

APPENDIX – II

FIRST AID

The immediate treatment given to the injured in an accident or sudden illness before the arrival of the doctor is called first aid.

1 Aim / Objectives:

- a. Save life.
- b. Promote recovery.
- c. Prevent worsening of the condition.
- d. Arrange transport to shift the injured person to hospital

2 Contents of the First Aid box:

1.	Set of splints	:	1
2.	Roller Bandage	:	10
3.	Triangular bandages	:	4
4.	Tourniquet/Rubber bandages	:	2
5.	Cotton Wool	:	4
6.	Safety Pins	:	10
7.	Adhesive Dressing	:	20
8.	Paracetamol Tab	:	20
9.	Diazepam Tab	:	10
10.	Antiseptic Cream	:	1
11.	Injury Card	:	1

3 Types of Accident Relief Medical Equipment:

With a view to provide prompt medical aid, the following types of accident relief medical equipments are provided on the railways:

1. Scale- I medical equipments (MRV) are available at nominated stations mentioned in working time table.
2. POMKA (Portable Medical Kit for Accidents) available in all health units, poly clinics, sub-divisional, divisional and zonal hospitals.
3. Scale-II medical equipments (ARME) are available at specified stations in boxes mentioned in working time table.
4. First Aid boxes are provided with Station Masters, Guards of passenger carrying train Guards, workshops, marshalling yards, loco sheds and C&W depots.
5. Special First Aid boxes are provided in all long distance Super fast, Shatabdi, Rajdhani expresses, Dy.SS (Commercial), AC coaches of some of nominated trains.

This box contains 49 items and this is to be utilized for giving medical aid to the passengers by a doctor only.

6. First Aid boxes for Gangmen.
7. First aid boxes available with Station Masters and Guards of passenger carrying trains are to be inspected by DMO once in a month.
8. Keys of the first aid boxes for locations such as stations, marshalling yards, workshops, loco sheds, carriage and wagon depots etc, are kept with the supervisors on duty.
9. The first aid boxes with guards of train carrying passengers will have no keys.

3.1 Utilization of contents of First Aid Box:

a. Splints:

These are used to immobilize and support the fractured limbs.

b. Roller Bandages:

These are used to retain dressings and splints in position

c. Triangular Bandage:

- To retain dressings and splints in position and to immobilize the fractures.
- To support an injured part or in the form of slings.
- To control bleeding.