

INTRODUCTION TO FIRST AID

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Learning Objectives

By the end of this unit, you should be able to:

- Explain what first aid is
- State rescuer responsibilities before initiating care
- State the factors influencing the decision to act
- State rescuer scope of duties

Learning Unit Content

- Introduction
- Before Initiating Care
 - Preparing for emergencies
 - Preventing disease transmission
- Decision to Act
 - Deciding to act
 - Barriers to action
 - Good Samaritan Laws
- Rescuer Duties



Introduction

A dramatic sunset scene over a dark ocean. The sun is a bright, glowing orb low on the horizon, casting a long, shimmering path of light across the water. The sky is filled with deep orange and red hues. In the foreground, the dark, choppy surface of the ocean is visible, with a few small, dark silhouettes of people or objects scattered across it. The overall mood is serene yet powerful.

Imagine You Are At The Scene

OF AN ...

EMERGENCY!





Do you know what to do?



Do you know how to act?



Do you know when to act?



It can happen to your loved ones



Are You Going To Just STAND There?



[Watch](#) One-Minute World News

Last Updated: Thursday, 14 October, 2004, 09:39 GMT 10:39 UK
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'First aid saved my daughter'
 by Emma Griffiths
 BBC News Online

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Only 35% of mothers and 13% of fathers say they have had any first aid training, according to a survey which suggests that parents do not know what to do in an emergency. BBC News Online spoke to one father who did.

When Mark Jackson decided to take a first aid course after the birth of his first child, he had no idea that ten years later he would be using those skills to save his daughter's life.

He and his wife thought it would be good to do a basic evening course; a few years later he refreshed his skills on a course organised by work.

They were to help him keep his head when disaster struck on a family holiday to Norfolk in 2003.

His wife Sariah was swimming with their three children when she turned her attention from the youngest, three-year-old



Mr Jackson is one of just 13% of fathers to have had first aid training

Why First Aid?

- Emergencies happen everywhere:
 - Homes
 - Schools
 - Public spaces
 - Work place
- Effective first aid is vital in the first few minutes after an emergency.
- Success stories about first aid saving lives in the media are plentiful.
- First aid is an important lifeskill.

Retrieved from: http://news.bbc.co.uk/2/hi/uk_news/3740020.stm



***What You Do In The
1st Few Minutes Could Determine ...***

Life

VS

Death

**Temporary
Disability**

VS

**Permanent
Disability**

What Is First Aid?

First aid is the provision of immediate care to a victim with an injury or sudden illness until either ...

... the injury or illness has been satisfactorily dealt with

or

... until the victim has access to the next/higher level of care (arrival of an ambulance or the victim is transferred to a hospital)

General Principles

- The key guiding principles are to:
 - Preserve life
 - Prevent further injuries and complications
 - Promote recovery
- Additional purposes include to:
 - Alleviate pain
 - Provide reassurance

General Principles

Con't ...

- Not every situation requiring first aid entails a life and death situation.
- The FIRST rule in providing first aid is to prevent the rescuer from becoming the next victim, you must ensure your personal safety.
- DO NOT focus on the victim but assess the entire scene for HAZARDS before providing care.
- You becoming the next victim is NOT helpful to the victim.



Under all circumstances,
treat the **LIFE THREATENING**
conditions **FIRST**



Before Initiating Care

Preparing for Emergencies

General Steps

- Keep important information about you and your family handy and readily available.
 - Medical records
 - Insurance records
- Keep emergency telephone numbers stored and listed for easy access.
 - General numbers
 - Nearest hospitals

Preparing for Emergencies

General Steps

- Learn and stay up to date on first-aid and CPR skills
 - CPR guidelines are updated in-line with current research findings
 - People who don't practice/teach first-aid and CPR tend to forget
- Wear a medical alert tag (if applicable).
 - You, your family members and those around you
- Keep a first-aid kit stocked and readily available.

Preparing for Emergencies

First-Aid Kit



- You may hope that an emergency never occurs, but if it does you need to be prepared.
- Part of being prepared is keeping an appropriately stocked and maintained first aid kit readily and easily accessible.
- First aid kits can have different contents, depending on your specific requirements and situation.

Preventing Disease Transmission

- Diseases that can pass from other people, animals, insects or things are called infectious diseases.
- Four conditions must be present for a disease to be transmitted:
 - A pathogen is present
 - Enough of the pathogen is present to cause infection
 - The pathogen passes through an entry site (eyes, mucus membranes, open cuts in the skin)
 - A person is susceptible to the pathogen
- Diseases can be spread through direct contact transmission and indirect contact transmission.

Preventing Disease Transmission

Proper Hand Washing



STEP 1
Rub palms together.



STEP 2
Rub the back of both hands.



STEP 3
Interlace fingers and rub hands together.



STEP 4
Interlock fingers and rub the back of fingers of both hands



STEP 5
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6
Rub fingertips on palm for both hands.

- Proper hand washing is one of the most important protections you have.
- Prevents the spread of microorganisms.

Preventing Disease Transmission

Universal Precautions

- Body fluids such as blood, saliva and urine can harbor germs that cause diseases.
- Treat everyone's body fluids as if it were infectious.
- Personal protective equipment (PPEs) are intended to protect you.
- Examples:
 - Gloves
 - Eye protection – goggles
 - Barrier devices when giving rescue breaths





Decision to Act

Deciding to Act



- Some people are required to provide first-aid by virtue of their jobs (e.g. paramedics, firefighters, life guards etc.)
- If they are off-duty or others can choose whether or not to provide first-aid at their own discretion.

