

Rules for First Aid

The First Aider uses:

1. Common sense and
2. Two hands.

The 4 rules of First Aid?

1. Stop the accident
2. Apply life saving First Aid
3. Call for Help
4. Assist the patient

1. How do we stop the accident?

Car crash - put triangle in road to warn other drivers.

If a post is lying across a patient's body - remove the post.

Electric Shock - switch off electric current.

2. How do we give life saving first aid?

Speak to patient

Check patient response - tap patient or pinch ear

Check breathing

If breathing then put patient in recovery position.

3. How do we put a person into the recovery position?

Left arm up

Right arm across

Bend right leg

Pull over holding knee of right leg

Put head up so breathing is not blocked.

4. If patient is not breathing

Check pulse – use fingers not thumb (pulse is in the thumb).

Mouth to nose or mouth to mouth resuscitation

5. What do we do if patient is bleeding?

If blood is flowing then it is a vein

If blood is pumping then it is an artery.

6. How do we stop the bleeding?

When possible lift the bleeding ligament above the heart.

Use ligature or tourniquet to stop bleeding artery

Rule - do not move the patient except if in danger.

7. Treating Burns

Use water

Careful with baby only put water on burnt area.

8. Heart condition

Pain in chest - pain in left arm (sometimes pain in both arms)

Damage to heart occurs during first six hours after this it is too late.

Patient must get medical help immediately.

GO IMMEDIATELY TO HOSPITAL

Learn

How to move a person from a vehicle that may explode

How to remove something that is stuck in the throat?

What should be in a First Aid Kit

Take First Aid course