

FIRST AID Guide







Message from the Principal

It is a great pleasure for me to pen down this message for the "First Aid Guide", which is an e-book published by the Red Cross Society of Royal College to enlighten everyone who go through it with how immediate assistance could be provided to any person suffering from either minor or serious illness or injury in order to preserve life, prevent the condition from worsening or to promote recovery.

Since its inception in 1978, The Royal College Red Cross Society has done an immense service to the college as well as to the community by organizing many major projects, if name few: Annual Blood Donation Campaign, Annual Eye Donation Campaign, and Orange Elephant Project.

It is extremely impressive to evident that how the Royal College Red Cross Society has come forward for its community service by publishing a First aid e-book with the aim of imparting the first aid knowledge to society despite the difficulties arisen due to the COVID-19 pandemic. I take this opportunity to show my gratitude to the Royal College Red Cross Society for their enthusiasm, commitment, and dedication towards the activities of the society. I believe that the force behind them were definitely the Senior Master of Clubs and Societies, Mr. T. D. C. P. Amaratunga, and teachers in charge of the society, Mrs. Jasmine Wickramatillake and Mrs. Saranga Rajapakshe.

B.A. Abeyrathna Principal





Message from the Senior Master of Clubs and Societies

It is a great privilege for me to write a message to mark the publication of an eBook in relation to first-aid by the Royal College Red Cross Society. As one of the active societies in the school, this society deserves to be appreciated for their services rendered to the school and the Country. With the aim of initiating something new, they have paved the way to spread the first aid knowledge among the students and the public at large by publishing an e-book.

On a final note, I would like to congratulate the top board of the Royal College Red Cross Society and its members for their untiring effort to make this a success with great difficulties during CoViD-19 pandemic. If I do not appreciate the valuable time spent, efforts put, and the advices given by the Teachers in charge of the Society, Mrs. Jasmine Wickramatillake and Mrs. Saranga Rajapaksha to direct the students to inculcate good values and enhance their soft skills it would definitely be a failure of my duty as the Senior Master of Clubs and Societies.

Floreat!!

T. D. C. P. Amaratunga Senior Master of Clubs and Societies





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First Aid is the,

First and immediate assistance given to a patient by a well-trained first aid provider in an accident or illness, protects himself and the patient, using whatever is appropriate around him, and assists them in accordance with accepted principles and procedures.



Purposes

- Preserve Life
- Prevent the condition getting worst
- Promote recovery





Attributes of a First Aider

- Knowledge and training of First Aid
- Patience
- Active
- Healthy
- Doesn't feel loathing
- Kindness
- Treats everybody alike
- Self Confidence
- Acting wisely according to the situation

Possible condition

- Bleeding
- Breathing interruption
- Fainting
- Burns
- Poisoning
- Choking

Priority according to People

- Pregnant Mothers
- Children
- Elders
- Women
- Men





Age	Pulse	Breath e
0-1 Years Baby	100-120	25-50
1-14 Years Child	80-100	20-30
14+ Years Elders	60-80	12-20

Preliminary Judgement

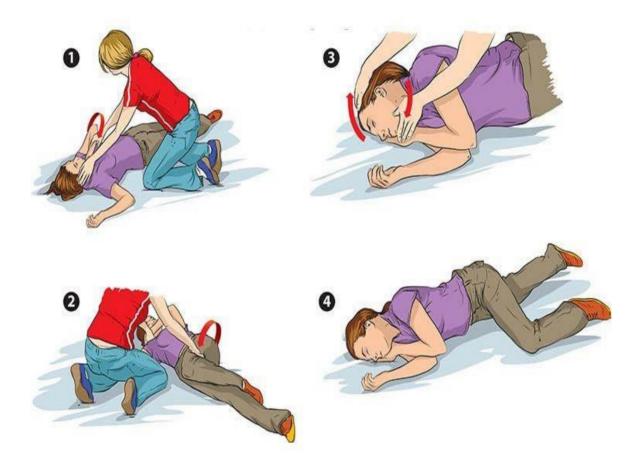
- D- Danger
- R- Response
- A- Air Way
- B- Breathing -Look
 Listen
 Feel
- C- Circulation





Recovery Position

To keep patient's airway clear and open. It also ensures that any vomit or fluid won't cause them to choke.







