

- Pulse gets rapid but very weak.
- Sweating, thirsty, feels vomiting sensation.
- Become unconscious.

b) Treatment:

- Ask the person not to blow his nose.
- Do not pack ear or nose.
- Lay the person on the affected side.
- Ensure tongue does not fall back.
- If any ear bleeding noticed, do not block the ear passage.

3. BURNS AND SCALDS

Definition: Burn is an injury caused by

- Dry heat – such as fire / flame
- Friction – touching speedy moving objects
- Corrosive (burning nature) chemicals like acids / alkalis
- Touching an object which was charged with high tension electric current.

Scald is an injury caused by moist heat such as hot water, milk, oil, tar, steam etc.

3.1 Degrees of burns:

- | | | |
|------------|---|------------------------------------|
| 1st degree | - | Redness of skin, blister formation |
| 2nd degree | - | Internal tissue damage |
| 3rd degree | - | Complete charring of part. |

3.2 General treatment for burns and scalds:

- If a person's cloth catches fire do not allow him to run. Pour plenty of water or gently place him on ground and roll him slowly to put on the flames.
- Cool and clean the affected area with wet cloth / cotton or flood with water or dip the affected area into water, if it is possible.
- Remove bangles, rings, watches immediately, as otherwise it may not be possible to remove them later.
- Remove the burnt cloths by cutting those not sticking to the skin.
- Cover the area preferably with clean cloth but do not disturb blisters.
- Do not apply antiseptic cream for major burns
- If he is conscious give water with pinch of salt to make good lost salt and water. Weak tea with more sugar also may be given if he is not a diabetic patient.

4. FRACTURE, DISLOCATION, SPRAIN AND CRAMP

Definitions:

- Fracture is breakage, crack / bend of a bone.
- Dislocation is displacement of one or more bones from joint.
- Sprain is wrenching tearing of cartilage near a movable joint.
- Strain is over lapping of muscles at a particular place.
- Cramp is sudden painful involuntary contraction of voluntary muscles.

4.1 Causes of Fractures: Direct force, indirect force and muscular contraction.

4.2 Signs and Symptoms for Identification of Fracture:

- Pain
- Swelling
- Loss of power
- Deformity (change in shape or size).
- Tenderness (sever pain by gentle touch)

4.3 Types of Fractures:

- Simple Fracture means the broken ends of the bone do not come out by opening the skin and thus remain inside only.
- Compound Fracture means the broken ends of the bone come out by opening the skin and the fractured bone is in contact with outside air as a result of an injury.

- c. Complicated Fracture means the fractured bone damages an important internal organ like the brain, a major blood vessel, the spinal cord, lungs, liver, spleen etc.

4.4 **General Treatment for Fractures:**

- a. Immobilise and support the affected part/limb by means of Splints, Bandages/Slings etc.
- b. It is important to immobilize the area both above and below the injured bone.
- c. Give pain relievers and treat for shock, if necessary.
- d. Ice packs can be applied to reduce pain and swelling (not to be placed directly over the wound).
- e. Arrange medical aid as early as possible.

4.5 **Sprain and Strain Treatment:**

- Place in suitable position and put firm bandage and in case of strain wet it with water frequently.
- Arrange medical aid.

5. **POISONS**

Definition:

- Any substance (liquid, solid or gas) which enters into the body in sufficient quantity and which is harmful to the body and has power to injure health or destroy life is called poison.

a) **Gaseous Poisons:**

- These enter into the body through breathing.
- Treatment:
 - Take the person to a safe place and start artificial respiration, if necessary. Before entering into room, assure proper ventilation and the First Aider should take the precaution of covering his face with wet cloth. Shift the victim to the hospital as early as possible.

b) **Swallowed Poisons:**

- These enter into the body through mouth.
- **Treatment:**
 - a. Act quickly and collect poison or container and send messenger for Doctor. Before Doctor arrives, check whether he is conscious or not. If unconscious, check air way, breathing and circulation. If there is no breathing, start artificial respiration and if there is no pulse start CPR.
 - b. If conscious, dilute the poison by making him to drink more water, milk, tender coconut, white portion of the raw egg.
 - c. If the poison is corrosive in nature, do not induce vomiting.
 - d. Neutralize the poison by giving antidotes. For acids – chalk powder mixed in water and for alkalis – lemon juice.
 - e. If the poison is non corrosive such as pesticides, excess dose of sleeping pills, mosquito killers, rat killers etc. induce the person to vomit by tickling or by giving large quantity of concentrated salt water.

11 **SNAKE / DOG / SCORPION BITE TREATMENT**

a) **Snake bite:**

- Tie rubber (Constriction) bandage (if the bite took place on legs / hands) above the wound towards the heart side. This must be released at regular intervals.
- Wash the area immediately with flow of water.
- Reassure the victim and try to allay his fear.
- Don't allow him to run or walk.
- Treat the wound.
- Treat for shock.
- Give artificial respiration if there are any signs of failure of breathing.
- Arrange medical aid or carry the person to the doctor.