Deciding to Act

If not you? Then who?



The vehicle instantly caught fire, prompting the driver – trapped inside – to scream for help as the flames spread to his clothing.

Three passers-by rushed towards the burning car and yanked him to safety moments before the entire vehicle burst into flames.

Another member of the public used an extinguisher from the petrol station to put out the fire on the victim's clothing, as firemen arrived to douse the flaming Iswara.



Deciding to Act

When the decision to act goes terribly wrong ...

Two missing – student and would-be rescuer swept away in storm drain

Posted on January 6, 2012, Friday



NO SIGN OF VICTIMS: Search and rescue personnel looking for Ying Qi and Herman in the storm drain at Rock Road. – Utusan Borneo photo

KUCHING: A Form 6 girl and a petrol station worker are missing after being swept away by rushing waters in a storm drain at Jalan Rock around 7am today.

Always think of your OWN safety and capabilities before assisting

...

Remember ... you being the next victim is **NOT** beneficial ...

Barriers to Action

- Panic or fear of doing something wrong
- Being unsure of the person's condition and what to do
- Assuming someone else will take action
 - *The “bystander effect” – the greater the number of bystanders, the less likely it is that any one of them will help.*
- Type of injury or illness
- Fear of catching a disease
- Fear of being sued
- Being unsure of when to call the local emergency number

Good Samaritan Laws

- To protect people against claims of negligence when they render emergency care by acting in the same way that a “*reasonable and prudent person*” would if that person were in the same situation.
- Only helps rescuers (or would-be rescuers) who are acting without any expectation of reward.
 - Rescuers who are rewarded monetarily or otherwise may be excluded from the good Samaritan protection.
- Good Samaritan Laws in Malaysia?
- Unpaid rescuers may prevail in court with or without a good Samaritan law.



Rescuer Duties

Rescuer Duties

First Aider's Role in the EMS



1. Recognize that an emergency exists
2. Decide to act
3. Activate the EMS system
4. Give care until help (higher level of care) takes over

Rescuer Duties

Seeking Consent



- Before you provide first-aid it is important to ask the ill or injured person if you may help.
- Conscious victim - Introduce yourself as a first-aider before you touch the victim and ask if you may help.
- Victim refuses – Call EMS and wait with victim till advanced help arrives.
- Unconscious/confused victim – assume that he/she wants your help

Rescuer Duties

Victim's Right to Privacy

- As a first aider you will learn private things about your victims (eg. their medical conditions etc.).
- Give all information about an ill or injured person to EMS rescuers.
- You must NOT share any of this privileged information with others. Keep private things private.



Rescuer Duties

Phoning for Help



When to phone for help?

- Someone is seriously ill or injured
 - Unresponsive
 - Chest discomfort
 - Signs of acute stroke
 - Problems breathing
 - Severe injuries or burns
 - Seizures
 - Electrical shock
 - Exposure to poison (accidental / deliberate)
- You are not sure what to do in an emergency

Rescuer Duties

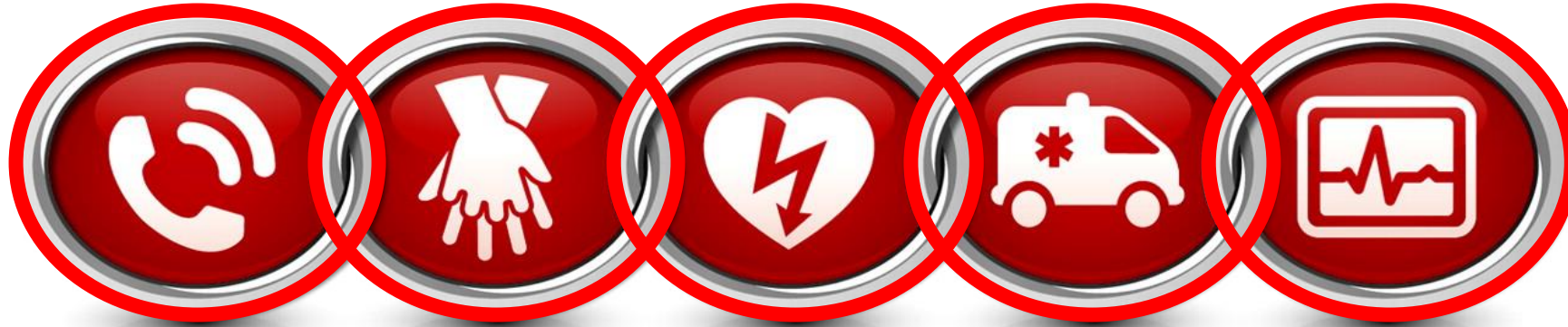
Phoning for Help

- How to make an emergency call for help?
 - Payphone
 - Office phone
 - Emergency phone
 - Mobile phone
 - No credit?
 - Phone is locked?



Rescuer Duties

Phoning for Help



- The AHA adult Chain of Survival:
 - Immediate **recognition** of cardiac arrest and **activation** of the emergency response system.
 - Early **CPR** with an emphasis on chest compressions.
 - Rapid **defibrillation**.
 - Effective **advanced life support**.
 - Integrated **post-cardiac arrest care**.

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