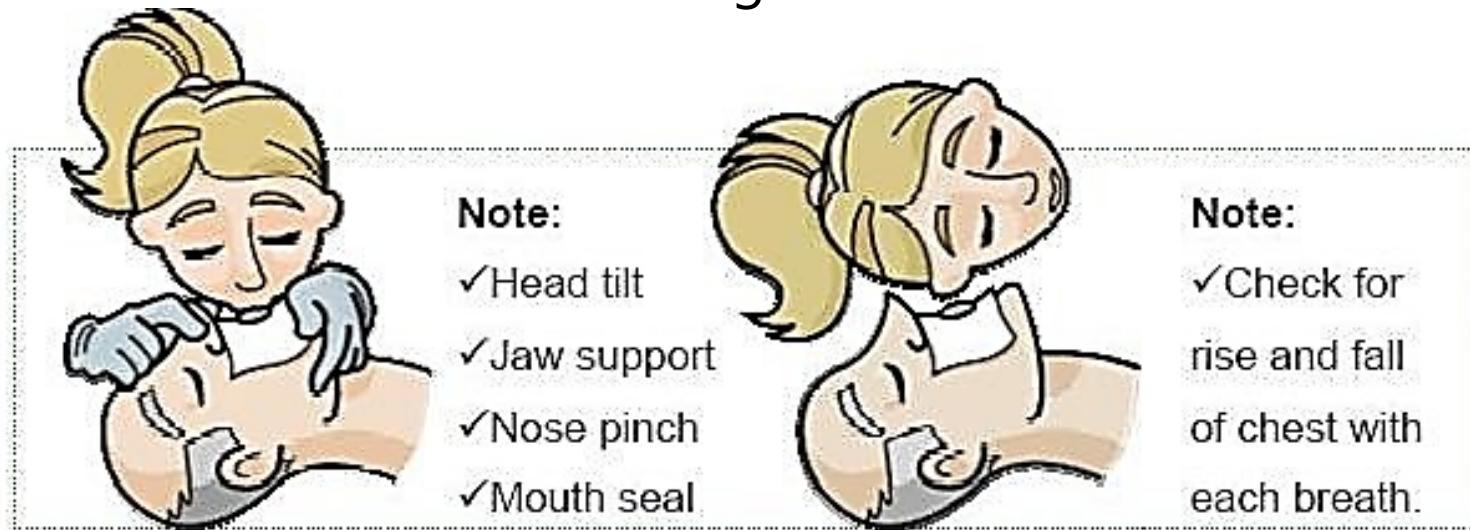
- Free the airway by using the head-tilt, chin-lift maneuver. This places the tongue to open the airway.



Head-tilt, Chin-lift Maneuver

3-Treating: Artificial Ventilation

- The first aider pinches the casualty's nostrils with the hand placed on the casualty's forehead, opens his mouth wide, takes a deep breath, and applies his mouth around the casualty's making sure that there is a tight seal between his lips and the patient's face.
- Mouth to mouth or mouth to nose 12 to 15 inflations per minutes (adult). Check to make sure that the chest is rising.



The duration of each inflation is approximately 2 seconds.

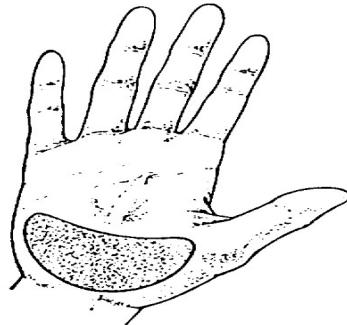


4-Treating: External Chest Compressions

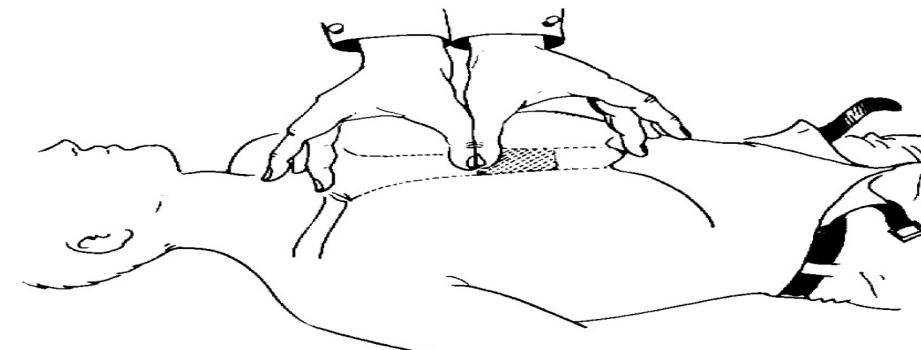
The victim is unconscious, and is not breathing

No Pulse = No Heartbeat

- External Chest Compressions must be delivered to keep the blood circulating
- Without a proper blood supply to the brain, DEATH results in 3 minutes!