Chocking



Symptoms: -

- If it is partially blocked, it would be difficult to the patient to talk, breath, or cough it out.
- If something is fully blocked, the patient would not be able to talk, breath or cough it out.
- Eye balls goes up
- Sweating
- Body becomes lifeless
- Pale
- Blood Vessels on the face protrudes

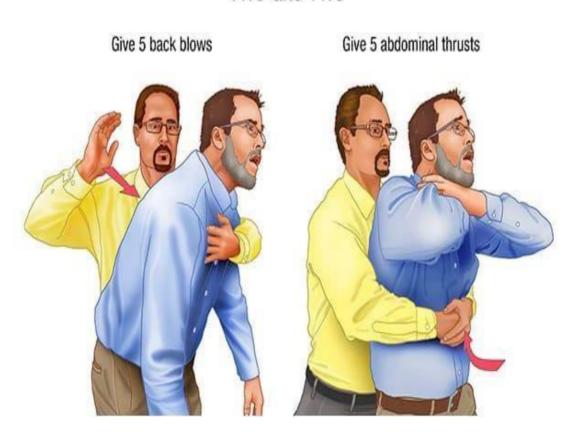




First Aid: -

- Eliminate patient's fear.
- Asking the patient to cough. (Check if the blockage has cleared)
- Give up 5 back blows. (Check if the blockage has cleared)
- Give up 5 abdominal thrusts. (If the blockage hasn't cleared, try above mentioned step 3 and 4 again)

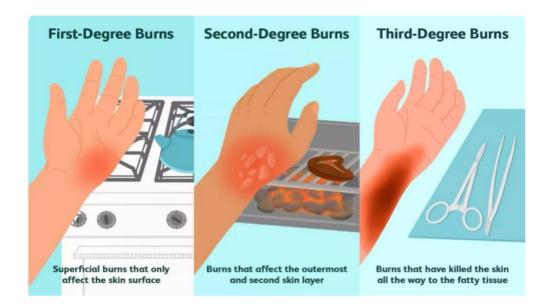
Five-and-Five







Burns



Clinical Features: -

- Skin becomes red
- Paining
- Inflammation.
- Skin wrinkles
- Body becomes tough
- Blistering
- Skin gets ripen.

Points to be considered: -

- S -Size
- C -Cause
- A -Age
- ${f L}$ -Location
- D -Depth





- Immediately take the victim away from danger.
- Keep the burnt area in running water at least for 20 minutes.
- Remove any tight clothing or other objects like a wrist watch before the burnt area starts to swell.
- Carefully cut the clothes that have been soaked in boiling liquids or chemicals.
- Cover the burnt area with clean clothes.
- Take the patient immediately to a hospital.







Drowning



When rescuing: -

- Get into the water only to the neck level.
- Give something that floats on the water to the victim. (Rope, Wood, Mega Bottle, etc.)

- Fulfill the primary survey. (DRABC)
- If the patient breaths, turn him to the recovery position.
- If water is blocked, take it away.
- If the patient isn't breathing give CPR.
- Take him to the hospital.





DROWNING



IF YOU ARE AWARE THAT SOMEONE IS DROWNING



If they are unconscious in water, get them out as quickly as possible but **never put yourself in danger.**



CPR- for an adult, start with 30 chest compressions then 2 rescue breaths. For a child or baby, start with 5 rescue breaths then 30 compressions to 2 breaths. Push hard and fast keep going



Once on dry land, turn them on their back, tilt their head and lift the chin to open the airway.





