Basic First Aid

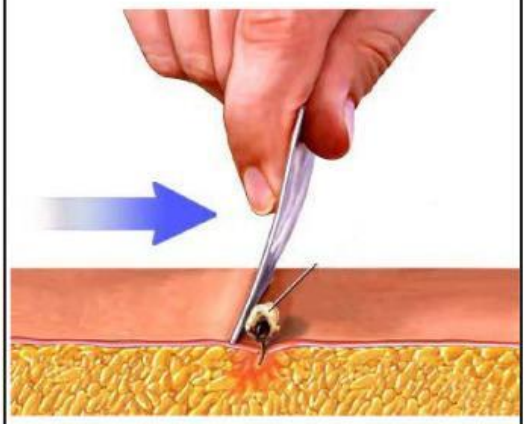
Name:

First Aid is the first and immediate assistance given to anyone with an illness or injury, until full medical treatment is available. Sometimes, first aid care is enough for a person to recover. For more serious injuries or illnesses, first aid care should be continued until more advanced care can be obtained. Here is a table that shows you how to offer First Aid in various basic situations:

CUTS AND GRAZES	1. Wash the wound 2. Dry the wound 3. Apply antibiotic solution 2. Apply a dressing or plaster	
BURNS AND SCALDS	1. Cool the area under cool running water or immerse in cool water for ten minutes. 2. Apply antibiotic ointment 3. Make a cool compress such as a cold, wet washcloth or use a Burnshield dressing 4. Take a pain reliever such as Panado 5. If you don't have Burnshield, you can apply Aloe Vera Juice *BURNSHIELD is a sterile, gel product containing Tea Tree Oil. It provides the essential physical protection against burns and should be applied, if available. It cools the skin and minimises damage from burns.*	 

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SUNBURN	1. Apply Aloe Vera lotion or calamine lotion 2. Drink water to prevent dehydration 3. Don't break small blisters 4. If blisters break, clean with mild soap and water, apply antibiotic ointment and cover the wound with a non-stick bandage	
STINGS AND BITES	1. Remove the sting if possible (scrape it off rather than squeezing to prevent further venom going further in) 2. Wash the area of the sting or bite with soap and water 3. Place a cold compress or ice pack on the area for about ten minutes to help reduce pain and swelling 4. Apply calamine lotion or a paste of baking soda and water to the area, or a soothing ointment especially for stings and bites such as Anthisan Cream	

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BRUISES	1. Wrap ice in a clean towel and place on the bruise for 10 to 20 minutes several times a day for the first day or two after bruising 2. Try to keep the bruised area raised <u>above</u> the heart 3. Apply Arnica gel or lotion if possible 4. Rest the bruised area 5. Take a pain reliever such as Panado to relieve the pain	
POISONING	<u>Swallowed poison</u> e.g. a liquid like turpentine: Wash the area around the mouth and do mouth to mouth resuscitation* if person not breathing and call an ambulance. Place person in the recovery position** if they are unconscious or vomiting but breathing. <u>Inhaled poison</u> e.g. gas used for heating the home: Move the person into fresh air. If unconscious call an ambulance and do mouth to mouth resuscitation if not breathing.	

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POISONING	<u>Absorbed poison</u> e.g insecticide: Wash the area with cool, clean water, call an ambulance and keep the container that held the substance to show the paramedics <u>Injected poisons</u> e.g. a snakebite: Call an ambulance immediately if the person is unconscious or not breathing. Lie the person down and keep the affected area below the person's heart level to slow down the spread of the poison.	 
BLEEDING	1. Place a clean cloth on the wound and press it down firmly with your palm to control bleeding 2. If bleeding is heavy, call for an ambulance and maintain pressure until help arrives 3. If bleeding stops after applying pressure, bind the wound with a thick bandage or clean cloth.	
CHOKING	1. Hit the person firmly between the shoulder blades five times 2. Check for breathing or that the item is dislodged 3. Perform five abdominal thrusts 4. Alternate between 5 blows and 5 thrusts until the blockage is dislodged 5. Call an ambulance and start mouth to mouth resuscitation if the person is not breathing	

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***Mouth to Mouth Resuscitation**

Mouth-to-mouth resuscitation is the act of helping someone to get breath or oxygen while they are not able to breathe on their own. The rescuer presses their mouth against that of the victim, and blows air into their lungs.





