

9 BASIC FIRST AID TRAINING TIPS



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1 3 P OF FIRST AID

**The
“3 P’s” are the primary goals
of first aid.**

Preserve life

Prevent further injury

Promote recovery



THREE P's OF FIRST AID

Preserve life

Prevent further injury

Promote recovery

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**These goals might seem
overly simple, but they're
simple
on purpose.**

**When someone is injured, it's
all-too-easy to panic and
forget what
you need to do to provide
assistance.**

**The Three P's remind you of
the very
basics: do what you can to
save the person's life; do
what you can to keep them
from sustaining further
injuries; do what you can to
help them heal.**

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2 check the scene danger

You provide help to an injured person, it's important that you check the scene for danger. You don't want to get yourself injured, too. This isn't a cowardly precaution. The fact of the matter is this: if you get injured, you won't be able to help someone else who's injured. So before you rush to help someone, take a moment to analyze the area and spot anything that could injure you.

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check the scene danger



Take care of vicitim

3. Treating Cuts and Scrapes Blood

Is a vital component of our bodies.

When someone is bleeding, you want to prevent as much blood from leaving t body as possible. Try and find a clean cloth or bandage.

- Apply gentle pressure for 20 to 30 minutes.**
- Clean the wound by gently running clean water over it. Avoid using soap on an open wound.**

Apply antibiotic to the wound, like Neosporin.

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Cover the wound with a bandage. If someone has a nosebleed, have the person lean forward. Press a cloth against the nostrils until the blood flow stops.

The body is usually very quick at patching up small cuts and scrapes. But deeper wounds may require medical attention. With deep wounds: Apply pressure.

Don't apply ointments. Cover the area with loose cloth to prevent contaminants from infecting the wound.

Seek medical attention as soon as possible

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Treating Cuts and Scrapes Blood



4 Treating Sprains

Are usually an unalarming injury, and most of the time they'll heal on their own. But there are steps you can take to ease the swelling. Swelling is caused by blood flow to an injured area. You can reduce swelling by applying ice. Ice restricts the blood vessels, which reduces blood flow. Keep the injured limb elevated.

- Apply ice to the injured area. Don't apply ice directly to the skin. Wrap it in a cloth or put ice in a plastic bag.
- Keep the injured area compressed. Put it in a brace or tightly wrap it. Don't wrap it so tight that it'll cut off circulation.

• Ice for a while. Then compress. Repeat at intervals.

Make sure the injured person avoids putting weight on the injured limb.

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Treating Sprains



5 Treating Heat Exhaustion

Heat

Exhaustion occurs due to prolonged exposure to high temperatures, especially when the person is doing strenuous activities or hasn't had enough water.

Symptoms of heat exhaustion include Cool, moist skin Heavy sweating Dizziness Weak pulse

Muscle cramps Nausea Headaches To

treat someone with heat exhaustion: Get the person to a shaded area that's out of the sun

If there are no shaded areas available, keep the person covered by any available materials that can block sunlight.

Give the person water and keep them hydrated.

Place a cool cloth on their forehead to lower their body temperature.

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6 Treating Hypothermia

Is caused by prolonged exposure to cold temperatures.

It begins to occurs when your body temperature drops below 95 degrees Fahrenheit.

Symptoms of hypothermia include

Shivering

Slurred speech or mumbling Weak pulse

Weak coordination

Confusion

Red, cold skin

Loss of consciousness

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Treating Hypothermia



To treat add a subheae gentle with the afflicted person. Don't rub their body and don't move their body in too jarring of a way; this could trigger cardiac arrest.

Move the person out of the cold, and remove any wet clothing.

Cover the person with blankets and use heat packs. Don't apply heat directly to the skin because this could cause major skin damage. Give the person warm fluids. if you set the person on the ground, be aware that the ground may also be a cold source. Place warm materials on the ground that the person is going to lay ondin

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7. Treating Burns

First-degree burn: Only the outer layers of skin are burnt. The skin is red and swollen, and looks similar to a sunburn.

Second-degree burn: Some of the inner layer of skin is burnt. Look for blistering skin and swelling. This is usually a very painful type of burn.

• Third-degree burn: All of the inner layer of skin is burnt. The wound has a whitish or blackened color. Some third-degree burns are so deep, there might not be any pain because the nerve endings are destroyed.

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Treating Burns



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Fourth-degree burn: A burn that has penetrated all tissues up to the tendons and bones. Additionally, there are two kinds of burn severities: a

minor burn and a major burn.

- **Minor burn: First-degree burns and mild second-degree burns.**

- **Major burn: Moderate second-degree burns to fourth-degree burns.**

Minor burns don't usually need extensive treatment, but you could:

- **Run cool water over the afflicted area (avoid icy or very cold water).**

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Don't break any blisters.

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Apply moisturizer over the area, like aloe vera.

- Keep the burned person out of sunlight.**

- Have the burned person take ibuprofen or acetaminophen for pain relief.**

Major burns are very serious injuries that require medical assistance. To help someone who has suffered from a major burn:

- Do not apply ointments.**

- Cover wound with loose materials to prevent contaminants from infecting it.**

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8 Treating Fractures

Sometimes it's very easy to tell if someone has suffered a fractured bone. But sometimes it's not. If you suspect someone of having a fracture:

- Don't try to straighten a fractured limb.
 - Use a splint or padding to stabilize the area and keep it from moving.
 - Apply a cold pack to the area. Don't apply it directly to the skin. Wrap it in a cloth or put it in a plastic bag.
 - Keep the area elevated, if possible.
- Give the person an anti-inflammatory drug, like ibuprofen.

Treating Fractures



9 Performing CPR

8 Performing CPR

CPR stands for cardiopulmonary resuscitation. CPR is used to restore breathing and blood circulation to an unresponsive person. CPR is an incredibly important procedure that can save lives. But learning CPR is an intensive procedure that requires some training, which is usually in the form of a day-long class.

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Performing CPR



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