If they start to regain consciousness swiftly put them into the recovery position. Keep checking they're breathing.



If they're not breathing start resuscitation. If there is use a defibrillator available, use it immediately.



Ensure you have called the emergency services

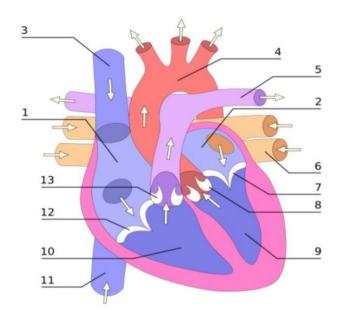






Heart Attacks

Diagram of the Heart: -



- 1. Right Atrium
- 2. Left Atrium
- 3. Superior Vena Cava
- 4. Aorta
- 5. Pulmonary Artery
- 6. Pulmonary Vein
- 7. Mitral Valve
- 8. Aortic Valve
- 9. Left Ventricle
- 10. Right Ventricle
- 11.Inferior Vena Cava
- 12. Tricuspid Valve
- 13. Aortic Valve





Heart Attack is,

A sudden painful and dangerous condition when the flow of blood to the heart is blocked.

Reasons: -

- 1. Diabetes
- 2. Blood Pressure
- 3. Smoking
- 4. Excess fat (High liquid levels in blood)
- 5. Stress

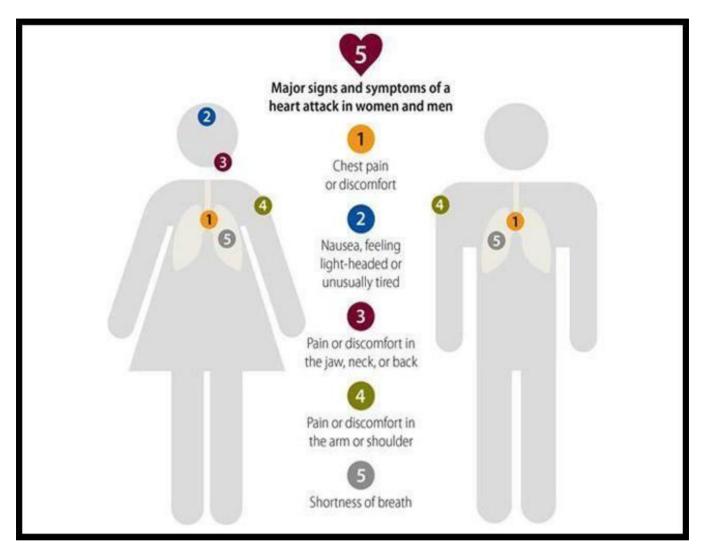
Symptoms: -

- Chest Pain (Angina Pain)- It would pain at least for 10 minutes. This pain travels till the jaw.
- Pain in left arm
- Body becomes pale
- Sweating
- Body becomes lifeless
- Becomes stressful and tired

- Give an Aspirin tablet to the patient to chew and swallow
- If the patient is unconscious, ask him to sit in Half Sit Position (Prop-up Position)
- If there is a TNT tablet give it to the patient to keep under the tongue
- Take the patient immediately to a hospital







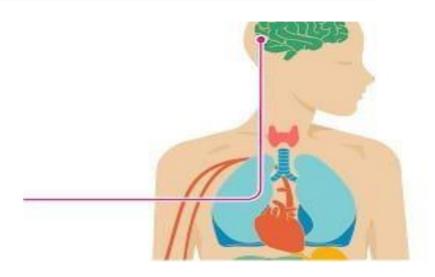


Prop-up Position





Epilepsy



Epilepsy is a,

Condition in which a person has recurrent seizures. A seizure is defined as an abnormal, disorderly discharging of the brain's nerve cells, resulting in a temporary disturbance of motor, sensory or metal function. Episodes of abnormal electrical activity within the brain result in seizures.

Causes of Epilepsy: -

Low oxygen during birth.

