



First **A**id in **C**ommon **E**mergencies

Hands on Training Workshop

Basics of Initial Management

First Aid in Common Emergencies

Initial Management

- Protect yourself – scene safety
- Call for help
- Stabilize the patient
- Manage A-B-C
 - AIRWAY-BREATHING -CIRCULATION
- Safe transfer to appropriate facility

Human body

- **Respiratory system**
 - Airway and Lungs
- **Cardiovascular system**
 - Heart and blood vessels
- **Nervous system**
 - Brain and spinal cord
- **Locomotor system**
 - Bones, muscles, joints

A---B---C---D



First Response

- Scene safety
- Assess the victim
- Call for help
- Respond
 - stabilize victim
 - protect airway
 - safe transfer to appropriate facility

Scene safety

- **Is the scene safe?**
- **Protect yourself first!**
- **Then try to help victim!**



DANGER HAZARDOUS MATERIAL DO NOT ENTER

Trauma

FACE

First **A**id in **C**ommon **E**mergencies

Trauma

Wounds

How to stop bleeding

Fractures and splints

Burns and electrocution

Bites

Types of Wounds



ABRASION



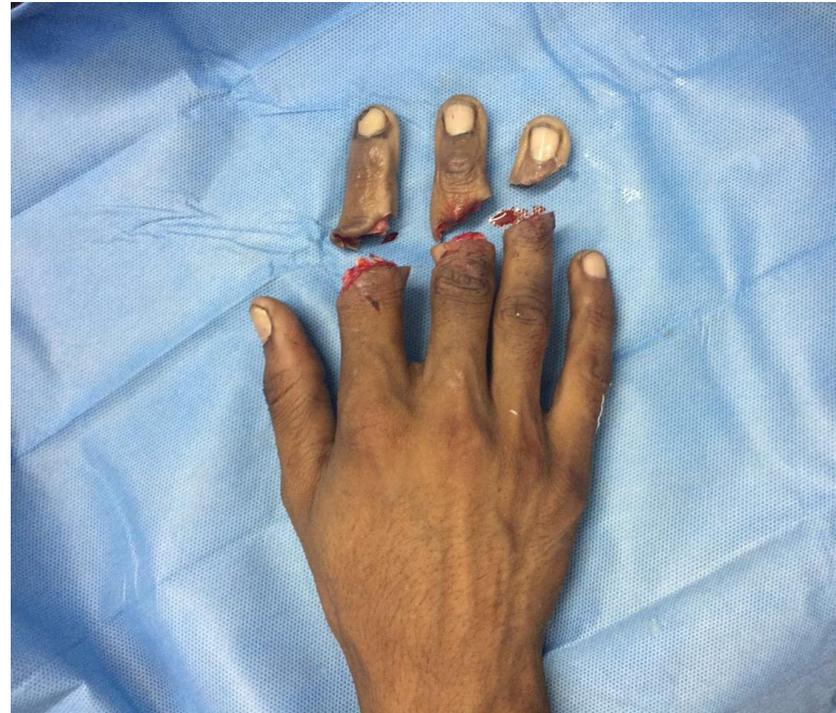
LACERATION

Types of Wounds

Mangled Limb



Amputations



What to do?

- Stop bleeding
- Clean the wound-remove dirt under running water
- Look for bony injury beneath.
- **Do not remove the instrument/weapon**
- **Transfer as early as possible**

