FIRST AID

What is First Aid?

First Aid is the assistance or treatment given to a casualty for any injury or sudden illness before the arrival of an ambulance or qualified medical expert. It may involve improvising with facilities and materials available at the time.

Aim of First Aid:

- First Aid treatment is given to a casualty in order:
- To preserve life
- To prevent the condition from worsening
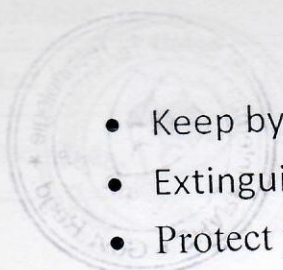- To promote recovery

Protect – Examine – Alert

You Must Assess the Situation and

- Protect
- Examine
- Alert

Only after having performed these 3 steps will you actually provide First Aid.

1. Protect

- Protect yourself and the injured person.
- Avoid another accident by eliminating the cause:
- Turn-off the electricity to equipment
- Have someone control traffic

- Keep bystanders away from the scene of the accident
- Extinguish fire if possible without putting yourself in danger
- Protect yourself against blood borne pathogens (AIDS, Hepatitis)

2. Examine the Victim

A   Look for severe external Bleeding

B   Check for Responsiveness & Unconsciousness

C   Check for Breathing

D   Check for Circulation/Pulse

A   Look for severe external Bleeding

- Loss of blood may be fatal.
- Arterial bleeding from the femoral artery can cause death in two minutes!

B   Check for Responsiveness & Unconsciousness

Ask simple questions

"Can you hear me?"

Give simple orders

"Press my hand."

C   Check for Breathing

Look – Listen – Feel

D   Check for Circulation/Pulse

Check the pulse at the neck = Carotid Pulse Finding the carotid pulse:

For More Notes Contact us:

Shark International Safety Technologies

Email: info@sistindia.org | info.sistindia@gmail.com

Call : +91-9603 881 038 | +91-9700 459 909