

Basic First Aid

It is important in any emergency or survival situation to follow basic first aid procedures. It is wise for everyone to know these rules and techniques.

Remain Calm: When treating someone who is injured, try to remain calm. If you are calm, it will help the victim also remain calm.

Survey the Situation: Before beginning any treatment, always take a quick look at the situation. You may be able to learn more about what is wrong, and you will ensure that it is safe for you to help.

Poisoning: If you suspect that someone has swallowed something poisonous, immediately call the poison control center or the emergency services in your town. Tell the dispatcher exactly what the victim swallowed. Wait for instructions.

Shock: Any person who has been badly injured is likely to go into shock. This means that the body is shutting down and is depressing its normal functions. While waiting for emergency help to arrive, you can maintain the victim's body temperature by wrapping him or her in a blanket. If the person has no head or facial injuries, it is often helpful to lie the person down and elevate his or her feet 8–10 inches (20–25 cm). Try to keep the person calm.

Cuts and Scratches:

Direct Pressure: You can usually control bleeding by placing a bandage over the wound and pressing firmly with the palm of your hand.

Elevate: If the injury does not involve broken bones, you can also lift the wounded limb higher than the victim's heart.

Breaks and Sprains:

If you can wait for emergency services to arrive, it is best not to move the person. This will ensure that the break does not become more severe. You can treat this person for shock.

If you are not able to call or send for help, you can immobilize the limb by using a splint. (Always try to splint the limb as it lies. Do not move it. If you move a broken limb, it may worsen the situation.)

1. Place two stiff, well-padded splints on each side of the limb. You can use sticks, newspaper, cardboard, or any straight, stiff material to make your splint.
2. Use bandages, cord, or cloth to secure the splint in place. Tie the splint in several places so the limb cannot move. Do not tie a knot directly over the break.



Activities:

1. Make up injury scenarios and have students role play the situations.
2. Have students practice splinting techniques by referring to a first aid book.