How to stop bleeding

- Pressure
- Pressure
- Pressure

Use a barrier



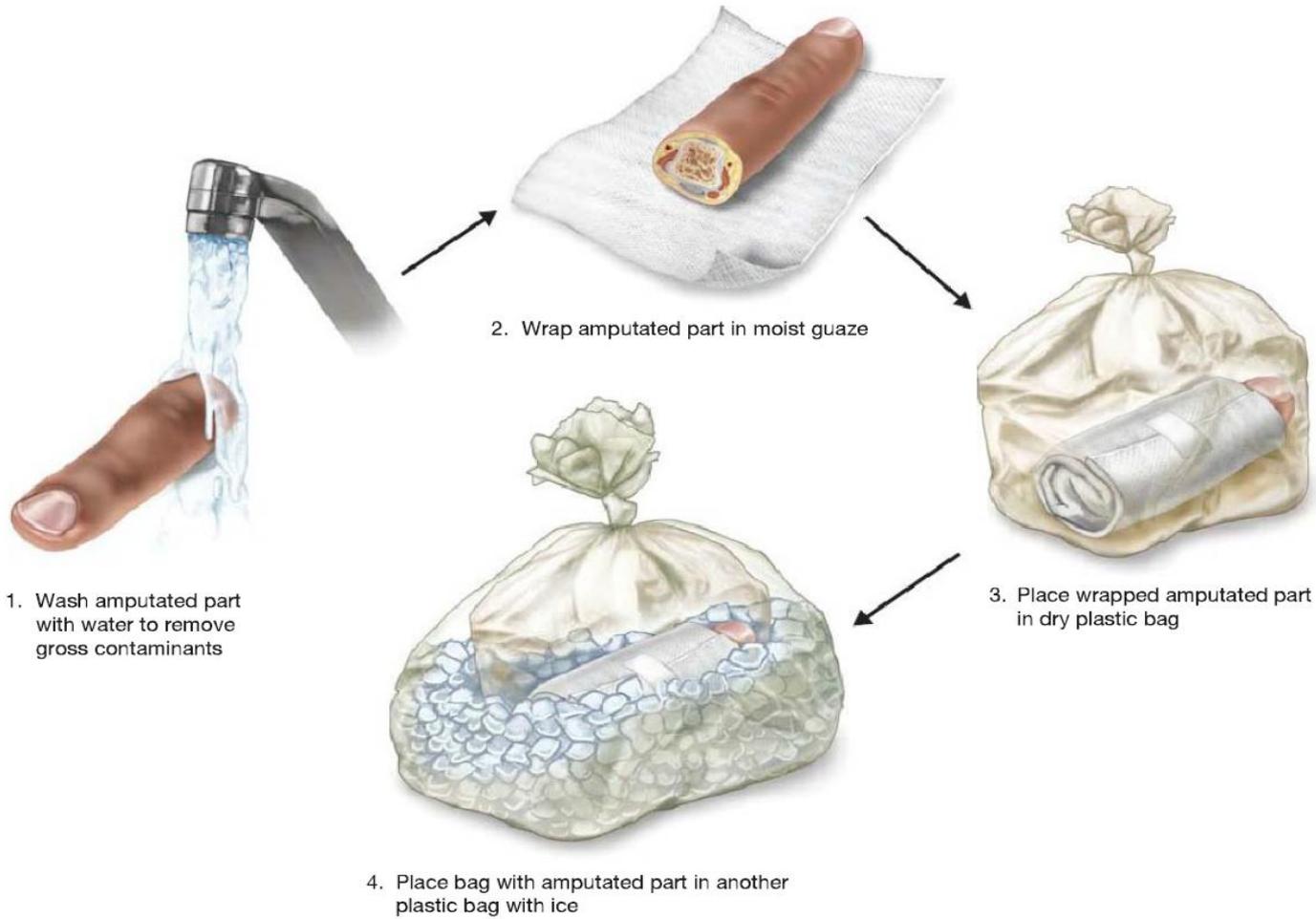
Tourniquets / Pressure dressing



Recognition of Internal bleeding

- Bruise over affected area
- Weak, faint or giddy feeling
- Increased thirst
- Pale skin
- Cold clammy skin

Preservation of amputated part



Splint

Why to apply

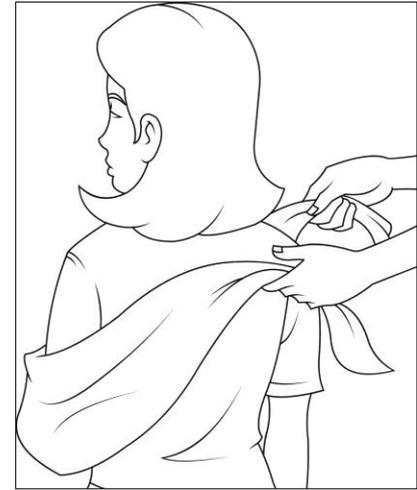
- Pain reduction
- Alignment
- Protection of Surrounding structures