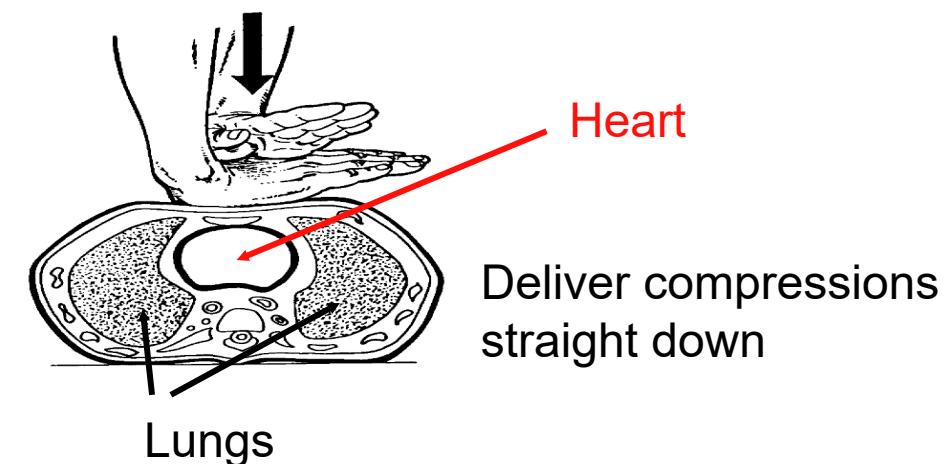


Use the heel of
the hand for
ECC



Center of the breastbone

Locating the External Chest Compression site

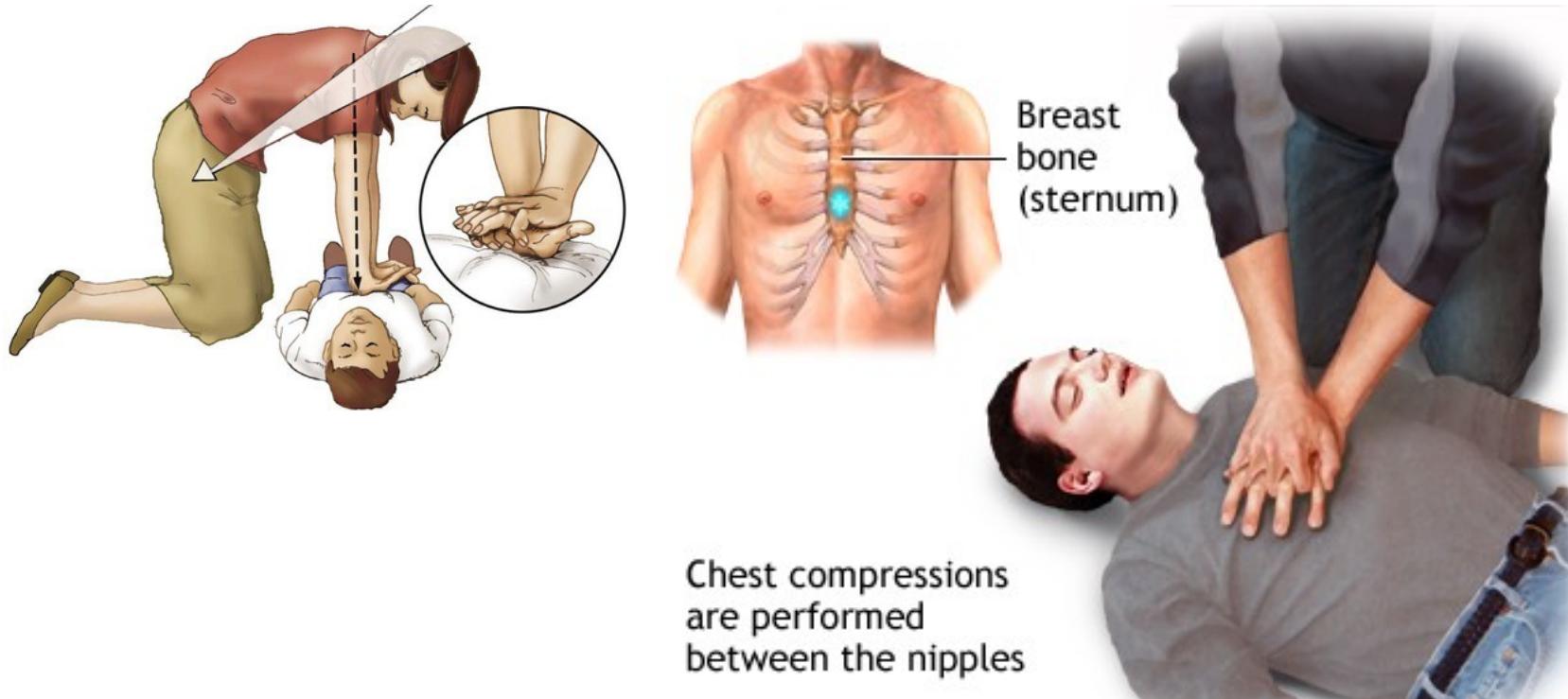


Heart
Deliver compressions
straight down
Lungs

4-Treating: External Chest Compressions

