



SIMS
Healthy Life

FIRST AID

AND

BASIC LIFE SUPPORT



DrMCR HRD INSTITUTE
HYDERABAD

FIRST AID

Emergency or immediate care provided to a person who is injured or ill until full medical treatment is available.

BASIC LIFE SUPPORT

Level of initial care at the primary scenario - for victims of certain life-threatening issues, until the availability of advanced life support.

FIRST AID AND BASIC LIFE SUPPORT

What is the difference ?
In which order they are provided ?

FIRST AID

AND

BASIC LIFE SUPPORT

Who will do ?

With what
instruments/ devices?

Until what
duration?

FIRST AID AND BASIC LIFE SUPPORT

Who will do ?

With what
instruments/ devices?

Until what
duration?

In which order?

FIRST AID KIT



FIRST AID KIT

- Tweezers
- Medical tape
- Splints
- Tongue depressor

- Gloves
- Bandage (triangular) Elastic
Roller bandage
- Penlight



- Safety pins
- Forceps
- Scissors

- Povidone Iodine
- Hydrogen Peroxide
- Cotton
- Cotton swab
- Band aid
- Gauge pads



- First aid, for different situations...

OPEN WOUNDS



laceration



Avulsion

OPEN WOUNDS



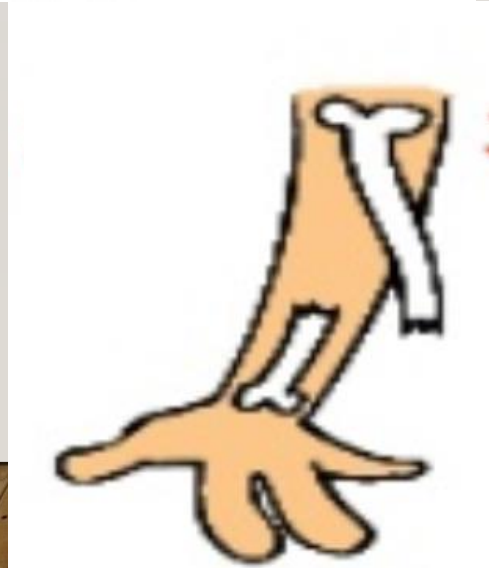
laceration



- Control bleeding
 - direct pressure and
 - elevation
- Prevention of contamination
- Washing, dressing and bandaging

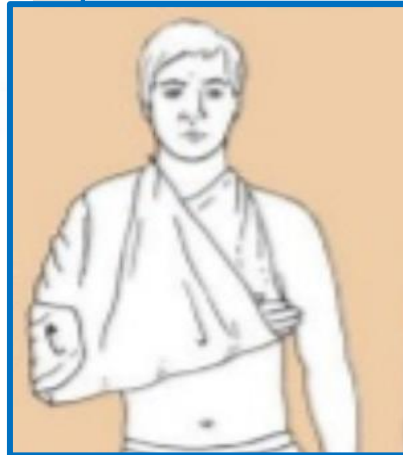
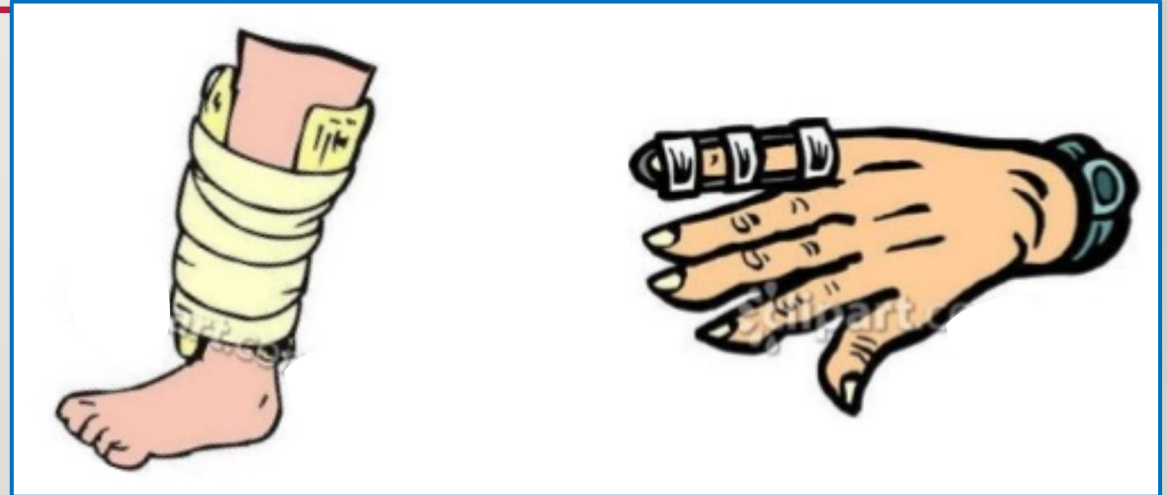


