

# EMERGENCY FIRST AID MANUAL

## Introduction

First aid is the immediate assistance given to a person suffering from a sudden illness or injury, before professional medical help is available. In emergencies, quick action can save lives, reduce recovery time, and prevent the condition from worsening. This manual provides step-by-step instructions for handling common medical emergencies when professional help isn't immediately available.

## 1. Basic Principles of First Aid

### 1.1 Assess the Situation

Ensure the scene is safe for both the rescuer and the victim. Identify potential hazards such as traffic, fire, or electricity.

### 1.2 Call for Help

Contact emergency services as soon as possible. If alone, provide essential care before leaving to get help.

### 1.3 ABC of First Aid

Always check the Airway, Breathing, and Circulation of the patient.

## 2. Cardiopulmonary Resuscitation (CPR)

### 2.1 Adult CPR

1. Place the heel of one hand on the center of the chest, with the other hand on top.
2. Press hard and fast at a rate of 100-120 compressions per minute.
3. After 30 compressions, give 2 rescue breaths.
4. Repeat until help arrives.

### 2.2 Child and Infant CPR

Use two fingers for infants and one hand for children. Adjust compression depth and force accordingly.

## 3. Severe Bleeding

### 3.1 Direct Pressure

Apply firm pressure to the wound using a clean cloth or bandage to control bleeding.

### 3.2 Elevation

Raise the injured limb above heart level to reduce blood flow to the area.

### **3.3 Tourniquets**

Use as a last resort when bleeding is life-threatening and cannot be controlled by other means.

## **4. Fractures and Sprains**

### **4.1 Recognizing Fractures**

Signs include swelling, bruising, deformity, and inability to move the limb.

### **4.2 Immobilization**

Use splints or improvised supports to immobilize the injured area before moving the patient.

## **5. Burns and Scalds**

### **5.1 First-Degree Burns**

Cool the area under running water for at least 10 minutes. Avoid ice.

### **5.2 Second- and Third-Degree Burns**

Cover with a sterile, non-stick dressing. Do not break blisters or apply creams.

## **6. Choking**

### **6.1 Adult and Child Choking**

Perform the Heimlich maneuver: Stand behind the person, wrap your arms around their waist, and give quick, upward abdominal thrusts.

### **6.2 Infant Choking**

Give 5 back blows followed by 5 chest thrusts until the airway is clear.

## **7. Shock**

### **7.1 Recognizing Shock**

Symptoms include pale, clammy skin, rapid pulse, shallow breathing, and confusion.

### **7.2 Treatment**

Lay the person down, elevate their legs, keep them warm, and do not give food or drink.

## **8. Common Medical Emergencies**

### **8.1 Heart Attack**

Have the person sit down, stay calm, and chew aspirin if not allergic. Call emergency services immediately.

### **8.2 Stroke**

Use the FAST method: Face drooping, Arm weakness, Speech difficulty, Time to call emergency services.

### 8.3 Seizures

Move objects away from the person, do not restrain them, and place them on their side after the seizure stops.

### Conclusion

First aid skills are essential for everyone. By learning and practicing these techniques, you can provide life-saving assistance in critical moments. Always remember that your safety comes first, and seek professional medical help as soon as possible.