External Chest Compression is very dangerous on a person having a normal heartbeat.

ONLY PRACTICE EXTERNAL CHEST COMPRESSION ON A MANNEQUIN.



4-Treating: CPR

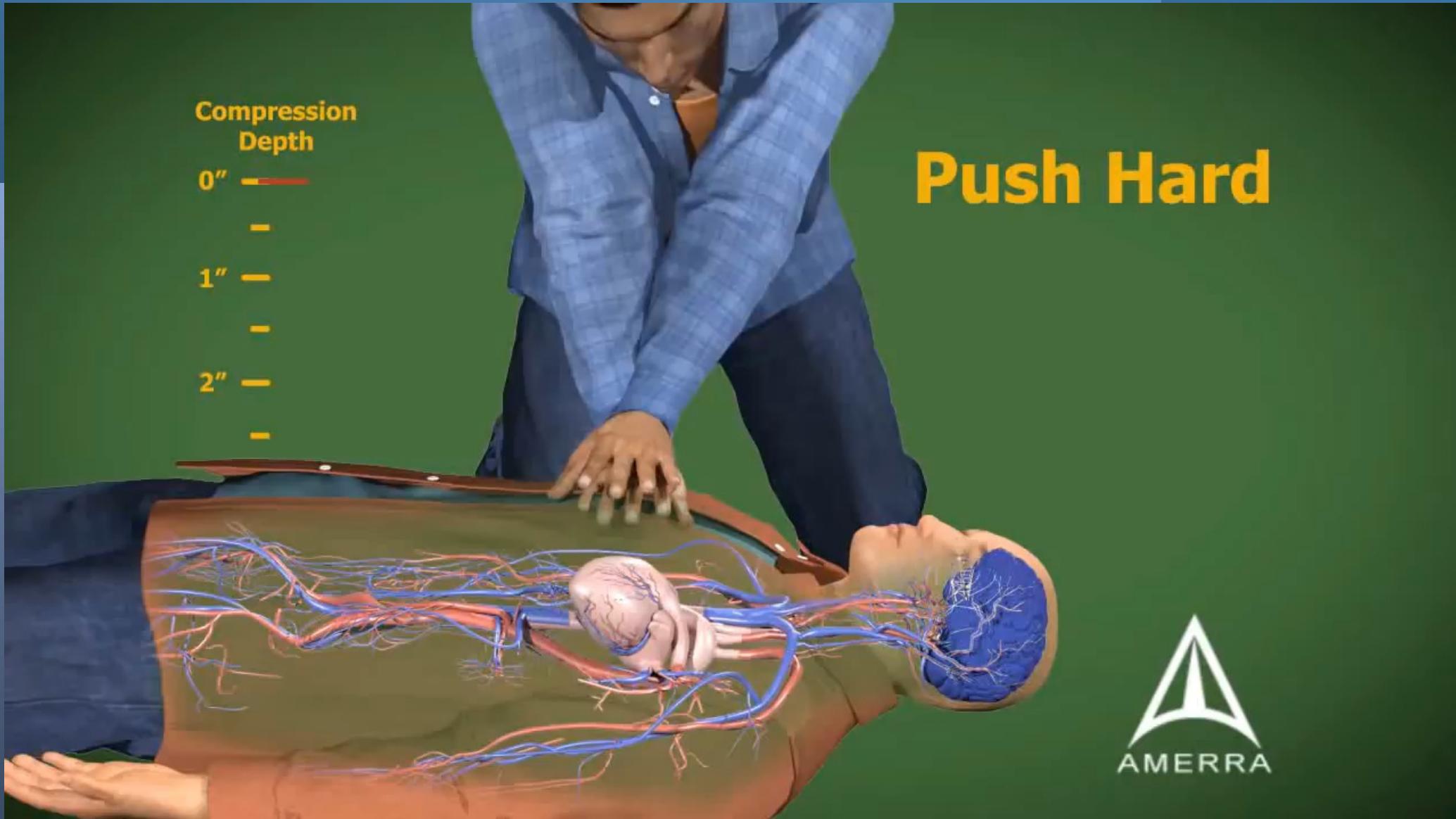
Artificial Ventilation + External Chest Compression
= Cardiopulmonary Resuscitation (CPR)