FRACTURE



- Broken bone
 - Closed
 - Open

FRACTURE



- Prevent further contamination
- Immobilisation
- Splinting
- Elevation of limb

BURNS

First degree
burn



Second degree
burn



Third degree
burn



BURNS

First degree
burn



Second degree
burn



Third degree
burn



Run cool water
over area of
burn



Cover the burn
with a sterile
bandage



ELECTROCUTION



ELECTROCUTION



- Don't touch the victim if electrical wires are still in contact
- Call for help to disconnect the electricity

ELECTROCUTION



On ensuring safety,

- start ABC of resuscitation
- If there are visible injuries, cover with sterile bandage
- Transfer the patient to medical care as soon as possible

ANIMAL BITES



ANIMAL BITES

- Wash with soap and warm water



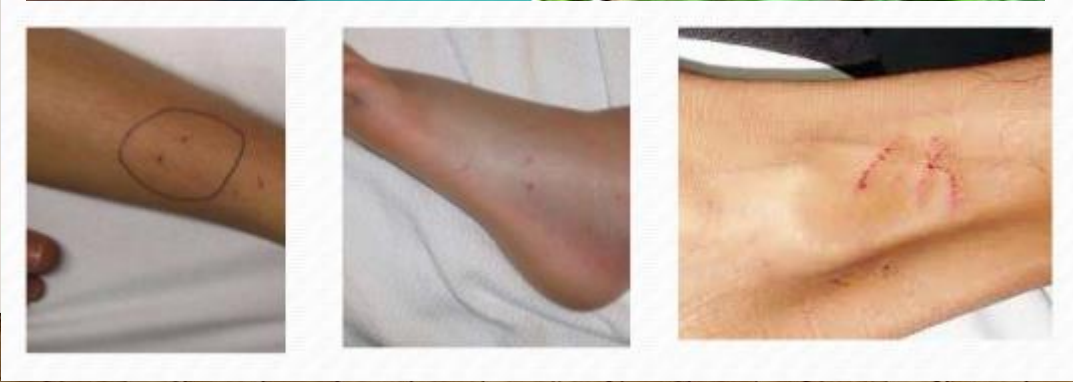
Control bleeding by pressure and elevation



- Apply sterile dressing if found relevant, and send to hospital for possible need for a vaccine



SNAKE BITE



SNAKE BITE



- Remove the victim from site of risk
- Don't meddle to clear the snake, even if found dead

- Assessment

How to identify poisonous snake by seeing bite mark?

- Call for help and advice
- Reassurance
- ABCs of resuscitation

A poisonous snake can bite.
Still it may not inject its venom.

- First aid



SNAKE BITE



- Don't manipulate the wound
- Don't incise, don't suck, don't try to squeeze out blood
- Loosen the bangles, bracelets etc



SNAKE BITE



-
- Keep the limb hanging down, don't elevate
 - Apply a loose bandage if needed



SNAKE BITE



- Do a quick, yet safer transport to the proper medical center for early injection of anti-snake venom,
- Meanwhile don't give aspirin, alcohol, even caffeine.



