**Churn Theme**: **Human** **health**

***Topic******10*** *:* ***Accident and First Aid***

**An** **accident**; Is sudden happening that can cause harm or death to the body.

***Common******injuries****/****examples******of******an******accident***

1. Fainting.
2. Burns fires
3. Scalds
4. drowning
5. Cuts.
6. Poisoning
7. Fever
8. falls
9. blockage of the natural opening e.g. nose, anus, mouth
10. fractures
11. electric shock
12. fires

**First** **aid**; Is the immediate /fast help given to a casualty /victim /person who have got an accident before taken to the nearest health centre. **OR** Is immediate or care given to a sick or injured person before full medical treatment is available.

**First** **aid** **kit**; Is a set of equipments used when giving first aid

**First** **aid** **box**; It is a container where things used to give first aid are kept.

***Reasons for giving first aid***

1. To save life.
2. To stop bleeding when is there.
3. To reduce pain.
4. To prevent further injuries
5. To promote quick recovery.

**First** **aider**; Is a person who gives first aid to a casualty.

***Qualities of a good first aider***

1. Should be clean.
2. Should be kind and sympathetic.
3. Should be knowledgeable /knowing that to do.
4. Should be observant and skilled.
5. Should be able to use common sense

***Responsibilities of a good first aider***

1. To examine the condition of a casualty.
2. To help the casualty as quickly as possible.
3. To take the casualty to the nearest health centre.

***Places where a first aid box can be found***

1. Aero plane.
2. Office
3. Airport.
4. Factories.
5. Banks.
6. Petro station.
7. Schools
8. Industries.
9. Vehicles

**NB**: First Aid box should be painted with bright colour . *This helps a person to easily identify it.*

***Things found in first aid box /examples of first aid kits***

**Razor** **blades**: for cutting plasters and bandages.

**Safety** **pins**: to fasten the bandage.

**Bandage**: tying broken bone and bind injuries.

**Pair** **of** **scissors**: cutting plasters and gauss .

**Surgical** **spirit**: Washing and kill germs around wounds.

**Pain** **killer**: Reduce pain.

Surgical gloves and mask: preventing contamination of injured part.

**Plasters**: covering wounds and cuts.

**Splits**: tying and keeping the broken bone in position.

**Am** **sling**: holding the broken limb in position.

**Stretcher**: to carry casualties who can not walk to the health centre.

**Burns**

A burn is an injury on a skin caused by the body contact with dry heat objects.

***Cause******of******burns***

***Body contact with;***

1. Hot plate
2. Cooker
3. Hot burning charcoal
4. Hot mental
5. In insulated electric wires carrying current
6. Chemicals like acid
7. Fire

***Degrees of burns***

**Degrees** **of** **burns** this word is used to describe how severe the burn is.

1. First degree burn
2. Second degree burn
3. Third degree burn

***First degree burn;***Is a minor burn in which there are no blisters formed . But pain is there.

**A blister** is a raised skin with some liquid underneath.

***Second* *degree* *burn*;** Is severe burn in which blisters are formed on the skin at the site of the injury. Do not bust blisters it may be come septic.

***Diagram showing blisters***

***Third degree burn:***Is the most severe burn in which the skin is burnt deeply and appears shiny white. No blisters formed.

The skin is removed and becomes wound immediately after the burn.

**Scalds**

**A scald** is an injury on the skin caused by the body contact with wet heat.

***Causes* *of* *scalds***

**Body contact with;**

1. Hot steam
2. Hot porridge
3. Hot water
4. Hot tea
5. Hot milk
6. Hot soup
7. Hot cooking oil

***First aid for burns and scalds***

1. Put the burnt area in clean cold water immediately after the accident/ action

***Reason for putting Clean cold water on burnt area***

1. To reduce heat in the skin
2. To prevent further burning
3. To prevent heat from destroying body cells.

Ways to controlling and preventing burns and scalds at home

1. Cooking from raised fire places where children can not reach
2. Preventing children from playing near fire places
3. Avoid playing with hot liquids and metal
4. Keeping away flammable liquids e.g. Petrol from the living house.
5. Build fire guards around cooking places.
6. Using burning fires carefully in the house.
7. Using solar heater for cooking.
8. Using insulators when lifting hot objects

***Fever and convulsions***

**Fever** is the condition of the body when temperature goes beyond the normal.

The normal human body temperature on the **celsius** **scale** is **37**°C and on the **Fahrenheit** **scale** is **98**.**4**°F .

Fever is not a disease. But a symptom to many diseases. Like illness, poisoning and exposure of body to high temperature

1. ***First aid for fever***
2. Remove most of the person’s clothes
3. Perform /apply tepid sponging /apply a clean wet cloth on the skin.(*cold compress)*
4. Give the person more cold to drink than usual.

*This helps to replace the lost water in the body.*

**Convulsions** are sudden violent in controllable body jerks or movements. **OR** Are when the body jerks suddenly. **OR** These are in controllable jerks movements of the body. **OR** This is when the body shakes involuntarily.