Head injuries that occur during birth or from accidents during youth or adulthood.

Brain tumors.

Genetic conditions that result in brain injury, such as tuberous sclerosis.

Infections such as meningitis or encephalitis.





Symptoms: -

- Temporary confusion
- A staring spell
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness or awareness
- Psychic symptoms such as fear, anxiety or Déjà vu

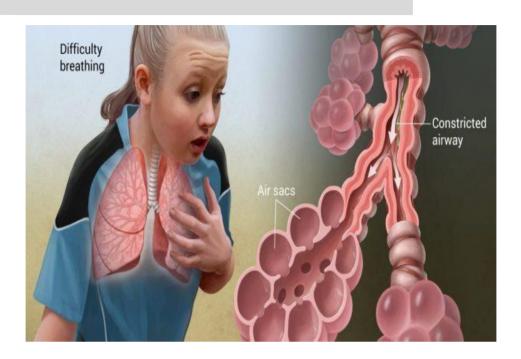
- Keep the person away from hazards.
- Gently roll the person onto their side.
- Don't restrict their movements.
- Stay with them.
- Take him/her to the hospital.







Asthma



Asthma is a,

A common lung disorder in which inflammation causes the bronchi to swell and narrow the airways, creating breathing difficulties that may range from mild to lifethreatening.

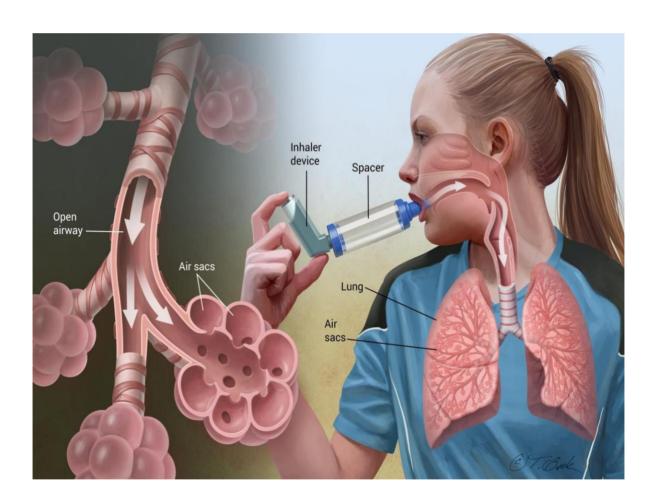
Symptoms: -

- Difficulty in breathing
- Pulse becomes low
- Body becomes lifeless/pale
- Half Conscious
- Skin becomes blue
- Chest tightness or pain
- Coughing or wheezing





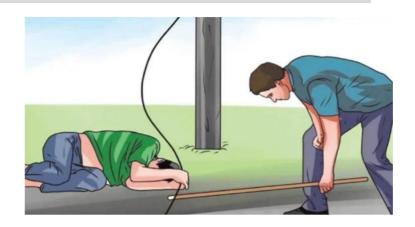
- If the patient is unconscious and breathing, turn him to the Recovery Position.
- Massage the body if the body has become hard.
- If the patient isn't breathing give CPR.
- Take the patient immediately to the hospital.







Electrocution



An Electrocution,

Occurs when a person comes into contact with an electrical energy source. Electrical energy flows through a portion of the body causing a shock.

There are 2 conditions:

- 1. Due to huge electric shock, heart will stop beating or heart beat will be abnormal.
- 2. Though he/she isn't conscious, the patient would breathe. Patient's body would be tough.