SCORPION BITE



SCORPION BITE



- Call for help
 - ABCs if needed
 - Reassure the patient
-



SCORPION BITE



- Cold compression for pain relief and localisation of poison
- Minimise the movement
- Don't incise, don't massage

INSECT BITES



- Can be bee or wasp stings
- Sometimes patient gets too serious and need ABCs of resuscitation



INSECT BITES

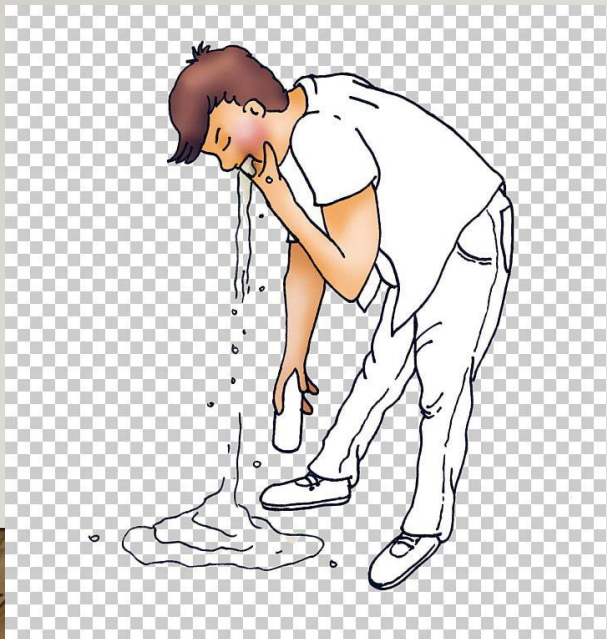


- Reassure the victim
- Scrape off the sting
- Apply ice-cold gauze for pain relief before referring to hospital
- Any other measures, to be followed as instructed by the hospital

POISONING



- Look for the clues around
- Take the victim away from poison
- ABC, Rescue from life threatening conditions
- Check material safety data sheet, the MSDS
- Take help from poison control centre or available experts



DROWNING



DROWNING



DROWNING



DROWNING CHAIN OF SURVIVAL

A call to action



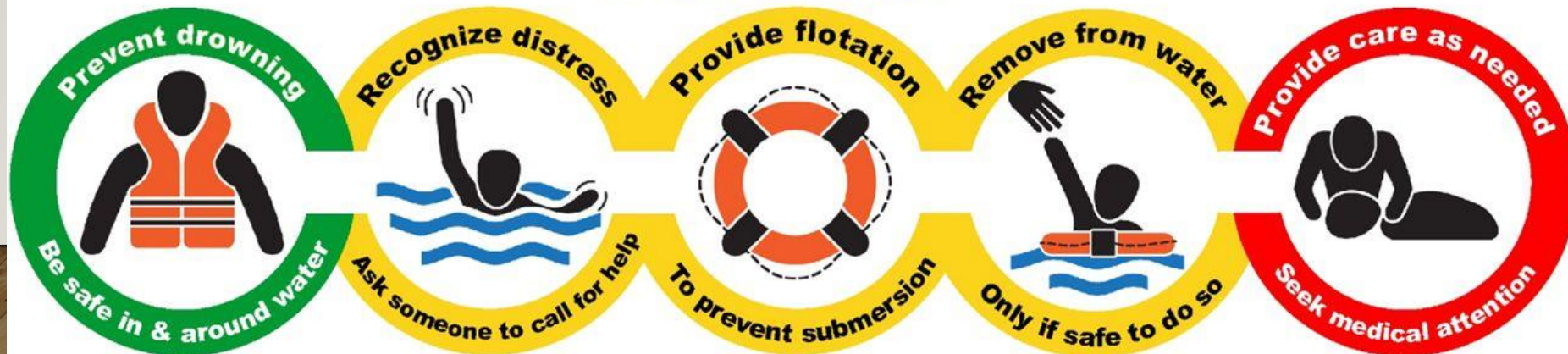
DROWNING



- Get help from lifeguard team
- Move the victim to safe zone
- Look for pulse and breathing
- Start ABC of resuscitation

DROWNING CHAIN OF SURVIVAL

A call to action



CHOKING



CHOKING



- Stand behind.
- Make a fist, position it above the navel. Grasp the fist with the other hand.
- Abdominal thrusts - as if trying to lift the person up.
- Perform between six and 10 times - until the blockage is dislodged.



