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| Medical |

General guidelines:

1. Make sure the place is safe, survey the area for dangers. Check gas leakage, fire or falling object.
2. Keep calm and try to analyse the situation, find out how a many are injured and to help them with the basic first aid
3. Try to call 911 or local emergency services
4. Be careful to do more harm to the victim. Check the persons airways, breathing and heartbeats. If the person is not breathing ,perform chest compression
5. Remain calm and focused before acting think properly. Don’t panic take deep breaths and plan to deal with the disaster

CRP(cardiopulmonary resuscitation):

1. Position your hands in the center of the victim chest one over another
2. Interlock your fingers, lean forward so that your shoulders are directly over the patient chest and press down about two inches. Release the pressure let the chest come back up
3. Tilt the patient head and lift his/her chin to open the airway again. Let his/her mouth open slightly
4. Give rescue breath close the nostril with one hand and with other hand left the chin then put your mouth in patient mouth and blow air
5. Remove your mouth and look along the chest, watching the chest fall
6. Follow this for every 30 chest compression followed by two rescue breath

-Have a basic First aid kit that include:

Aspirin, acetaminophen, and ibuprofen

Antibiotic ointment

Benadryl

Bandages

Cold packs

Hydrogen peroxide

Latex gloves

Re hydrating fluids

Safety pins

Scissors

Soap

Thermometer

Tweezers

Four main medical emergency

Fracture:

Stop any bleeding, apply pressure to the wound with a clean cloth

Immobilize the affected area with the help of splint or sling

Apply cold to the area affected

Help the patient to get to comfortable position, encourage them to rest and reassure them

Excessive blood loss:

Try to clean the affected area, if possible clean your hand before treating the affected area

Wrap the wounded area with a clean cloth or bandage

Make sure that the wound is tightly bound

If it is not possible to warp the area put pressure on the wound with a clean cloth

If bleeding seep through bandage, try to apply some pressure on the bandage with a clean cloth

Fainting:

Wounds:

Refrences:

1. <https://consumer.healthday.com/encyclopedia/first-aid-and-emergencies-20/emergencies-and-first-aid-news-227/dealing-with-medical-emergencies-644517.html>
2. <https://www.rd.com/health/conditions/how-to-do-cpr/>
3. <https://www.healthline.com/health/first-aid/broken-bones#first-aid>
4. https://www.steroplast.co.uk/content/severe-blood-loss/