- CPR is required when there is → No breathing + No carotid pulse
- Once started, CPR must be continued until emergency medical services arrive or until the victim's heart starts up again.
- If spontaneous breathing has also restarted → keep under observation.
- If spontaneous breathing has NOT restarted → continue Artificial Ventilation and check pulse regularly.

CPR can be done by one or two first aiders:

1. If two first aiders: 5 ECC for 1 Artificial ventilation.
2. If one first aider: 15 ECC for 2 Artificial ventilation.

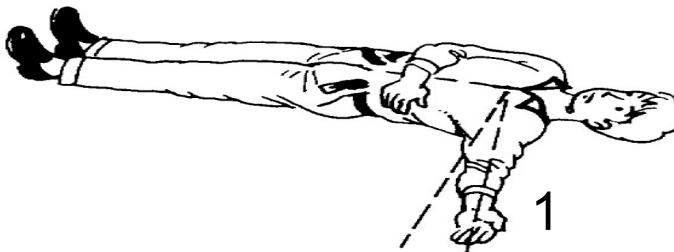
4-Treating: CPR



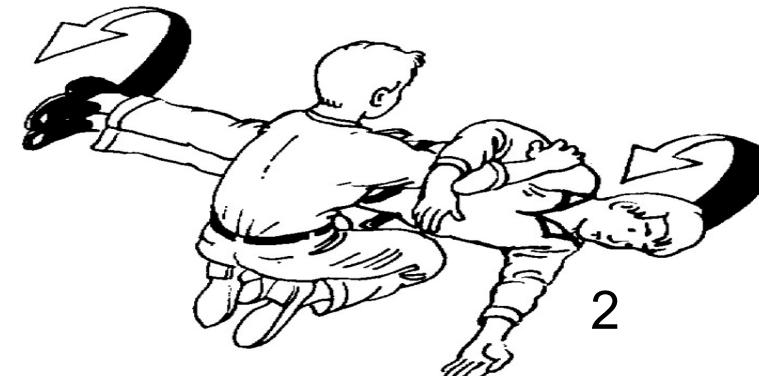
5-Treating: The Recovery Position

For the unconscious casualty who is breathing and who has a pulse.

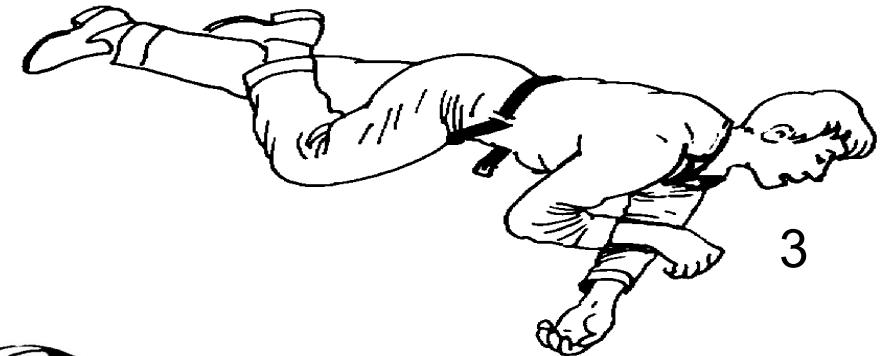
Prevent obstruction of the airway by saliva or the tongue.