NOSE BLEED



- Nose pricking
- Blowing too hard
- Knock on nose while playing

NOSE BLEED



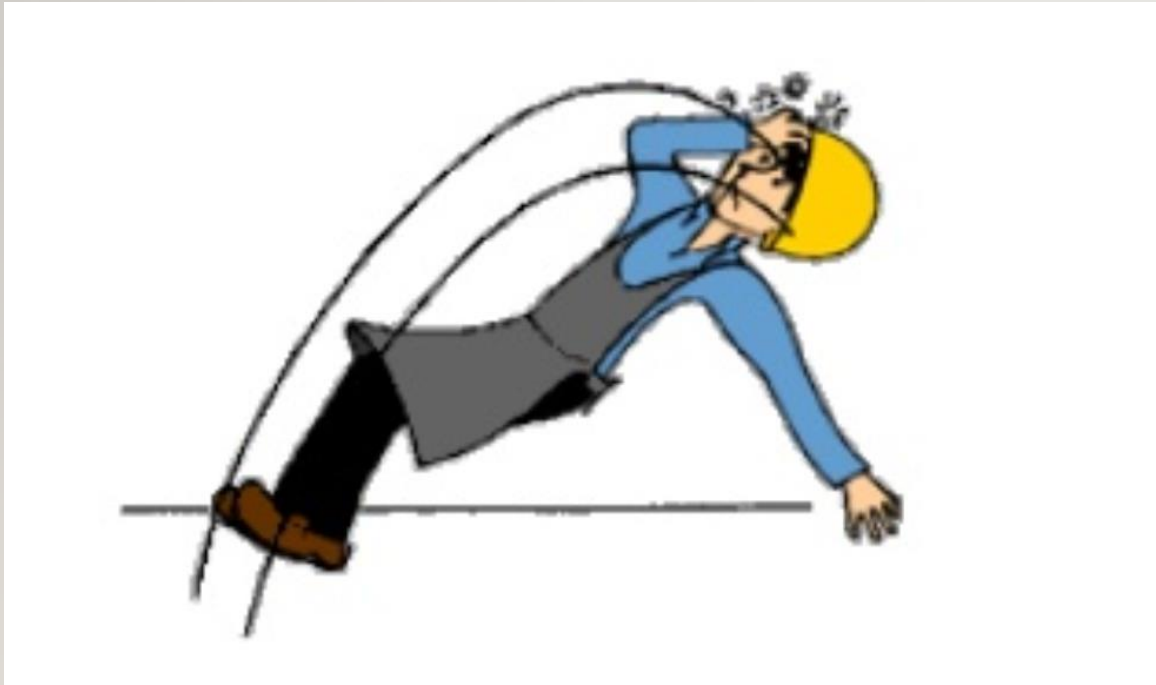
- Make the victim sit down and lean forward slightly
- Pinch and hold the lower non-bony part of nose for 10 minutes

NOSE BLEED



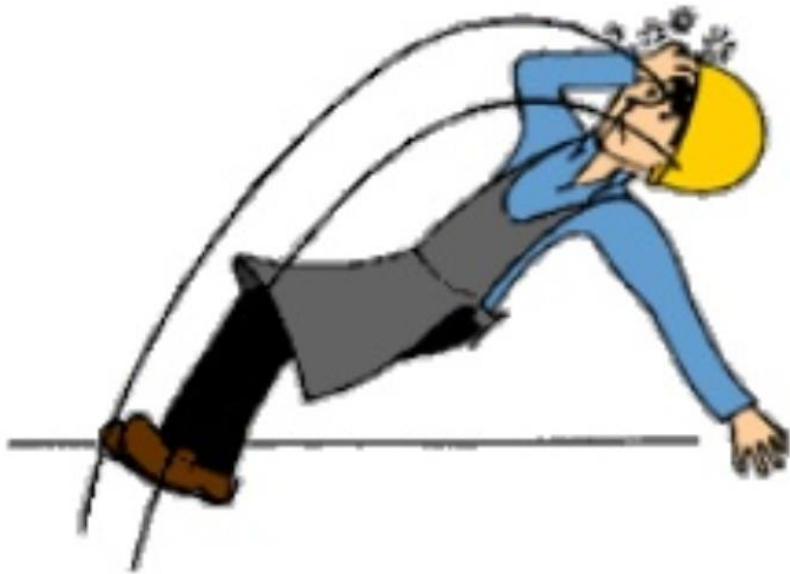
- Ask the victim to take breath from mouth
- Ask the victim not to prick or blow the nose for 24 hours

