FIRST AID(SUPW PROJECT)

INTRODUCTION

Help given to a sick or injured person until full medical treatment is available is called

first-aid:-

First aid is the first and immediate assistance given to any person suffering from either a minor or serious [illness](https://en.wikipedia.org/wiki/Illness) or [injury](https://en.wikipedia.org/wiki/Injury),[[1]](https://en.wikipedia.org/wiki/First_aid" \l "cite_note-1) with care provided to preserve life, prevent the condition from worsening, or to promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing [cardiopulmonary resuscitation](https://en.wikipedia.org/wiki/Cardiopulmonary_resuscitation) (CPR) while waiting for an [ambulance](https://en.wikipedia.org/wiki/Ambulance), as well as the complete treatment of minor conditions, such as applying a plaster to a [cut](https://en.wikipedia.org/wiki/Laceration). First aid is generally performed by someone with basic medical training. There are many situations which may require first aid, and many countries have legislation, regulation, or guidance which specifies a minimum level of first aid provision in certain circumstances. This can include specific training or equipment to be available in the workplace (such as an [automated external defibrillator](https://en.wikipedia.org/wiki/Automated_External_Defibrillator)), the provision of specialist first aid cover at public gatherings, or mandatory first aid training within schools.

1. Heart Attack:-

* A heart attack is the death of a segment of heart muscle caused by a loss of blood supply. The blood is usually cut off when an artery supplying the heart muscle is blocked by a blood clot. During a heart attack, the heart muscle loses blood supply and is damaged. If some of the heart muscle dies, a person experiences chest pain and electrical instability of the heart muscle tissue. The risk of a heart attack increases when a man is over 45 and a woman is over 55.
* Symptoms:- There are clear symptoms of a heart attack that require immediate medical attention.A feeling of pressure, tightness, pain, squeezing, or aching in the chest or arms that spreads to the neck, jaw, or back can be a sign that a person is having a heart attack.
* First aid:- **Call 911 or your local emergency number.** Don't ignore or attempt to tough out the symptoms of a heart attack. If you don't have access to emergency medical services, have a neighbor or a friend drive you to the nearest hospital.Chew and swallow an aspirin, unless you are allergic to aspirin or have been told by your doctor never to take aspirin. If you think you're having a heart attack and your doctor has previously prescribed nitroglycerin for you, take it as directed. Don't take anyone else's nitroglycerin, because that could put you in more danger.Have the person sit down, rest, and try to keep calm. Ask if the person takes any chest pain medicine, such as nitroglycerin, for a known heart condition, and help them take it.
* Precautions:- Don't smoke or use tobacco. ...
* Exercise for about 30 minutes on most days of the week. ...
* Eat a heart-healthy diet. ...
* Maintain a healthy weight. ...
* Get enough quality sleep. ...
* Manage stress. ...
* Get regular health screenings.

1. Burns &Scars:-

* Burns can occur when a person's skin touches something too hot, gets scalded with boiling water, is overexposed to the sun, certain chemicals, or even electricity. Burn scars can be large or small depending on how much of the skin is damaged.
* Symptoms:It can take a day or two for the signs and symptoms of a severe burn to develop.
* **First-degree burns** damage the outer layer of the skin (the epidermis) and cause redness and pain.Hypertrophic scars may appear red or purple and are raised above the skin level. They may feel warm and become itchy.
* **Second-degree burns** affect both the epidermis and the layer under the skin (the dermis). As well as pain and redness, people with second-degree burns may experience blisters.Contracture scars make the skin, muscles, and tendons tighter and restrict normal skin movement.
* **Third-degree burns** are the most severe. They damage the top two layers of skin but may also damage the bones and tendons and can affect nerve endings.Keloid scars form a shiny, hairless bump.
* **First aid:-**
* **Cool the burn.** Run cool running water over the burn for about five minutes. This helps stop the burning process and decreases pain and swelling. Do not put ice on a burn.
* Cover the burn. Cover the burned area with a clean bandage that will not stick to the burned site. This helps decrease the risk of infection and decreases pain.
* **Protect the burn.** Keep the burn site clean with gentle washing with soap and water. Do not apply any ointments to the burn site unless instructed by your pediatrician.
* Precautions:-
* Never leave items cooking on the stove unattended.
* Turn pot handles toward the rear of the stove.
* Don't carry or hold a child while cooking at the stove.
* Keep hot liquids out of the reach of children and pets.
* Keep electrical appliances away from water.
* Check the temperature of food before serving it to a child. Don't heat a baby's bottle in the microwave.

1. Fractures:-

Intro:- A fracture is a break, usually in a bone. If the broken bone punctures the skin, it is called an open or compound fracture. Fractures commonly happen because of car accidents, [falls](https://medlineplus.gov/falls.html), or [sports injuries](https://medlineplus.gov/sportsinjuries.html). Other causes are [low bone density](https://medlineplus.gov/bonedensity.html) and [osteoporosis](https://medlineplus.gov/osteoporosis.html), which cause weakening of the bones. Overuse can cause stress fractures, which are very small cracks in the bone.

Symptoms:-

* Intense pain
* Deformity - the limb looks out of place
* Swelling, bruising, or tenderness around the injury
* Numbness and tingling
* Problems moving a limb
* Frist aid:- **a. Stop any bleeding:** If they’re bleeding, elevate and apply pressure to the wound using a sterile bandage, a clean cloth, or a clean piece of clothing.

b. **Immobilize the injured area:** If you suspect they’ve broken a bone in their neck or back, help them stay as still as possible.

c. **Apply cold to the area:** Wrap an ice pack or bag of ice cubes in a piece of cloth and apply it to the injured area for up to 10 minutes at a time.

* Precautions:-

## Exercise to Improve Balance and Strength