

# ASSIGNMENT : BASIC HEALTH

## AND HYGIENE

[SISB4152]

1. Define Cardio Pulmonary Resuscitation (CPR). Explain the procedure of performing the CPR.

Cardio Pulmonary Resuscitation (CPR): CPR is a lifesaving technique that combines chest compressions and rescue breaths to keep oxygenated blood flowing throughout the body when the heart stops beating. here's how to perform CPR:

- check the scene for safety and ensure the person is unresponsive.
- call emergency services immediately.
- Place the heel of your hand on the center of the chest and perform firm, rhythmic compressions at a rate of 100-120 per minute.
- if trained, deliver two rescue breaths by pinching the nose, sealing your mouth around theirs, and giving two short breaths.
- continue CPR cycles (30 compressions : 2 breaths) until help arrives or the person shows signs of life.

2. Describe in detail the first aid management of hemorrhage (bleeding).

First aid for bleeding focuses on stopping blood loss & preventing infection.

- apply direct pressure to the bleeding <sup>wound</sup> ~~wound~~ with a clean cloth.
- elevate the injured area if possible.
- maintain pressure for at least 10 minutes, adding more cloths as needed.
- secure a bandage around the dressing to maintain pressure.



- For severe bleeding, consider pressure points (specific locations to compress arteries) until medical help arrives.

### 3. Discuss about the first aid management of fracture.

Fracture management: while not always possible to definitely diagnose a fracture in first aid, you can minimize movement and discomfort.

- immobilize the injured limb with a splint or sling using available materials like cardboard or cloth.
- apply ice packs wrapped in a cloth to reduce swelling and pain.
- elevate the injured area to further reduce swelling.
- seek medical attention promptly for proper diagnosis & treatment.

### 4. Describe the first aid burns & scalds.

Burns require immediate action to minimize tissue damage.

- cool the burn with cool running water for 10-15 mins (avoid ice directly)
- remove any non-stuck clothing carefully.
- cover the burn loosely with a sterile dressing or clean cloth.
- do not apply ~~any~~ ointments, creams or break blisters.
- seek medical attention for severe burns or electrical burns or chemical burns.



5. Explain wound management.

Proper wound care prevents infection and promotes healing. here's a basic approach:

- stop any bleeding with direct pressure and clean dressings.
- gently clean the ~~wound~~ wound with clean water or saline solution.
- remove any debris visible on the surface.
- apply a sterile dressing to protect the wound.
- monitor the wound for signs of infection (redness, swelling, pus).
- seek medical attention for deep wounds, puncture wounds or signs of infection.