FAINTING



Caused by sudden fall in
blood supply to the brain

FAINTING



- Lay the victim flat on the ground
- Elevate the legs to promote more blood flow towards the brain

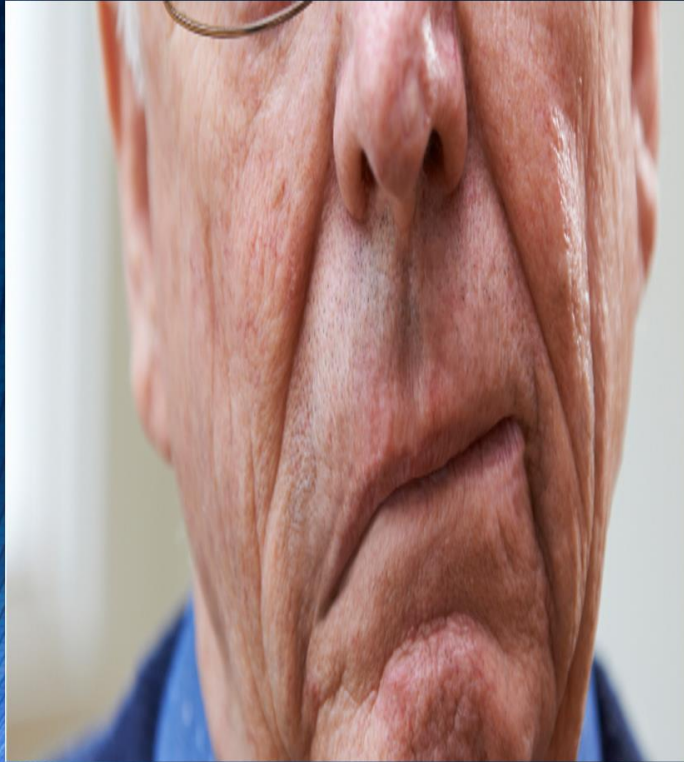
If you feel he is hypoglycemic, give oral liquid glucose like juice etc

CHEST PAIN



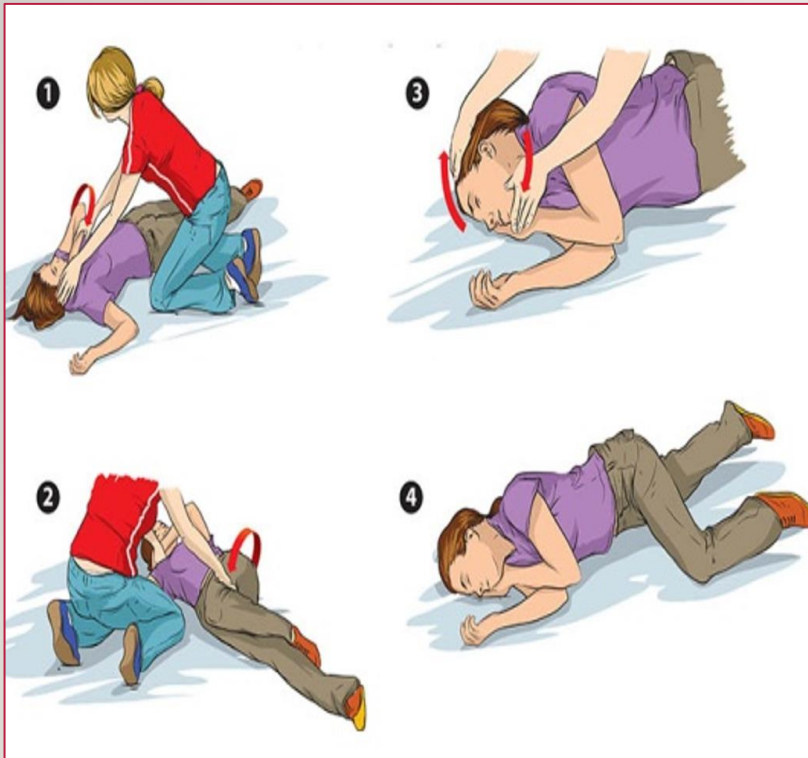
- Pain in the chest that can be a result of many things, including angina, heart attack (coronary occlusion), and other important diseases. Chest pain is a warning to seek medical attention.
- **For immediate first aid treatment, do the following**
- Call Ambulance
- Reassure the person
- Make the person sit in a comfortable position, provide oxygen if available
- Loosen any tight clothing, provide adequate ventilation
- If already prescribed medicine assist the person to take with minimum water (Aspirin, Sorbitrate)
- Check blood glucose levels if available

