

Unit 2

First aid

First aid is the emergency help given to a sick or injured person until they can get full medical treatment.

A first aid kit is a bag or box that contains supplies and equipment used to give medical treatment.

There are many different types of first aid kit and they come in different sizes, depending on your needs.

PPE - personal protection equipment should be worn to protect you and the casualty from cross contamination.



SAFER COMMUNITY

The more people trained in first aid, the safer your local area will be.

LIFE LONG SKILLS

First aid training will give you the skills to help if there is an accident or an emergency.

SAVE LIVES

The skills you learn could one day stop further injury or you could even save a persons life.

MORE CONFIDENCE

First aid training can provide you with the skills to deal with accidents and emergencies.

1

CERTIFIED

In the UAE you must have a certificate to practice first aid

2

ASK

You should always ask the sick or injured person if it's ok before giving first aid

3

SKILL

First aid is an important skill to have, you can help a casualty recover faster or save a life



Attending the scene of an emergency

D

Danger

R

Response

A

Airway

B

Breathing

C

Circulation

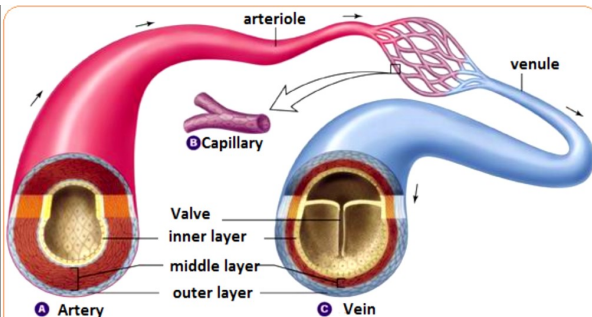
The Recovery Position

Keep the Airway Clear



Stay with person. If you must leave them alone at any point, or if they are unconscious, put them in this position to keep airway clear and prevent choking.

The hands are the most common way in which germs are spread in healthcare. Hand hygiene is very important as it will help to stop the spread of germs which cause disease and infections.



At any given moment, about 30% of the blood in your systemic circulation will be found in the arteries, 5% in the capillaries and 65% in the vein.

7 STEPS OF HAND WASHING



Step 1 - Hands should be wet with liquid soap applied for a good lather. (Water temperature needs to be between 35 °C and 45 °C)



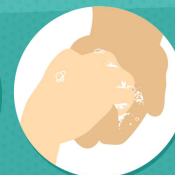
Step 2 - Rub your hands palm to palm.



Step 3 - With your right palm, rub the back of your left hand. Swap hands and repeat.



Step 4 - Then, interlace your fingers and rub your palms together.



Step 5 - Interlock your fingers and rub the backs of them against your palms.



Step 6 - Enclose your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.

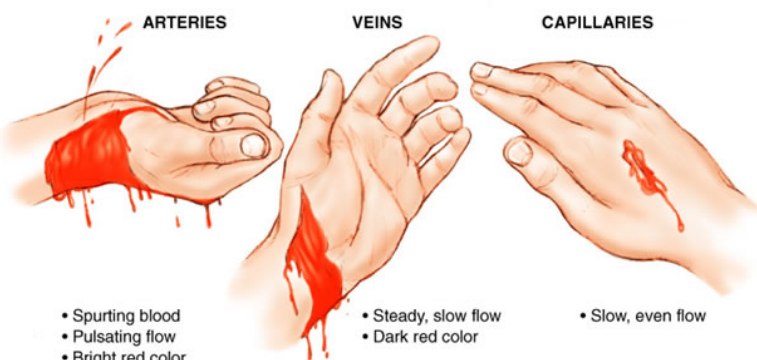


Step 7 - Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.

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- Spurting blood
- Pulsating flow
- Bright red color

- Steady, slow flow
- Dark red color

- Slow, even flow