Performing mouth-to-mouth resuscitation

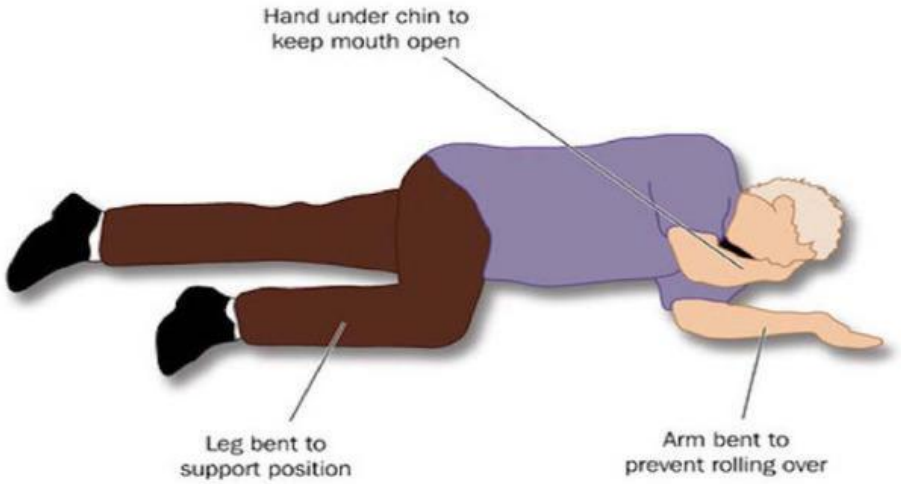
1. First, see whether the unconscious person is breathing at all. Bend down and place your ear near his or her mouth and nose and listen for signs of breathing.Look at his or her chest and see if you can see signs of exhalation.
2. Position the injured person on his back.
3. Open his or her mouth and use your fingers to remove anything in the throat or that might be blocking the airway.
4. Put one hand under the injured person's neck, and place the other hand on his forehead. Tilt the head back as far as you can to keep the airway clear. The injured person's mouth should be open.
5. Pinch the nostrils to close them.
6. Take a deep breath.
7. Cover the injured person's mouth completely with your own.
8. Exhale hard into the injured person's mouth. Repeat four times.
9. If you are working on an adult, stop for five seconds, and then repeat giving only one breath.
   If you are working on a child or infant, stop for three seconds, and then repeat giving only one breath.
10. Repeat this process until the victim begins breathing, until you feel a pulse, or until help arrives.

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****The Recovery Position**

If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position. This will keep their airway clear and open. It also ensures that any vomit or fluid won't cause them to choke.



Questions

1. Draw a picture of someone in the recovery position in the space below.

(3 mark)

2. Why do you put someone in the recovery position?

_____

_____

_____ (2 marks)

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3. Look up the meaning of the word "resuscitation" and write it down.

_____

_____

_____(2 marks)

4. Why is it sometimes necessary to perform mouth-to-mouth resuscitation?

_____

_____

_____(1 marks)

5. Why do you tilt the person's head back as far as possible when performing mouth-to-mouth resuscitation?

_____

_____

_____(1 marks)

6. If someone is choking, how many times should you hit them between the shoulder blades?

_____(1 marks)

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7. If someone has been bitten by a snake, why must you lie the person down and keep the affected area below the person's heart level?

_____

_____

_____(2 marks)

8. When treating a bruise,a.how long should someone hold the ice pack on the bruise?

a. how long should someone hold the ice pack on the bruise?

_____(1 mark)

b. how many times a day should they do this during the first day or two after the bruising?

_____(1 mark)

9. What must you do in order to prevent dehydration after being sunburnt?

_____(1 mark)

10. What is the first thing you must do if you get a burn?

_____(1 mark)

Total marks: ___ / 16

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