

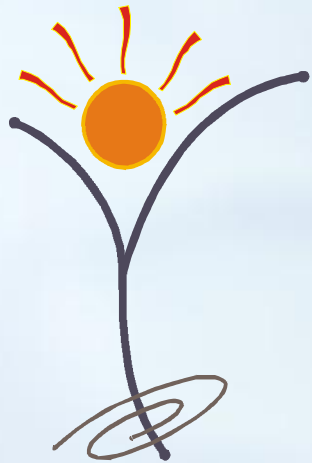


PREVIEW

This contains
only 15 slides.

Complete slideshow
will be shown only at
the workshop.

*Contact EduHeal Foundation to
conduct workshops in your school.*



EDUHEAL FOUNDATION

• LEARNING FOR LIFE •

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4 MINUTES that can save a LIFE



**That
Can Save a Life**





Why 4 minutes ?

- It takes only about four minutes for a blocked airway to kill someone
- It can take more than eight minutes for an ambulance to arrive on the scene.
- A simple procedure like opening an airway and doing CPR can save someone's life while you are waiting for medical help to arrive.
- Also initial help provided in non life-threatening emergency situation really helps in less damage and early recovery



Why do I need to know about first aid?

- First aid skills are easy to learn - and you have them for life. It is likely that those nearest to you - your family and friends - will benefit most from what you learn
- First aid is the care given to a casualty before medical help arrives.
- The aims of first aid are:
 - to preserve life;
 - to prevent the worsening of any injuries;
 - to promote recovery.



Eduheal Foundation`s First Aid [FA]/Cardio-Pulmonary Resuscitation [CPR] programme

is so made that at the end of the workshop .

You will take home latest concepts in FA/CPR

Understand your vital role in the chain of survival and most important

You will learn enough to save a life, be a good citizen and be useful to the society



How safe are you

The top five accidents.

- Cuts and tears (sharp)
- Falls
- Strikes & Collisions
- Foreign bodies
- Burns

Injuries can happen anywhere ,anytime to anyone.



Review of important concepts

- 1.injury
 - 1a – leads to simple wounds with little or no bleed
 - Clean or dirty wounds
 - 1b – dirty ,deep, deceptive and dangerous wounds
 - 1c – wounds that bleed
 - Simple or serious
 - 1d 1– special wounds
 - 1d 2– amputation
 - 1d 3– eye wounds AND ear/nose wounds
 - 2-a- of muscle and ligament
 - 2-b- of bone and joint
 - 3-a- to head
 - 3-b- to spine
- 2.burns
- 3.electrical injury
 - Can be minor or major



Cardio Pulmonary Resuscitation

- In an unconscious, non breathing, pulseless patient
 - Special situations
 - In infants
 - Drowning
 - Foreign body obstruction
 - Spinal injury



Going Beyond First Aid

- Heart Attack
- Stroke
- Asthma
- Allergy
- Seizure

1.Injury

1a – Simple wounds with little or no bleed Clean or dirty wounds

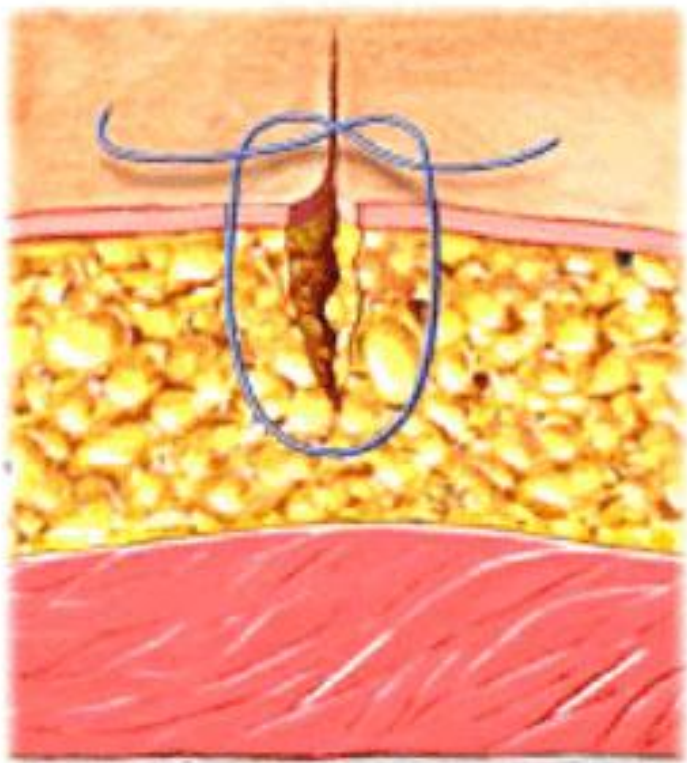
- Clean wounds-apply ointment, leave open but keep clean, repeat till it becomes ok
- Dirty wound-interferes with wound healing process hence wash with water, apply ointment and put a sterile bandage. observe, repeat till ok.
 - If wound is wide get it stitched
 - If loss of skin or disfiguring go to plastic surgeon
 - Get a t.t. injection



