

# Basic First Aid



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## Definition:

- First Aid is the initial response and assistance to an accident/injury situation.
- First Aid commonly requires some direct exposure to the accident scene.
- This response has the primary purpose of “stabilizing the scene and those affected by the incident.”



# Fundamentals

- Protect Yourself
- Call for Help
- Airway, Breathing, Circulation
- Control of Bleeding
- Controlling Physical Shock
- Open and Closed Wounds
- Injuries to Bones
- Transportation

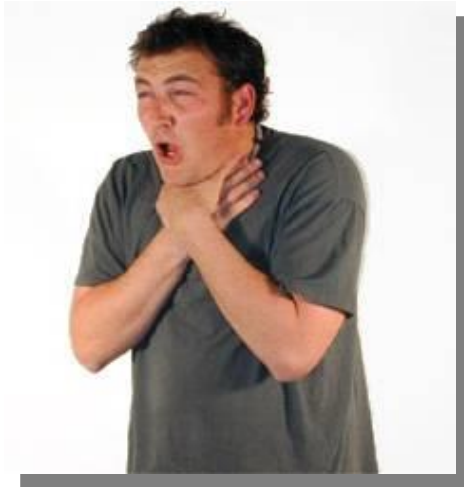
# Airway and Breathing

- After you have secured the scene and assured that you are safe:
- Make sure the patient is breathing.
  - Are breathing sounds evident?
  - Does the patient's chest rise and fall?
  - Is the patient's skin blue or gray in color?
- Do not attempt CPR unless you are trained.



# Choking

What should I do if my patient is choking?



- If your patient cannot speak or cough and holds their throat – these are common signs of choking.
- Abdominal thrusts and “back blows” are the most prescribed method for removing airway obstruction.

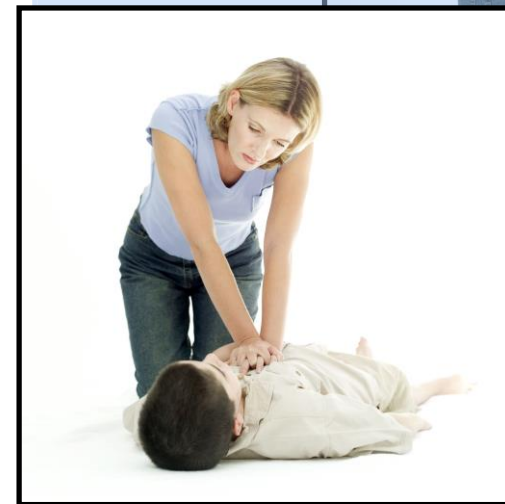
# Procedures to Alleviate Choking

- Position yourself behind your patient and deliver 5 firm “back blows” between the shoulder blades.
- Sweep the patient’s mouth from side to side.
- If the obstruction is not cleared, deliver 5 abdominal thrusts and repeat the finger sweep.



# Choking

- The conscious victim will usually be standing, and abdominal thrusts should be applied from behind.
- Unconscious victims should be placed on their back on a flat and firm surface.



# Control Bleeding

If your patient is conscious:

- Have them apply direct pressure to the bleeding area with a clean (preferably sterile) dressing.
- It will also be helpful to elevate the bleeding area and apply cold packs to assist in reducing the blood flow.
- Unconscious patients will require your assistance!





# Open and Closed Wounds

## Wounds are classified as open or closed.

- Open wounds usually involve visible injury with bleeding.
- Once bleeding is controlled, the primary concerns are physical shock and prevention of infection.
- Closed wounds are less evident but can be just as serious as an open injury.
- Deep Bruises
- Internal Bleeding

# Bone and Muscle Injuries

Common injuries to bones and muscles include:

- **Sprains:** injuries to ligaments
- **Strains:** muscles moving beyond the normal range of motion or load
- **Fractures:** physical damage to the bone (chipped or broken bones)



# Physical Shock



- Physical Shock is a very serious condition!
- The brain fails to get an adequate supply of oxygen due to the body's reaction to trauma.
- If left untreated, this condition can result in death.

# Physical Shock Treatment

## Symptoms:

- Cold and moist skin (cold sweat)
- Shallow and rapid breathing
- Weak and rapid pulse
- Pale skin with possible bluish tint around the lips and nail beds

## Treatments:

- Keep the patient warm and calm
- Provide oxygen, if available
- Promote blood flow to the head by elevating the lower body
- Do not give the patient anything to eat or drink

# Transportation

Physical shock commonly causes loss of consciousness.  
Therefore:

- Patients displaying symptoms of physical shock should not operate a motor vehicle.
- Trauma patients should be transported in a comfortable position that promotes blood circulation to the brain.
- When in doubt, always use professional injury transportation such as an ambulance service.

# Summary

- Your first consideration is to protect yourself.
  - Secure the scene
  - Use BSI (body substance isolation)
- Brain cells will begin to die in 4 minutes without oxygen – breathing is critical and should be your primary focus in first aid.
- Provide treatment only within the level of your training – this is best for both you and your patient.
- Keep emergency numbers close by and involve the EMS group as soon as possible.