



INTRODUCTION TO FIRST AID

Objectives

- Look at the powerpoint
- Look at the video
- Read the PDF document
- Take the trivia test



LESSONS LEARNED

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THE COMPLETE FIRST AID POCKET GUIDE

**STEP-BY-STEP TREATMENT FOR ALL OF YOUR
MEDICAL EMERGENCIES INCLUDING**



Heart
Attack



Choking



Anaphylaxis



Stroke



Head
Injuries



Minor
Wounds



Food
Poisoning



Shock



Burns

JOHN FURST

From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency.

The Definition of First Aid

“Help given to a sick or injured person until full medical treatment is available”

“...provision of initial care for an illness or injury”



Video on First Aid Basics

Click to Open:

<https://www.youtube.com/watch?v=0JHNvpQ9JW8>

The Aims of First Aid

Broadly, there are three main aims when administering first aid:

Preserve life

Prevent worsening of the condition (if possible)

Promote recovery

For example, applying a plaster is preventing the condition (a cut) from worsening by stopping infection.

These aims are known as the 'three Ps' of first aid

P Preserve Life

P Prevent Worsening

P Promote Recovery

Roles and Responsibilities of a First Aider

A first aider has various **roles** and **responsibilities**. They should:

- Manage the incident and ensure the continuing safety of themselves, bystanders and the patient
- Assess victims and find out the nature of their injuries
- Arrange for further medical help or other emergency services to attend
- If trained, prioritise casualties based upon medical need
- Provide appropriate first aid treatment as trained
- If able, make notes/observations of casualties
- Fill out any paperwork as required
- Provide a handover when further medical help arrives



Calling for Emergency Help

In many first aid situations, help from the emergency services will be required.

Ensure you know the best emergency service number to use.

- United Kingdom: 999
- France: 15 SAMU
- France 18: Fire Service
- European Union: 112

Calling for Emergency Help

- Give clear, precise information about
 - . The exact location of the incident and any access problems
 - . The number of casualties / people involved
 - . The nature of their injuries
 - . The age of the victims
 - . Any hazards at the incident (e.g: spilt fuel, fire, electricity)
- If the area is remote or difficult to access, consider sending someone to meet the emergency services.



Infection Control

- Various diseases can be transmitted via blood and body fluids (for example HIV and Hepatitis B & C)
- Always wear disposable gloves when dealing with bodily fluids
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- Ensure any cuts/open injuries to your hands are covered with waterproof plasters or dressings.
- Wash your hands with soap and running warm water whenever possible



Incident Management



ALWAYS CONDUCT A
RISK ASSESSMENT
BEFORE RUSHING INTO
ANY SITUATION.



LOOK FOR ANY
POTENTIAL HAZARDS TO
YOURSELF, BYSTANDERS
OR THE PATIENT (E.G:
MOVING TRAFFIC, FIRE
& SMOKE, ELECTRICITY).



NEVER PUT
YOURSELF OR
OTHER BYSTANDERS
IN DANGER