**Convulsions** is sometime caused by fever, too much coldness and other diseases like epilepsy (fits), leprosy, cerebral malaria.

***First aid for convulsions***

1. Remove all tight clothes from the body of the victim
2. Put an object in victim’s mouth to stop biting of the tongue.
3. Give the victim plenty of cold drink after recovery.
4. Take the patient to hospital

***Signs of fever and convulsions***

1. Sweating excessively.
2. Frequent urination.
3. Violent shaking of the body.
4. Foaming in the mouth (saliva forms bubbles in the mouth

**NB**: *Tepid sponging refers to applying a wet cloth dipped in lukewarm water. A cold wet cloth may cause shivering.*

**Fainting**

**Fainting** is the brief loss of a short consciousness.

**Consciousness** is the state of awareness and responsiveness to ones environment. OR **Consciousness** is the state of being able to use your senses and mental power to understand what is happening

***Causes of fainting***

It is caused by the lack of enough oxygenated blood and food supply to the brain

***Condition that may lead to fainting***

1. Hunger
2. Excessive heat
3. Extreme sorrow (sad news)
4. Standing for a long period of time
5. Anxiety and fever
6. Heavy body exercises

Caution: You should not panic while assisting the victim.

Always leave the victim in recovery position.

Poisoning

***First aid for fainting***

1. Put the victim in an open air
2. Remove tight clothes around the neck and chest. *This enables the victim to get enough oxygen.*
3. *Avoid crowding around the victim/patient*
4. Lay the victim on his/her back with the legs raised higher than the head. *This enables the oxygenated blood flows faster to the brain.*
5. Fanning and mild cooling if the is hot.

**Poisoning**

**Poison** is any substance once taken into the body damages the body organs or cause death

**Poisoning**: This is the condition where a toxic substance is taken into the body.

***Ways in which poison can be introduced into the body***

1. Through food.
2. Through air.
3. Through injection
4. Through animals bites like snakes, rapid dogs
5. Through swallowing (orally)

***Common house hold poisons***

1. Paraffin
2. Rat poison
3. Petrol
4. Diesel
5. Herbicides
6. Jik
7. Insecticides
8. Acaricides

***Signs of poisoning***

1. Fast heart beat
2. Rapid breathing
3. The victim feels dizzy ( mentally confused)
4. The victim feels thirsty
5. Vomiting
6. Loss of balance
7. Fever and sweating
8. Victim may lose consciousness or even die.

***Causes of poisoning***

1. Poor storage of drugs
2. Keeping drugs near food
3. Drug abuse
4. Intention or accidentals addition of poison to food
5. Breathing in air mixed with poisonous substance such as carbon monoxide.

***First aid poisoning***

1. Take the victim to a health centre as soon as possible.
2. Give the victim slot of fluids to drink e.g. fresh milk, *This is important because:- It dilutes poison in the stomach.*

*It makes the person vomit if it non corrosive poison*

***How to make the person to vomit***

1. Place a finger in the mouth or throat.
2. Give the person water mixed with soap.

**NB**: Do not make a casualty who has taken paraffin, petrol, bleach(Jik) vomit, *because vomiting cause more damages to the gullet and stomach.*

***Drowning and near drowning***

**Drowning** is dying as a result of having lungs filled with water.

**Near** **drowning** it is temporary loss of breath due to having one’s lungs filled with water.

**A person** who has nearly drowned has only four minutes to live.

***First aid for near drowning***

1. Remove the victim quickly as possible from water, if you know how to swim
2. Shout for help in case you can not manage to remove the person.
3. Lay the person on his back and then press his/her to expel water from the lungs and stomach.
4. Apply mouth to mouth breathing (kiss of life or artificial respiration): *This is the act of blowing in air into the mouth of the victim in order to restore breathing*

***How to carry out mouth to mouth respiration (breathing)***

1. Make the victim to lie on his back.
2. Tilt the head backwards and keep his/her mouth opened.
3. Remove any object stuck in the mouth
4. Press the victim’s nostrils with your fingers to close them.
5. Put your mouth so that the chest rises.
6. Stop blowing, remove your mouth and let the air come out on its own.
7. Repeat this many times (about 15times in a minute).
8. Continue the steps until the victim can breathe again by himself.

**NOTE**: in case of a child blow into the mouth gently to avoid damaging the lungs.

* If the victim does not start breathing then most probably the air passage is blocked by water.

*The ABC technique followed before giving first aid*: **ABC** represents**.**

**A=** Airway**.**

**B=** Breathing**.**

**C=** Circulation

***How to remove water from the lungs***

1. Place the bees of hands between the navel and the ribs of the victim.
2. Make a quick strong push forward into the ribcage.
3. Count up to three and push again.
4. Push as much water out of the lungs as you can then do mouth to mouth breathing

***Common places where drowning can***

1. Swimming
2. pools
3. Wells
4. Streams
5. Lakes
6. Seas and oceans
7. Bath tubes
8. Dams
9. Big basins full of water
10. Sewers

***Causes of drowning and near drowning***

1. Poor swimming
2. Exposure of children to large volumes of water
3. Neglect of children in homes
4. Accidental fall into ponds,
5. swimming pool etc.
6. Swimming under influence of alcohol

***How to prevent drowning and near drowning***

1. Acquire swimming skills/train children how to swim
2. Always empty bathtubs
3. Covering all septic tank
4. Fencing pits that builders used to trap water
5. Putting on life jackets when traveling on water.
6. Do not allow babies to play in basins full of water.
7. Do not allow children to go near water sources without adult.