STROKE



- A stroke occurs when part of the brain loses its blood supply and stops working. This causes the part of the body that the injured brain controls to stop working. A stroke also is called a cerebrovascular accident, CVA, or "brain
- **For immediate first aid treatment, do the following**
- Call Ambulance
- Reassure the person
- Make the person comfortable either sitting or lying
- Ensure that the person is transported to neurology center
- Provide oxygen if available
- Check blood glucose levels if available

SEIZURES (FITS / CONVULSIONS)



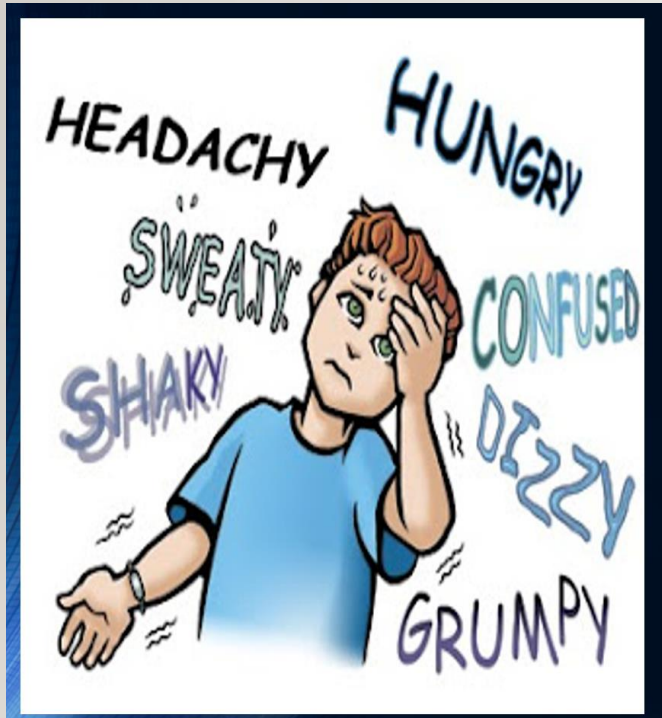
- Know his history
- Reassure bystanders
- Remove any objects nearby, that may injure him
- Protect his head by soft clothing as cushion
- Loosen the clothing, especially around the neck
- Place in recovery position