1



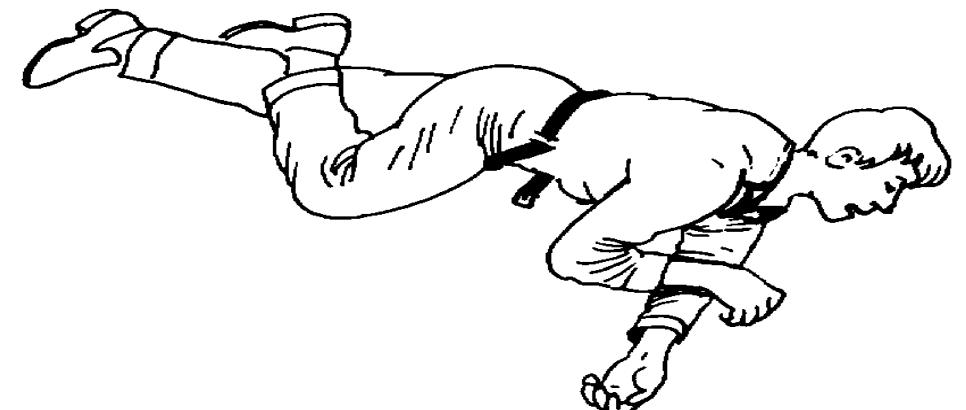
2



3

6-Treating: Keep under observation

- **Check** breathing and pulse every few minutes.
- **Cover** the victim with a blanket to keep him warm and avoid shock.
- **Stay** with the victim until emergency services arrive.



Other Basic Things To Know

Other Injuries

- Choking
- Burns
- Fractures
- Bites



Moving the Casualty

- When?
- How?



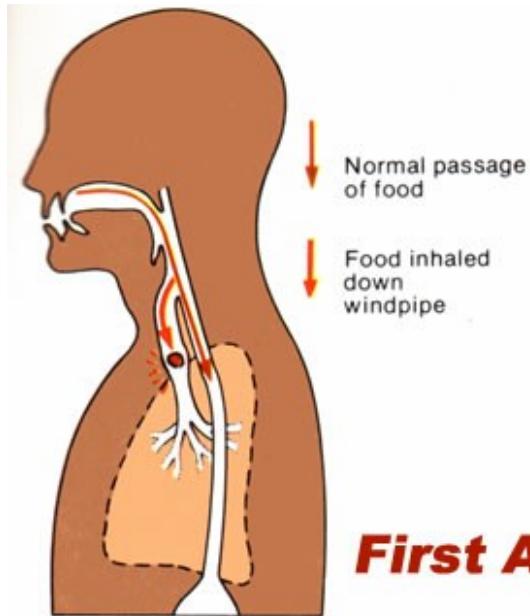
Other Injuries

Give 5 back blows

1- Choking

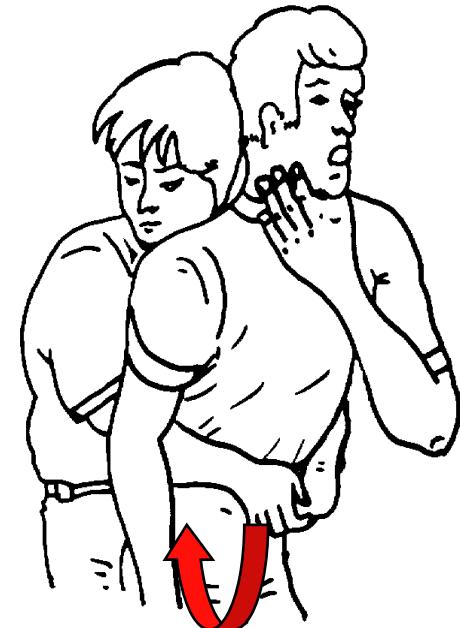
Choking → Airway obstruction

Requires the Heimlich Maneuver



First Aid For Choking

1. Ask a person to speak or cough
2. Deliver 5 back blows
3. Perform abdominal thrusts
4. Repeat sequence of back blows & abdominal thrusts