What and how to apply

- One joint above and below



Sling



Thermal Injuries

First Aid in Common Emergencies

Burns: Thermal injury



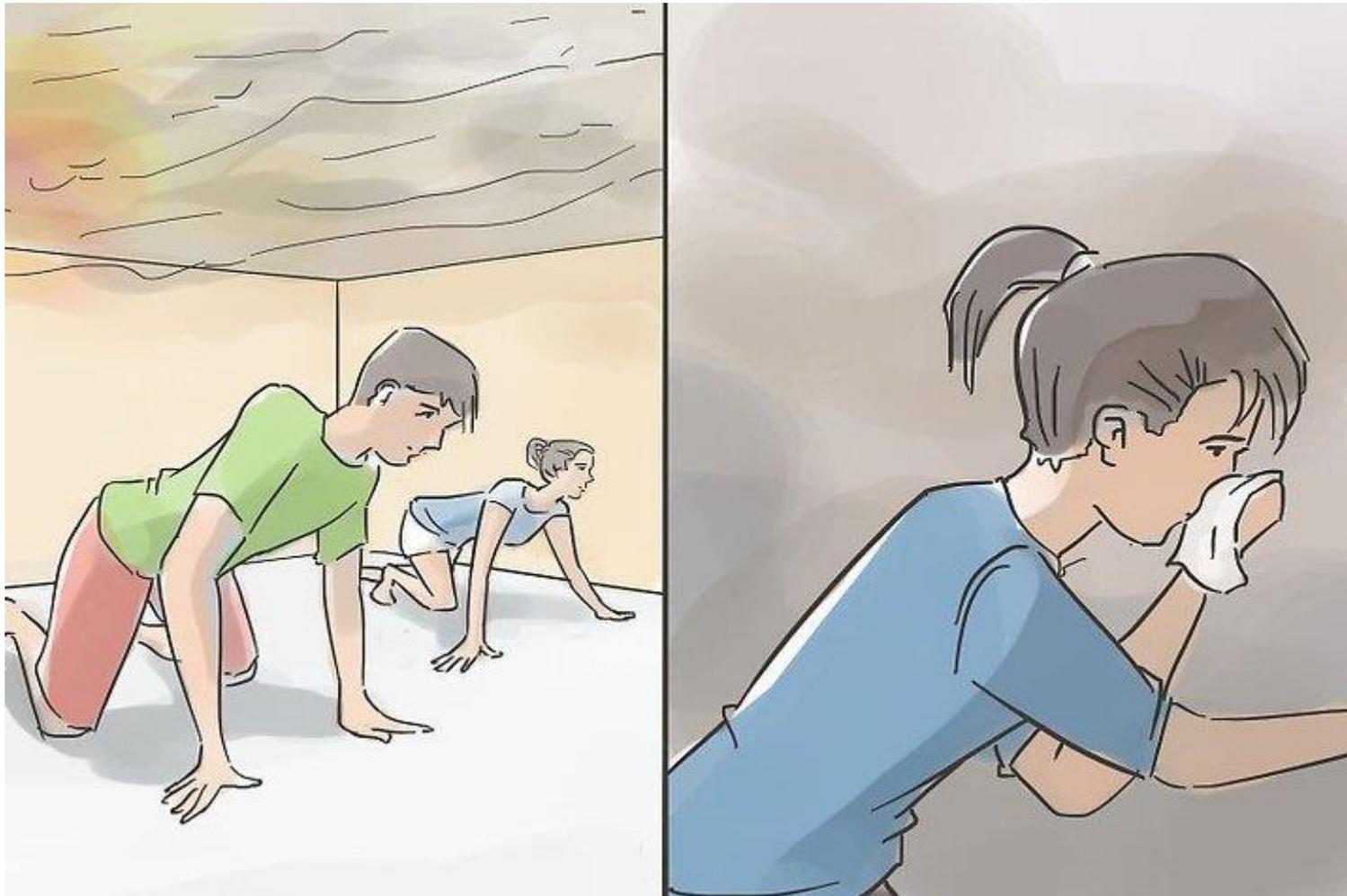
What to do?