HEAT STROKE



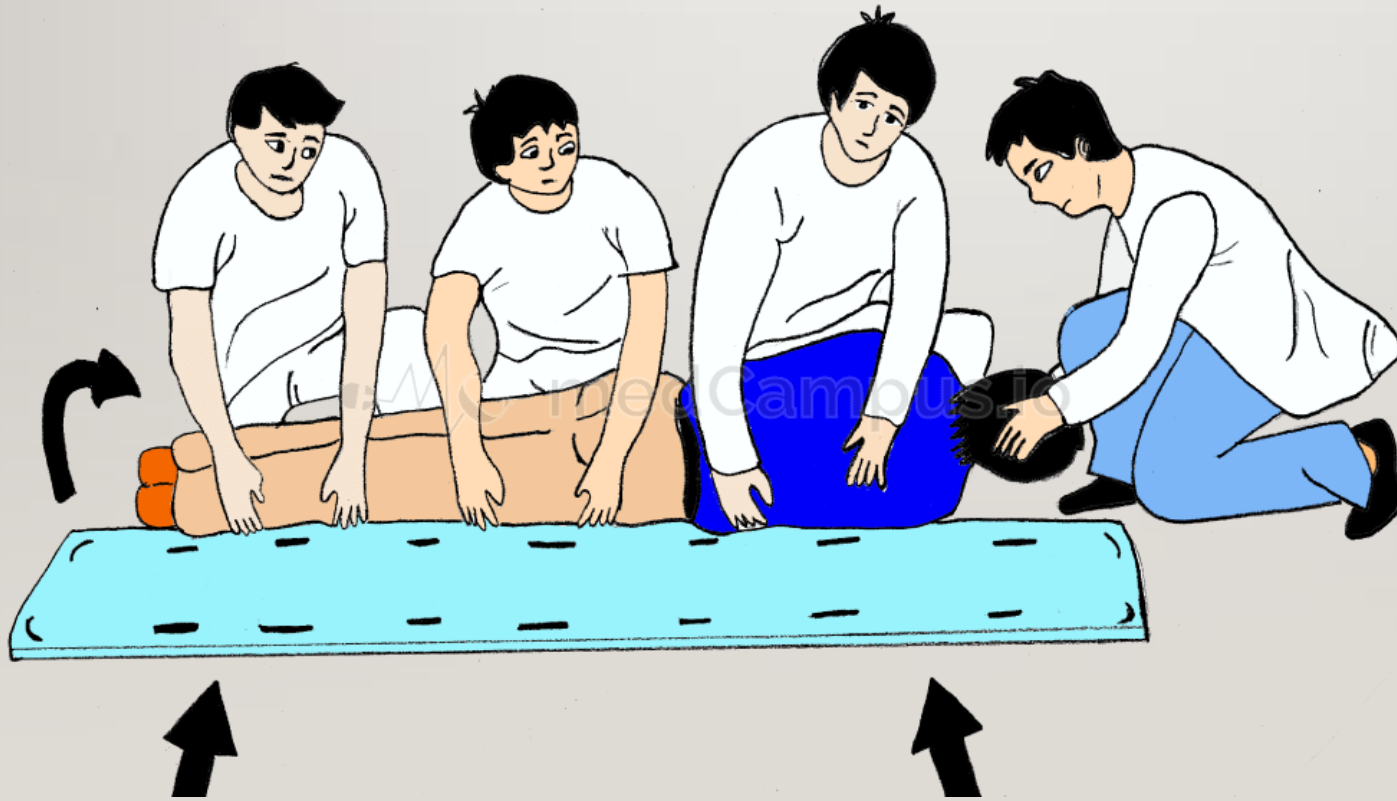
- Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long.
- **For immediate first aid treatment, do the following**
- Put the person in a cool tub of water or a cool shower.
- Spray with a garden hose.
- Sponge with cool water.
- Fan while misting with cool water.
- Place ice packs or cool wet towels on the neck, armpits and groin.
- Cover with cool damp sheets.
- Let the person drink cool water or other nonalcoholic beverage without caffeine, if he or she is able.
- Begin CPR if the person loses consciousness and shows no signs of circulation, breathing, coughing or movement.