1- Choking



1- Choking

If Abdominal Thrusts Don't Work

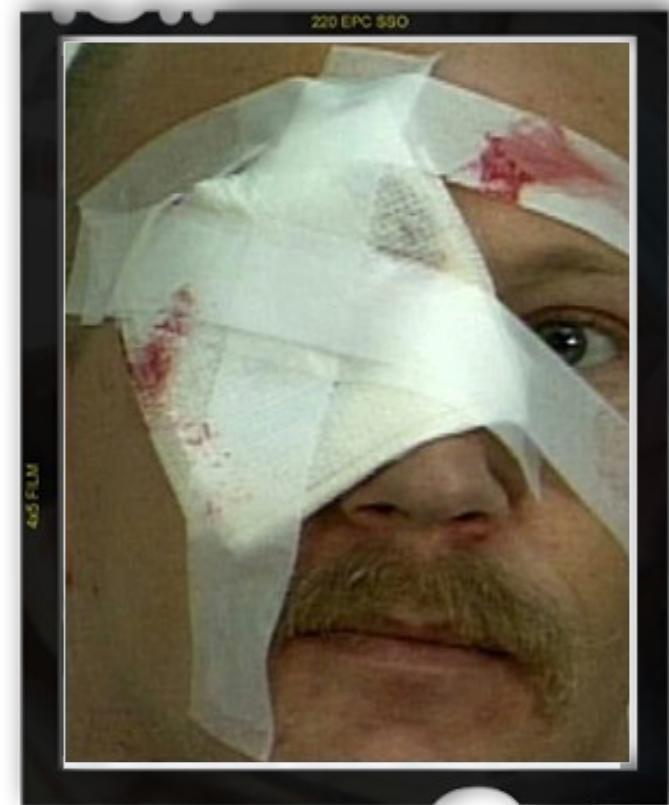
- Call **HELP**
- Finger sweep
- Abdominal thrusts
- Check ABCs
- Perform CPR if
not breathing



Other Injuries

2- Eye Injury

- Splashes
- Particles in eye
- Blow to eye
- Cuts near eye
- Penetrating objects



Don't let the victim rub the eye.

Other Injuries

3- Burns



Thermal Burn



Electrical Burn



Chemical Burn



Epidermis
Dermis
Tissues



- Carefully remove clothing, especially when chemicals are involved.
- Cool the burnt area with cold water for at least 10 minutes which will reduce pain, swelling and the risk of scarring.

Other Injuries

4- Heat Exhaustion

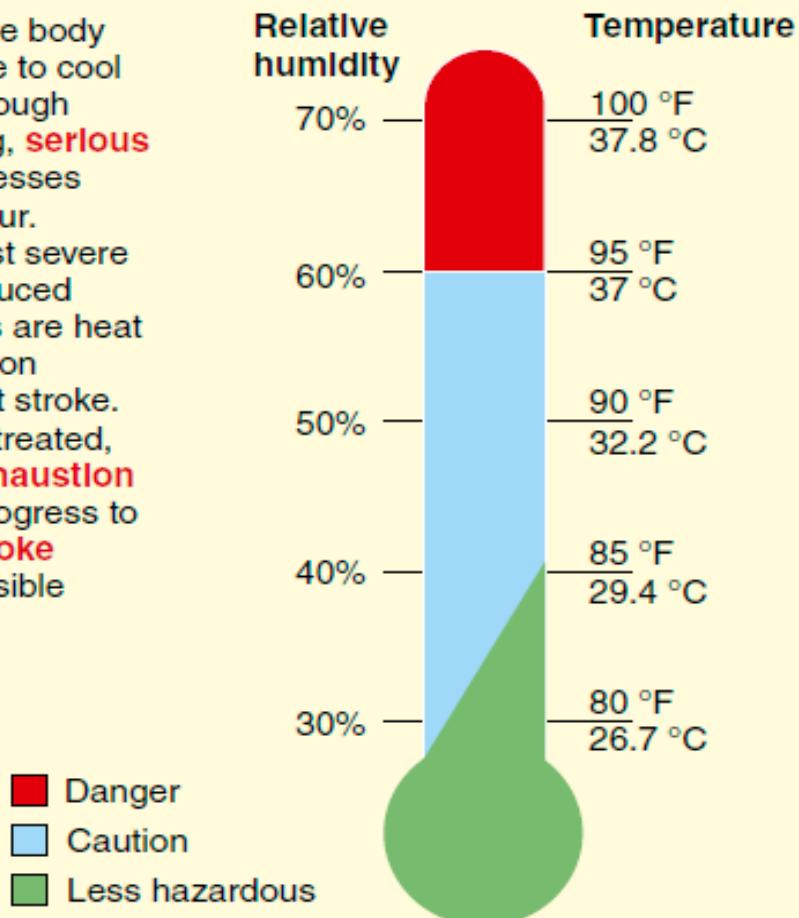
- Move to a cool place
- Lay victim down
- Elevate feet
- Loosen clothing
- Give fluids
- Apply cool compresses