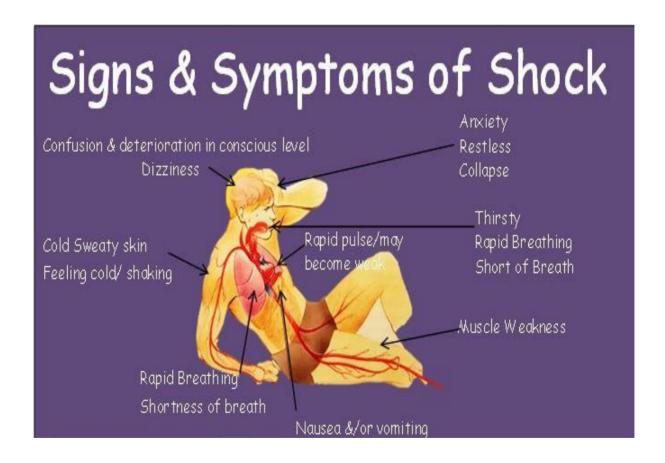
Symptoms: -

- He/she becomes unconscious
- Difficulty of breathing
- Burnings of skin
- Body becomes tough/ stiff





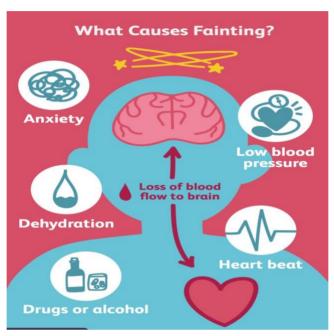
- Wherever possible disconnect person from the electric source.
- Though the patient isn't conscious, if he/she is breathing or if he is intoxicated (drunk/very happy/excited) turn the patient into the recovery position.
- If the body is tough, massage him/her
- Take him/her to the hospital ASAP
- If he isn't breathing, give CPR







Fainting



Fainting is a,

Sudden and temporary loss of consciousness. This usually occurs due to a lack of oxygen reaching the brain. Many things can cause oxygen deprivation to the brain, including low blood pressure. Fainting is not usually serious.

Causes: -

- Standing for a long time
- Hyperventilation
- Staying under sun for a long time
- Low blood sugar due to diabetes
- Dehydration
- Fear or other emotional trauma





Symptoms: -

- Body becomes weak or pale
- Skin becomes waxy and cold
- Pulse becomes low
- Equilibrium/ balance is lost
- Falling towards ground and lose consciousness for a short period.

- 1. Lay the patient down
- 2. Lift the patient's feet
- 3. Loosen tight clothes
- 4. Ventilate
- 5. Give him a hot drink
- 6. Giving Oral Rehydration Solution
- 7. Try to revive person shake or yell
- 8. If person doesn't respond call 1990









Food Poisoning



Food poisoning is,

An illness caused by eating contaminated food. It's not usually serious and most people get better within a few days without treatment. In most cases of food poisoning, the food is contaminated by bacteria.

To prevent: -

- Wash hands and surfaces often
- Separately keep raw and finished products
- Thoroughly wash fruits and vegetables
- Cook to the right temperature





Symptoms: -

- Nausea
- Vomiting
- Diarrhea
- Headache
- Fatigue
- Fever
- Cramps
- Abdominal Pain

- Advise them to lie down and rest.
- If they're vomiting, give them small sips of water to drink as this will help prevent dehydration.
- If they have accompanying diarrhea, it is even more important to try to replace lost fluids and salts.
- When they feel hungry again, advise them to eat light, bland, easily digested foods.
- If they get worse and the vomiting and diarrhea is persistent, particularly in the elderly, babies, or young children, seek medical advice.





Shocks

A Shock is a,

Critical condition that is brought on by a sudden drop in blood flow through the body. The circulatory system fails to maintain adequate blood flow, sharply curtailing the delivery of oxygen and nutrients to vital organs.

Causes: -

- When body fluids are decreased
- Heart Failure
- Damages to the nervous system
- Allergies

Symptoms: -

- Pale, cold, clammy skin
- Shallow, rapid breathing
- Difficulty breathing
- Anxiety
- Rapid heartbeat
- Vomiting
- Dizziness
- Confusion and disorientation





- Lay the person down and elevate the legs and feet slightly.
- Keep the person still and don't move him or her unless necessary.
- Begin CPR if the person shows no signs of life, such as not breathing, coughing or moving.
- Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.
- Don't let the person eat or drink anything.
- If the person vomits or begins bleeding from the mouth, and no spinal injury is suspected, turn him or her onto a side to prevent choking.
- Take him/her immediately to the hospital.