HYPOGLYCEMIA



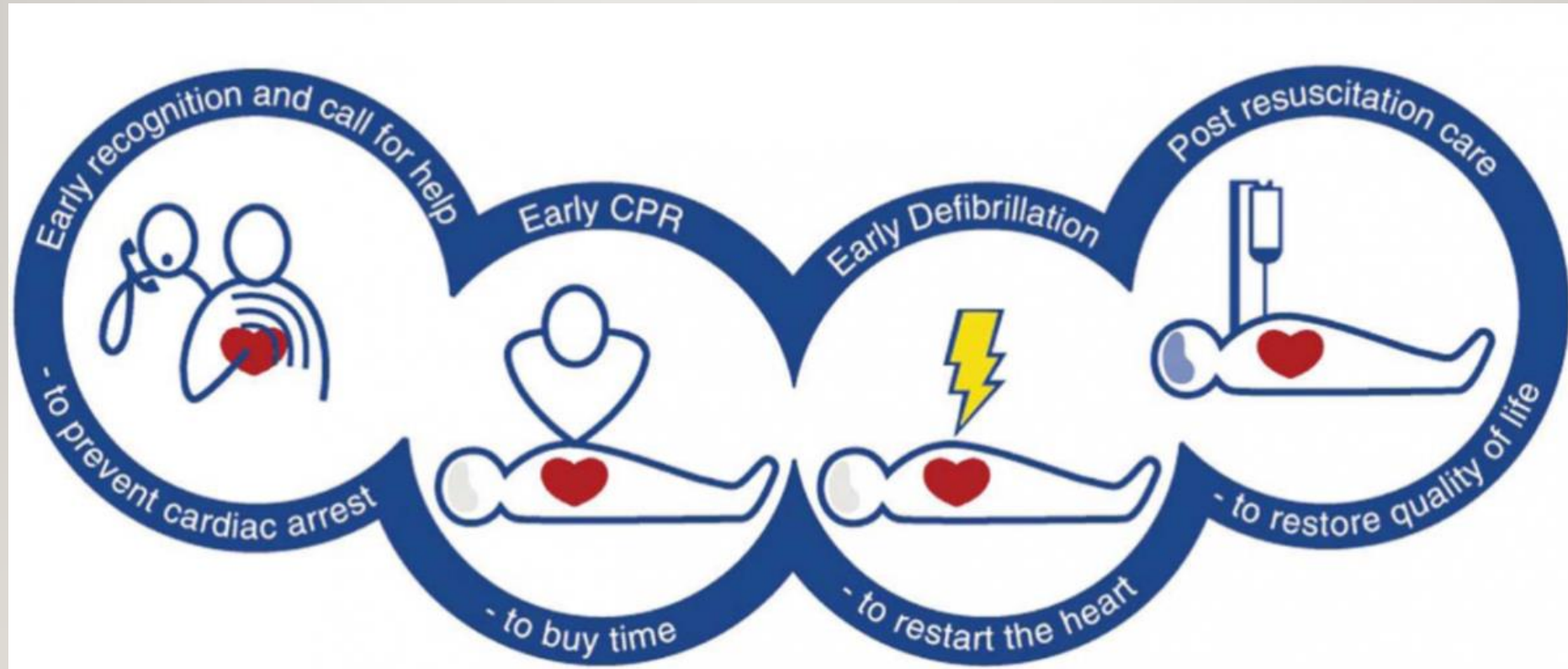
- Most common cause of sudden LOC , after prolonged fasting
- Call EMS
- Give liquid glucose containing solution
- Place in recovery position

SPECIAL PRECAUTIONS IN SUSPECTED SPINAL INJURIES





BLS - CHAIN OF SURVIVAL



Scene safety





30

2

C - A - B



Compressions
Push hard and fast
on the center of
the victim's chest



Airway
Tilt the victim's head
back and lift the chin
to open the airway



Breathing
Give mouth-to-mouth
rescue breaths





30

2

C - A - B



Compressions
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AUTOMATED ELECTRICAL DEFIBRILLATOR



AUTOMATED ELECTRICAL DEFIBRILLATOR





RECOVERY POSITION



VITAL SIGNS

BODY TEMP _____ degree

HEART RATE _____ / min

BLOOD PRESSURE _____ / _____ mmHg

RESP RATE _____ / min

Always

Document what you've done

- for guiding the referral centre
- for your legal safety



Always

Document what you've done

- for guiding the referral centre
- for your legal safety

Never

- Allow solid food, alcohol, aspirin, coffee
- Declare death

TO CONCLUDE..

**Safety is
important !**

**..proper
disposal of wastage**





READY ?

- Ready assessment
- Enough trained aiders
- Accessible, visible first aid equipment
- Drills and first aid procedures
- You and your unique business activities





THANK YOU

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