The Heat Equation

HIGH TEMPERATURE + HIGH HUMIDITY
+ PHYSICAL WORK = HEAT ILLNESS

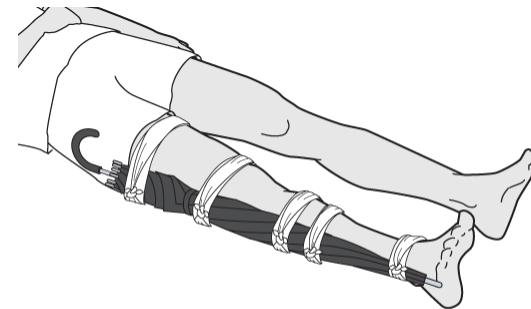
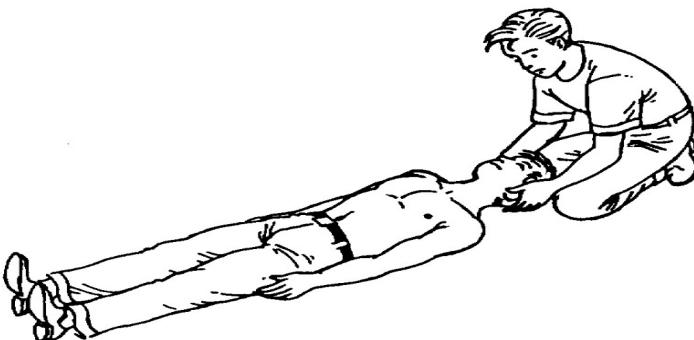
When the body is unable to cool itself through sweating, **serious** heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If left untreated, **heat exhaustion** could progress to **heat stroke** and possible death.



5- Fractures

Other Injuries

- Immobilize the fractured limb
- Immobilize the head if a fracture of the neck is suspected



Whenever possible, never move an injured person before immobilization of fractured bone.

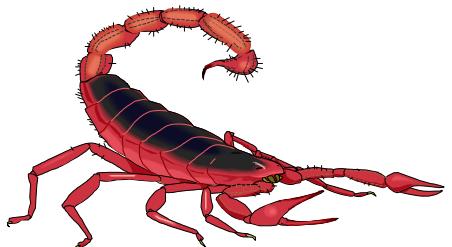
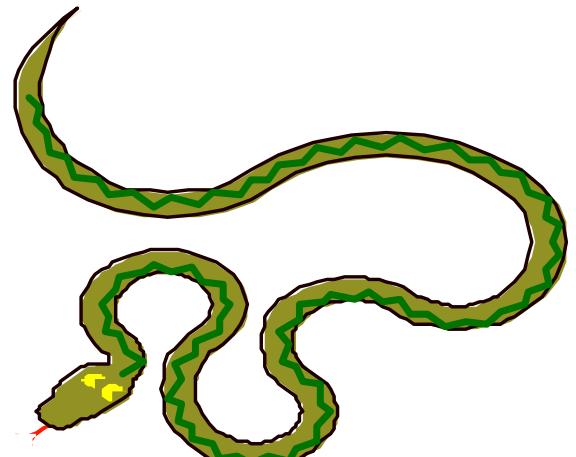
Immobilize the fractured bone by splintage.