- Protect yourself
 - Stop the burning process
 - **Pour water**
- Remove clothes/jewelery
 - Covering the burn with a clean bandage
 - Transfer to burn center



Do not touch/prick the blisters
Do not put ice on a burn

How To Prevent Smoke Inhalation



Transfer

First Aid in Common Emergencies

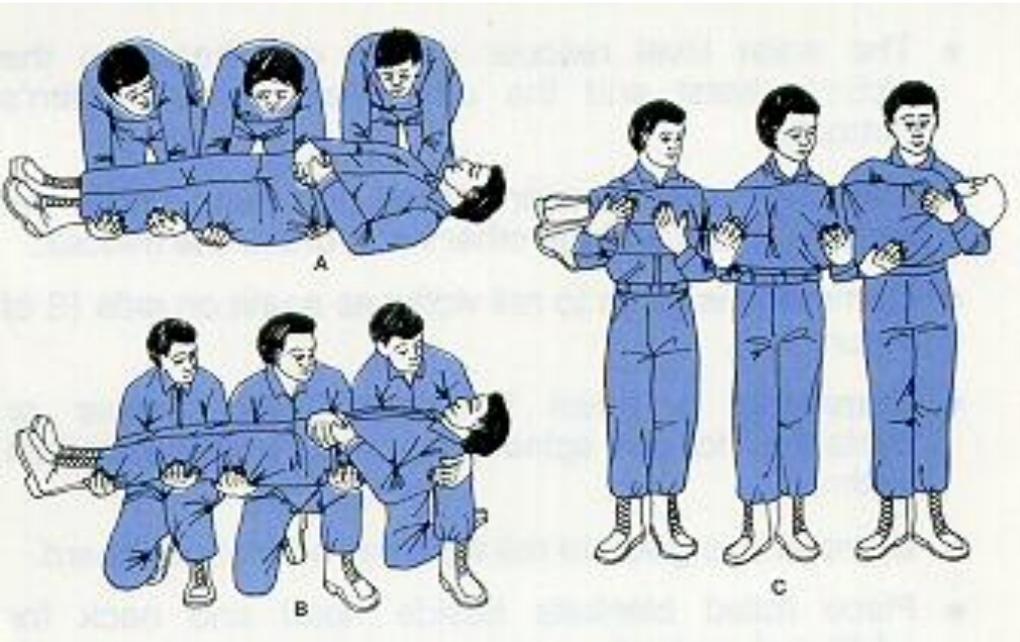
- Early transfer
- Safe transfer
- Appropriate facility
- Spine protection
 - ✓ Cervical collar
 - ✓ Spine board

Transfer

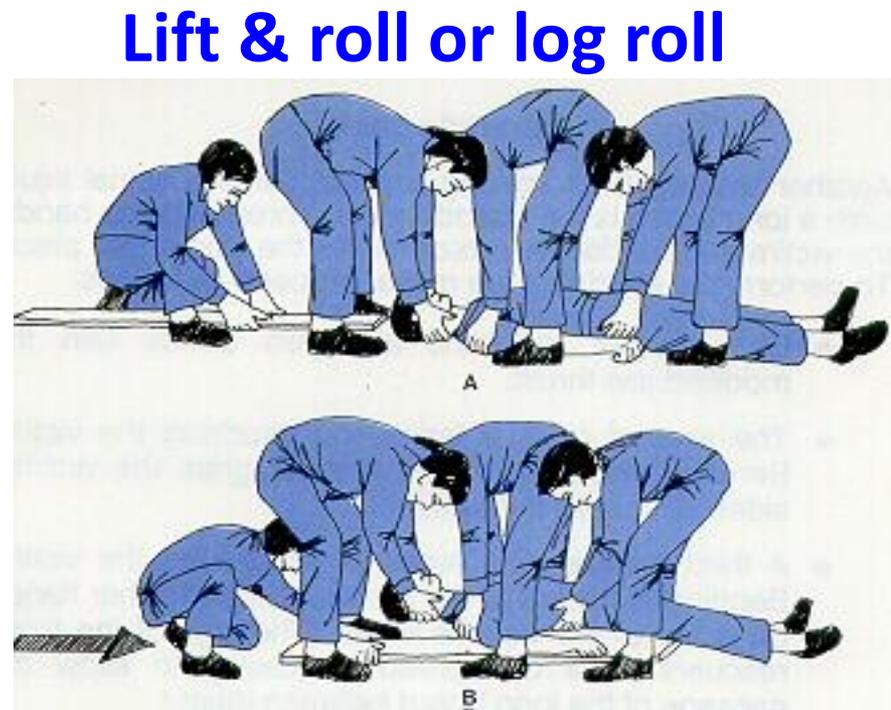


Lifting Techniques

Two person carry



4 person straddle



Spine board is a safe transport



Cervical spine protection



THANK YOU

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