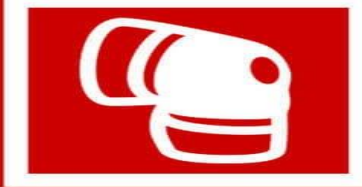
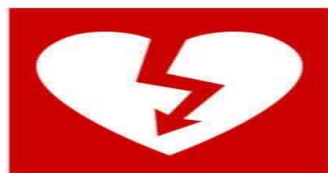




First Aid




What is First Aid?

First aid is the provision of immediate care to a victim with an injury or illness, usually effected by a lay person, and performed within a limited skill range. First aid is normally performed until the injury or illness is satisfactorily dealt with (such as in the case of small cuts, minor bruises, and blisters) or until the next level of care, such as an ambulance or doctor, arrives.

Guiding principles

The key guiding principles and purpose of first aid, is often given in the mnemonic 3 Ps. These three points govern all the actions undertaken by a first aider:

1. Prevent further injury
 2. Preserve life
 3. Promote recovery
- 

Issues in Providing Care

- 1. Consent: touching another person is generally considered to be rude, offensive or threatening unless their permission is gained.

2. Protective Precautions:

-Awareness of danger

- Environmental danger - A danger in the surroundings, such as falling building, broken glass, fast vehicles or chemicals.
- Human danger - Danger from people at the scene

- Barrier devices : Keeping yourself protected is the first priority of any first aider. The key skill for this is awareness of your surroundings and the changing situation.
- One of the key dangers to a first aider is bodily fluids, such as
- blood, vomit, urine and feces,. Body fluids can carry infections and diseases
- 1. gloves: PUT ON THEIR GLOVES.

2. CPR adjunct:

- an adjunct for helping
- to perform safe mouth-to-mouth resuscitation



Improvisation

- Many first aid situations take place without a first aid kit readily to hand and it may be the case that a first aider has to improvise materials and equipment.
- so a key first aid skill is the ability to adapt to the situation, and use available materials until more help arrives.
- Some common improvisations include:
 - Gloves) plastic bags, dish gloves
 - Gauze) clean clothing
 - Splints) straight sections of wood
 - Slings) the victim's shirt's

1. Any first aid provided must not be in exchange for any reward or financial compensation.
2. If aid begins, the responder must not leave the scene until:
 - It is necessary in order to call for needed medical assistance
 - somebody of equal or higher ability can take over
 - continuing to give aid is unsafe, **a rescuer can never be forced to put themselves in danger to aid another person.**

3. the responder is not legally liable for the death, disfigurement or disability of the victim as long as the responder acted rationally, in good faith, and in accordance with their level of training

Critical Incident Stress & Victim Death

It is common for First Aiders to have emotional or psychological reactions to witnessing serious incidents or injuries.

Abuse & Neglect

Abuse is when a person's well-being is intentionally threatened.

if you are a health care provider then you may be

obligated to report abuse or neglect that you observe. In particular, if you are in any position of authority in relation to a child, you are likely required by law to report child abuse

- a. Physical abuse: abuse involving contact intended to cause pain, injury, or other physical suffering or harm.
- b. Emotional abuse: a long-term situation in which one person uses his or her power or influence to adversely affect the mental well-being of another. Emotional abuse can appear in a variety of forms, including rejection, isolation, exploitation, and terror
- c. Sexual abuse: is defined by the forcing of undesired sexual acts by one person to another.

2. Neglect: a category of maltreatment, when there is a failure to provide for the proper physical care needs of a dependent.



Thank you!