Other Injuries

6- Bites

Snake bites and Scorpion stings

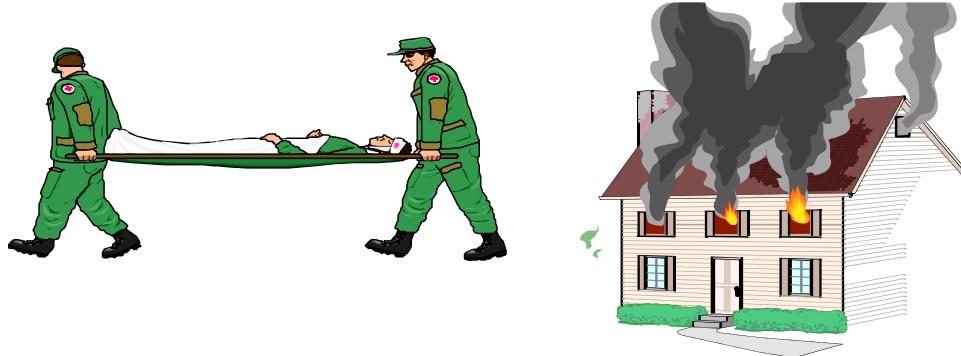
- Immobilize the entire limb.
- Calm the victim.
- Advise the victim not to move.
- Transport to a medical facility.
- Do not cut or suck the wound.
- Anti-snake venom should only be administered by a qualified medical professional.
 - *Immobilize the affected part, but do not elevate it.*
 - *Clean the wound with soap and water if available*



Moving a casualty urgently

When?

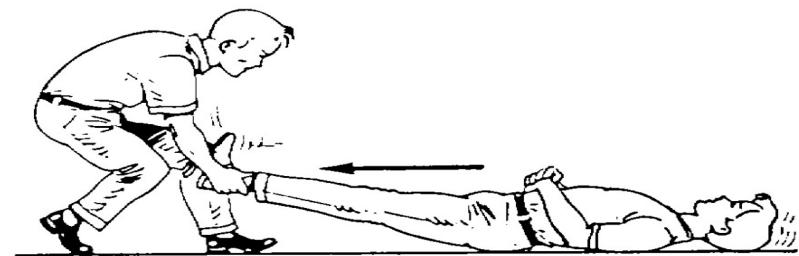
Only when the life of the injured person (and sometimes of the rescuer) is in greater danger than if not removed.



How ?

1- If you are alone and there is a flat surface:

The foot drag



2- If you are alone and there are obstacles on the ground:

The wrist drag



Moving a casualty urgently

Always ask yourself if it is really necessary to move the injured person.

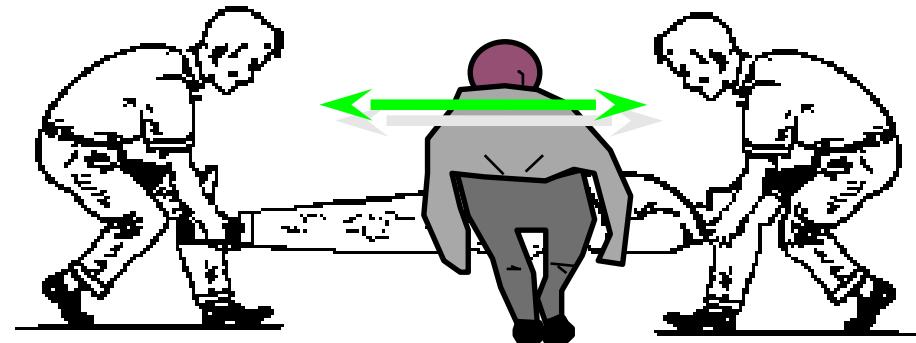
3- If more than one first aider:

Move as a block

4- If you are alone and need to get the victim out of a vehicle.

- Switch off ignition.
- Look at the car damage.

It will indicate how severely the person is injured.



Importance of CPR



Victoria
COLLEGE

Exercise

Match the problem with the correct first-aid procedure.

Bleeding	CPR
Choking	Elevate feet
No breathing	Keep victim still
Heart attack	Direct pressure
Shock	Abdominal thrusts
Sweat衫 deal	

Exercise

Multiple choice

Which is the worst kind of burn?

- a. First degree
- b. Third degree

For a particle in the eye:

- a. Flush with water
- b. Rub eye

For inhalation of vapors or gases:

- a. Induce vomiting
- b. Move to fresh air

For heatstroke:

- a. Call **HELP**
- b. Don't call **HELP**



Thank
You