**Nose bleeding**

This is the flow of blood from the nose.

***Causes* *of* *nose* *bleeding***

1. Taking medication for long time. E.g. aspirin, garlic, ginger.*This prevents normal blood clotting and instead makes blood thin.*
2. *Over* inhalation*/*Breathingindryair. *This dries and opens blood vessels in the nose.*
3. Over blowing the nose. This over strains the blood vessels in the nose and they open.
4. Taking of some food that a person is allergic to.

***First Aid for nose bleeding.***

1. Let the victim sit and bend forward.
2. Squeeze/ pinch the upper side of the nostril.
3. Encourage the victim to breathe through mouth. (*This prevents over straining blood vessels)*
4. Keep the head of victim higher than the level of the heart.
5. Put the ice wrapped in a towel on the nose and check. *This help make the lining of blood vessels in the nostrils moist.*

**NOTE:** Do not the victim to lean back ,*This allows to flow back to the throat which may cause chocking, vomiting or irritation.*

**Prevention of nose bleeding**

1. Keeping the nostrils moist.
2. Taking citrus fruits like oranges, lemons, lime strengthen the lining of blood vessels.
3. Taking food one is not allergic to.

**Foreign bodies in body passages /openings**

**Foreign** **body** is any unwanted matter that enters the body. **OR** Is any objects that is not supposed to be in the body.

***Examples* *of body* passages /*opening***

1. The nose.
2. The eye.
3. The mouth
4. The anus
5. The vagina **and**
6. Ears

**Examples of foreign bodies**

1. Small insects
2. Small stones
3. Sand
4. Dirt or dust
5. Soil
6. Beads
7. Coin etc.

**First aid for removing foreign bodies in various body openings**

**Eye :** Objects that enters into the eye include; small insects, soil, dust and sand.

**First aid**

1. Do not rub the eye.
2. Wash with plenty of clean water
3. Use the corner of a soft piece of cloth to remove the foreign body.
4. Take the victim to an oculist or optician.

**Ear:** Objects that enter into the ear include.; Small insects, small stones, seeds, beads ect.

**First aid**

1. In case of an insect, make the victim sit and bend the head to one side.
2. Pour clean water in the ear for the insect to float and come out.
3. Put a light at the entrance of the ear to attract the insect to come out.
4. In case of stone, seeds, beads, etc. Take the victim to a health work for help.

**NOSE:** Objects that enter in the nose include; small insects, small stones, seeds, beads, small balls etc.

***First aid***

1. Tell the victim to blow his/her nose hard and fast in case of an insect.
2. Take the casualty to the health center for help.

**Mouth:** Foreign bodies likes food, corns, beads, bones, fragments, chewing gum, tooth brush bristles, poison, insect etc.

***First aid***

1. Rinse with plenty of water to remove poison.
2. Use dental floss to remove good between teeth.
3. Use tooth picks to clear away particles between tooth

**Anus:** Foreign bodies like small stones, sand, seeds, beads, grass and leaves enter the anus of children playing when not wearing knickers or underwears .

***First aid***

1. Wash your hands and use fingers to pull it out.
2. If you can not remove take vitamin to health worker.

**Vagina:.** This is common in young girls who sit carelessly in sand, grass.

Also prices from cotton or toilet paper used during menstruation can also enter the vagina.

**First aid**

1. Wash with Clean water.
2. Remove it with washed hands.
3. Seek attention from aparent or teachers whenever you have objects stuck into the vagina.

**Throat/choking:** Foreign bodies include; pieces of food, bones, seeds, beads buttons, coin, marbles and saliva.

*Foreign bodies of the throat causes chocking and death.*

**First aid for chocking**

In case of baby: **M**ake them lay over your folded leg upside down and gently smack (give gentle blow) on the back.

In case of children: **H**ang the head down and raise your knee to put pressure on the stomach.

**G**ive strong smack between shoulder blades at the back.

For adults: **W**rap your arms around his/her waist and press the belly upward.

**S**tand behind the victim and give gentle smacks between shoulder blades at the back using your heel of the hand.

***Prevention of accidents caused by foreign bodies***

1. Chew food properly.
2. Do not talk or lough when eating.
3. Keep beads, buttons, coin and seeds out of of reach children.
4. Wear safety helmet/glasses when moving on motorcycles and bicycles.
5. Teach children not
6. Teach children not to put small objects in their nose, ear, mouth, anus, vagina.
7. Close or squint your eyes when you suspect a foreign object coming towards them.