Snake Bites



6 Poisonous Land Snakes is Sri Lanka: -

- Common Krait
- Sri Lankan Krait
- Cobra
- Russell's Viper
- Saw-scaled Viper
- Hump-nosed pit Viper

Symptoms of Snake Bites: -

- Fainting because of excess fear
- Fast pulse
- Heavy Breathing
- Patient becomes chatty
- Vomiting
- Nausea
- Blurred vision





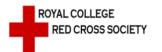
First Aid: -

- 1. Eliminate patient's fear.
- 2. Immobilize the area.
- 3. Keep the affected area lower than the heart.
- 4. Wash the area with soap and flowing water for at least 20 minutes.
- 5. Remove any tight clothing or any other jewelleries.
- 6. Take the patient to the hospital.
- 7. If possible, find the snake and take it to the hospital.

Things not to do: -

- Applying tourniquets
- Giving alcohol or drugs
- Giving aspirin
- Giving drinks containing salt
- Sucking the wound
- Cutting the wound open
- Applying herbal pastes over the wound



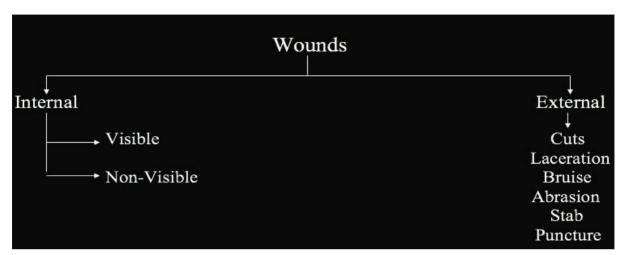








Wounds



An injury,

Occurs when a separation, tearing or breaking of the tissues or joints in the body.



- **D-** Direct Pressure
- E- Elevate
- L- Lay down
- **B-** Bandage
- O- Observation
- T- Treat for other injuries
- S- Shock treatment





Dressings & Bandages

The protective cover which is put over the wound is known as Dressings. Bandage is used as a supporter for the dressing.

Uses of dressing: -

- To detain the medicine
- Prevent from bacteria
- To stop bleeding
- To lessen the pain and swelling
- To absorb the waste from the wound

Kinds of Bandages: -

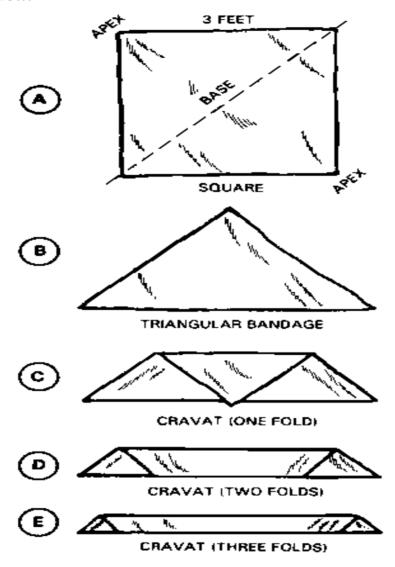






Triangular Bandages: -

To make...



Uses of Triangular Bandages: -

- To obtain the medicine
- Prevent germs entering
- To stop bleeding
- To lessen pain and swelling





Cardiopulmonary Resuscitation (CPR)

Steps to give CPR: -

- Check for response
- Call an ambulance to take the patient to the hospital (1990- Suwaseriya)
- Check for breathing
- Place your hands at the center of their chest
- Push hard and fast about twice per second
- Repeat the CPR cycle if there is no response.

When to give CPR: -

It should only be performed when a person shows no signs of life or when they are: unconscious, unresponsive, not breathing or not breathing normally.