Cleaning a dirty wound with water is important



Sutures aid healing by holding a wound together until the healing process is established





1.injury:1b – dirty ,deep, deceptive & dangerous wounds

- Dirty wounds are caused by human, animal bites. wash the bite wound, apply pressure if bleeding, go to doctor and get inoculation
 - No inoculation if the animal is vaccinated otherwise
 - 5 inj on day 0,3,7,14,30
 - 2 inj if taken prophylaxis-day 0,3
- Deep wounds are bullet/stab wounds – do not remove, stop bleeding and rush to a surgeon
- Deceptive wounds are of abdominal and head – make a serious injury look normal
 - Abdominal wounds with internal bleeding-recognise it ,take anti shock measures, rush to a hospital with ct scan & ultrasonography. perform CPR if needed
 - Head injuries-person may look normal-keep under observation. if condition changes rush to hospital with ct and neurosurgeon.
- Dangerous wounds are caused by snakebite-venom affects either nervous/muscular or circulatory system-paralysis or bleeding-both lead to shock, as First Aid-identify snake, prevent spread, do not panic, anti shock measures , give antivenom* , rush to hospital with respirator



1. Injury : 1c – wounds that bleed Simple or serious

- Simple bleeding- wash only to remove dirt, apply pressure till bleeding stops, then apply ointment and bandage
- Serious bleeding commonly occurs in
 - Fracture of large bones [femur]- apply pressure, splint and rush to hospital with blood bank and orthopedician
 - Artery cut [radial] press hard ,torniquet [+/-],rush to hospital, need vascular surgeon to repair.



Apply direct pressure on external wounds with sterile cloth or your hand, maintaining pressure until bleeding stops



If bleeding has not stopped after 15 minutes of direct pressure, apply strong pressure at one of these points between the wound and the heart.

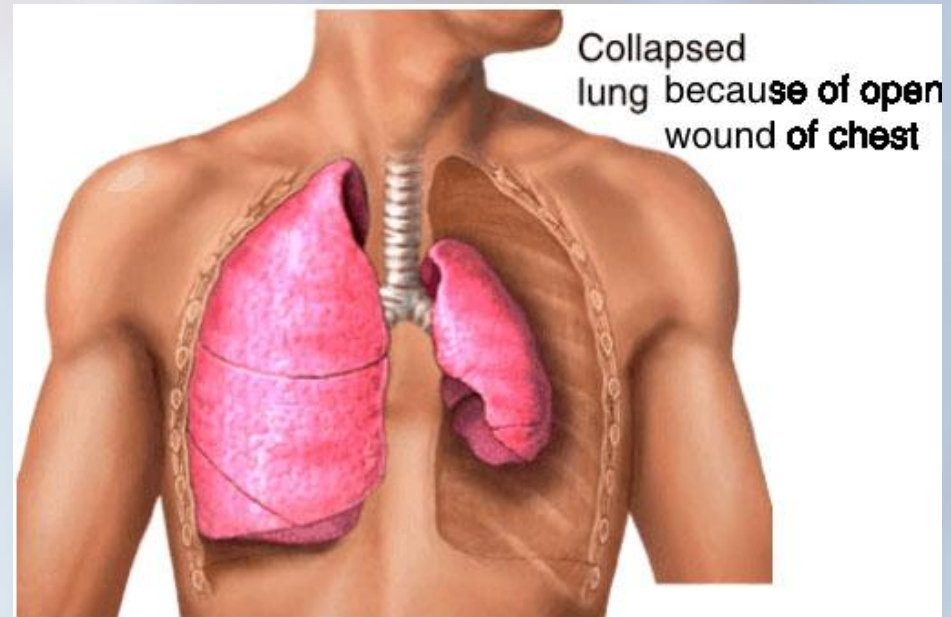


1.injury

1d 1– special wounds

Chest wounds [steering wheel ,javelin throw]

Cause hole in chest-air leaks-plug with hand/cloth/anything ,no CPR ,rush to hospital with respirator and thoracic surgeon. release air if trapped.





1.injury: 1 d 2 – amputation

- Commonly occurs due to Road Traffic Accident / in villages
- If cut part is attached, let it be so, control bleeding ,keep wound safe and rush to hospital with blood bank and surgeon, plastic surgeon if disfiguring
- If detached-keep detached limb in a sterile bag and freeze it, carry it along to hospital. need a plastic surgeon to do reconstructive surgery, as FA , control bleeding, tourniquet [+/-] till you reach hosp.

