



Camp Infinity – First Aid Guideline

Instruction for Teachers:

Discuss on the topics below in an interactive manner. Teachers play the video and discuss with the children if they have come across such accidents in their daily routine. After the discussion, Teachers can encourage the children can do a role play to enact the concepts or conduct a Quiz on First aid to show their understanding.

Details for Children:

First aid is the provision of initial care for an illness or injury. It is usually performed by non-experts (or sometimes by an expert in case of an emergency), but trained personnel to a sick or injured person until definitive medical treatment can be accessed. Certain self-limiting illnesses or minor injuries may not require further medical care past the first aid intervention. It generally consists of a series of simple and in some cases, potentially life-saving techniques that an individual can be trained to perform with minimal equipment.

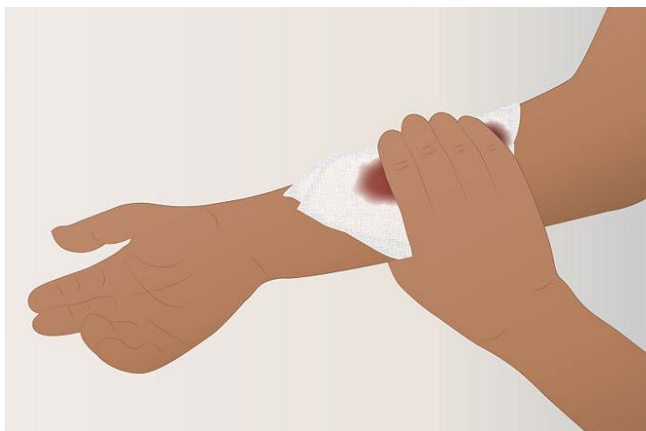
- **Bleeding – Cut or Scrape**

Act Fast: If there's bleeding, first press firmly over the site with a clean cloth until it stops, anywhere from three to 15 minutes to control the bleeding. When the wound is dirty or was caused by an animal scratch, clean under running water and gently pat dry.

Stop the bleeding first. After you have established that the victim is breathing and has a pulse, your next priority should be to control any bleeding. Control of bleeding is one of the most important things you can do to save a trauma victim. Use direct pressure on a wound before trying any other method of managing bleeding.



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- **Burns**

Act Fast: Immediately hold under cool running water or apply a cold, wet towel until the pain subsides. Cover any small blisters with a loose bandage or gauze and tape; call a doctor as soon as possible if burns are larger than 1/4 inch anywhere on the body. If the burn looks deep, the skin may be white or brown and dry, go for emergency treatment.



Learn how to treat a burn. Treat first- and second-degree burns by immersing or flushing with cool water (no ice). Don't use creams, butter or other ointments, and do not pop blisters. Third degree burns should be covered with a damp cloth. Remove clothing and jewelry from the burn, but do not try to remove charred clothing that is stuck to burns.



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- **Nosebleed**

Act Fast: Have your child sit upright, but don't tilt his/her head back. Loosen any tight clothing around her neck. Pinch the lower end of her nose close to the nostrils and have her lean forward while you apply pressure continuously for five to ten minutes. Don't release and check the nose;

- **Eye Trauma**

Act Fast: When your child has severe pain, constant tearing, light sensitivity, or blurry vision after being poked or hit in the eye, hold a cool, wet cloth over the area and head to the emergency treatment. If a chemical has been splashed in his eye, hold the lid open and flush with lukewarm water.

- **Insect Bite or Sting**

Act Fast: If the insect left a stinger, gently scrape the skin with your fingernail or a credit card to remove it without breaking it. (Using tweezers can squeeze out more venom) Call doctor if your child has trouble breathing, is coughing, or develops a hoarse voice, hives, or swollen lips or tongue.

- **Treatment for Shock.**

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Shock, often causes a loss of blood flow to the body, frequently follows physical and occasionally psychological trauma. A person in shock will frequently have cool, clammy skin, be agitated or have an altered mental status, and have pale color to the skin around the face and lips. Untreated, shock can be fatal. Anyone who has suffered a severe injury or life-threatening situation is at risk for shock.

Make them lie down with the head at a lower level than the body and feet.

- **Fracture**

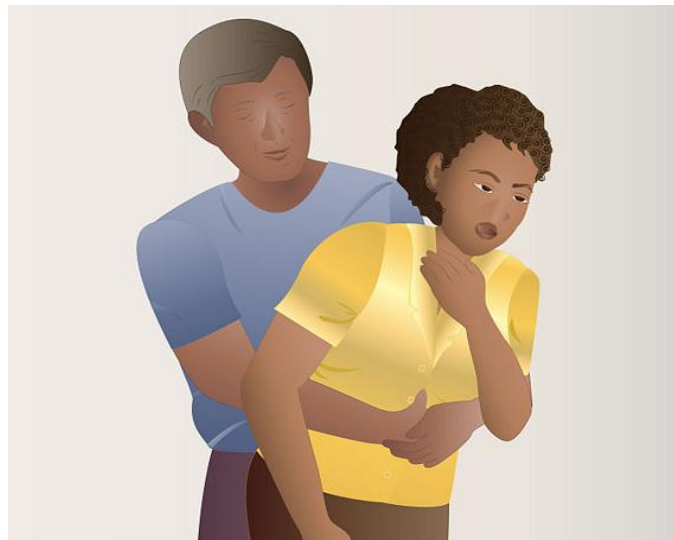
A broken bone, however common, can be treated with the following steps:

- Immobilize the area. Make sure that the broken bone doesn't have to move or support any other body parts.
- Numb the pain. Often, this can be done with an ice-pack covered by a towel.
- Make a splint. A bundle of newspapers and sturdy tape will do just the trick. A broken finger, for example, can also use another finger as a stabilizing splint.
- Make a sling, if necessary. Tie a shirt or a pillowcase around a broken arm and then around the shoulder.

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- Choking



Choking can cause death or permanent brain damage within minutes.

- One of the ways to help a choking victim is the **Heimlich Maneuver**. The Heimlich maneuver is performed by straddling the victim from behind and bear-hugging them with your hands interlocked above their belly-button but beneath their chest bone.
- Thrust upward to expel air from the lungs and repeat until you are successful in clearing the object from the windpipe.