

LESSON - 23

FIRST AID

The following components will be learnt in this lesson:

- Meaning of first aid ➤ Importance of first aid
- Tools for first aid ➤ Golden rules of first aid

Today life is uncertain. Due to large number of vehicals and large population accidents are common.

Meaning – First aid is the help given to a person prior to the arrival of medical help in order to save the life of the person who has met with an accident.

IMPORTANCE OF FIRST AID:

- Protect the injured by stopping bleeding.
- Reduce the intensity of pain.
- To give moral support and confidence to the victim.
- Enhances self confidence of the victim by giving him confidence.
- Helping him to get further treatment.

First aid saves the life of persons who meet with accidents-immediatly.

Equipments used in first aid:

A person giving first aid should have with him essential items like different types of bandages, cotton, pain reducing sprays, tablets, tincture, iodine, sodium bi carbonate, blade, scissors, ice, foreceps and ointments.

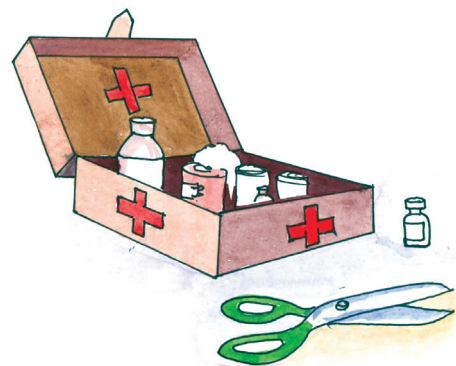


Fig. 23.1 first Aid Box

GOLDEN RULES OF FIRST AID:

- The person giving first aid should have training in giving first aid or atleast know the procedure of treating an injured person.
- Give artificial breath if necessary
- Give treatment as per the intensity of the injury.
- The person giving first aid should not be in a hurry.
- The person giving first aid should not allow people to crowd around the injured person which helps in provides fresh air to the victim
- Stop bleeding if any: immediately
- If the injured person is unconscious then a little water should be sprinkled on his face and bring him to a conscious state and then start to give first aid.
- Give confidence to the injured and his relatives.
- Transport the victim to the hospital along with first aid as early as possible.
- Do not waste time in unnecessary treatment

This way giving first aid helps in saving the life of an injured person. That is why understanding the meaning of first aid and giving it properly is our duty.

‘Know this’

- The first aid service was started in the year 1879 in England by the “St Johns Ambulance” association.
- Giving help to a injured person before the arrival of medical help is called first aid.
- A person giving first aid should know about first aid
- First aid helps in saving the life of an injured person.

Need not expect the first aid and donot neglect the petients.

I Fill in the blanks.

1. _____ Association started first aid for the first time.
2. First aid helps in saving the _____ of a injured person.

II Tick the appropriate answer.

- 1) While giving first aid the patient should be given _____
 a) Fear b) Confidence
 c) Self belief d) Motivation
- 2) First aid help in avoiding _____ of victims.
 a) Betterment of condition b) Worsening of condition
 c) Stable of condition d) Strengthening of condition
- 3) First aid means _____
 a) Prior Treatment
 b) Treatment given after the doctors intervention
 c) Long term treatment
 d) Accidental treatment.

III Match the following:

- | A | B |
|----------------------------|--------------------------|
| 1) Frist Aid for | 1879 |
| 2) First aid Introduced in | away from injured person |
| 3) Keep people | rescues life |

IV Answer the Following in one sentence each:

- 1) Make list of the essentail tools needed for first aid.
- 2) Make list of any one golden rule of first aid?
