

- To reduce or prevent swelling.
- Mainly used as bandages like head bandage, chest bandage, shoulder bandage, elbow bandage, hand bandage, hip bandage, foot bandage etc. It is also used as slings like arm sling, triangular sling and cuff and collar sling.
- d. **Tourniquet / Rubber Bandage:**
It is used to stop bleeding and to stop spreading of poison in case of snake bites. It is used only for hands and legs. It is to be released at regular interval.
- e. **Cotton Wool:**
It is used to clean/pad the wounds. It is also used to absorb discharges when there is a wound.
- f. **Safety Pins:**
It is used when Triangular bandages are used for the injured.
- g. **Adhesive Dressing:**
It is used for minor and superficial wounds only.
- h. **Paracetamol Tab:**
These are used to relieve minor pains.
- i. **Diazepam Tab:**
It is a anti-anxiety medication which is used to make the injured person calm to prevent panic
- j. **Antiseptic Cream:**
It is used to minimize or prevent infection to wounds.
- k. **Injury Card:**
It is for maintaining the account of the first aid box items.

4 Steps to be followed while rendering effective help to a person

- D-Danger
- R-Response
- A-Airway
- B-Breathing
- C-Circulation of Blood.

- 4.1 Remove the person from the danger; shift him / her to a safe place.
- 4.2 Find out whether the person is responding or not. If he / she responds is Conscious, otherwise unconscious.
- 4.3 If unconscious check ABC; if any failure restore artificially immediately.

4.4 AIRWAY:

Airway may get blocked due to: Tongue falling back or Foreign body in the airway

To check airway

- Lay the casualty on his back
- Open the mouth and see inside
- If the tongue has fallen back, tilt the head slightly back to bring the tongue to its normal position and open the mouth.
- If any foreign body is visible inside the mouth it should be removed by inserting two fingers into the mouth carefully.
- After clearing the airway, the casualty should be put in recovery position.
- Once air way is clear, breathing starts automatically.

4.5 Breathing

- Look for the person's chest to rise and fall.
- Listen for the sounds of inhaled or exhaled air.
- Feel for exhaled air by putting your finger near the casualty's nose.
- If no breathing give two inflations of artificial respiration.

4.6 Circulation

- Feel for a pulse, by gently pressing two fingers (do not use the thumb) on the person's neck between the Adam's apple, or voice box, and the muscle on the side of the neck.

- If you are not feeling the pulse it indicates that heart not functioning
- Restore the heart through cardiac massage
- Pulse rate is 72 times per minute on an average. While noticing the pulse, observe its rate, strength and rhythm.

5 **ASPHYXIA (SUFFOCATION)**

Definition: When lungs are not getting sufficient fresh air, important organs of the body, mainly the brain is deprived of oxygen. This is a dangerous condition called asphyxia.

5.1 **Causes:**

- Drowning
- Breathing polluted air
- Pressing of wind pipe (Hanging, Throttling and Strangulation)
- Choking
- Pressure/weight on chest.
- Electric shock
- Some poisons.

5.2 **Signs and Symptoms of Asphyxia/Suffocation:**

- Low / No Breathing
- Blue colour of cheeks and lips with congestion of face.
- Swelling of veins at neck.
- Unconsciousness.

5.3 **General Treatment for Asphyxia:**

- Remove cause from casualty or casualty from cause.
- Ensure more fresh air; loosen tight clothing at chest and neck regions.
- Start artificial respiration without wasting time.
- Arrange medical aid.

Note:- (1) Normal Breathing (Respiration) Rate 15 – 18 times per minute.
 (2) Normal Heart Beat/pulse rate 72 times per minute.

5.4 **Methods of Artificial Respiration:**

- Mouth to Mouth Method of Artificial Respiration
- Mouth to Nose Method of Artificial Respiration

5.5 **Mouth to Mouth Method of Artificial Respiration:**

- Place the casualty on his back on a plain and hard surface.
- Sit by the side of the face and place the hand by the side of chin and tilt the head slightly back so that clear ventilation at throat.
- Cover the casualty's mouth with clean cloth and pinch the nostrils.
- Open your mouth, take fresh air, and cover the lips of the casualty with your lips and blow the air into the mouth of casualty @ 10-12 times per minute.
- While blowing ensure that nostrils are pinched and chest is rising. If chest is not raising it indicates some obstruction in air passage clear the air passage and restart mouth to mouth artificial respiration. This process to be continued till the normal breathing resumed or Doctor arrives which ever is earlier.

5.6 **Mouth to Nose method of Artificial Respiration:**

This method will be adopted only when mouth cannot be opened due to injury inside the mouth or jaw fracture or the person suffering with fits convulsions .In this method blow the air into the nose of the victim by closing the mouth of the victim with fingers.

5.7 **WHEN THE HEART STOPS FUNCTIONING**

If the Heart is not working the following symptoms are noticed:

- The face is blue or pale.
- Heart beat and pulse at the root of Neck (carotid pulse) are not felt.