



Basic First Aid Course





Basic First Aid

First Aid is the immediate assistance provided to sick or injured person until professional help arrive. First aid interventions seek to “preserve life, alleviate suffering, prevent illness or injury and promote recovery”

Scene Survey



กลุ่มงานอบรมปฐมพยาบาล ศูนย์ฝึกอบรมปฐมพยาบาลและสุขภาพอนามัย สภากาชาดไทย

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▪ safety

- Check for danger using all your senses : look, listen, touch, smell and taste.
- Remove from danger or isolate it.
- Ensure it is safe to give help.
- If you cannot, call for help.



▪ Personal protection

- Avoid direct contact with body fluid of casualty.
- Wear gloves during First Aid



- **Don't move** if it is unsafe situation to casualty and First Aider may cause more danger or more loss of life
- **call for help.**



Emergency Call



Data

1669 For EMS

191 For Police

199 For Fireman

- *What happen ?*
- *Where ?*
- *Number of casualties and their condition ?*
- *Number of first aiders ?*
- *Name and telephone number of caller ?*

Evaluation The Victim

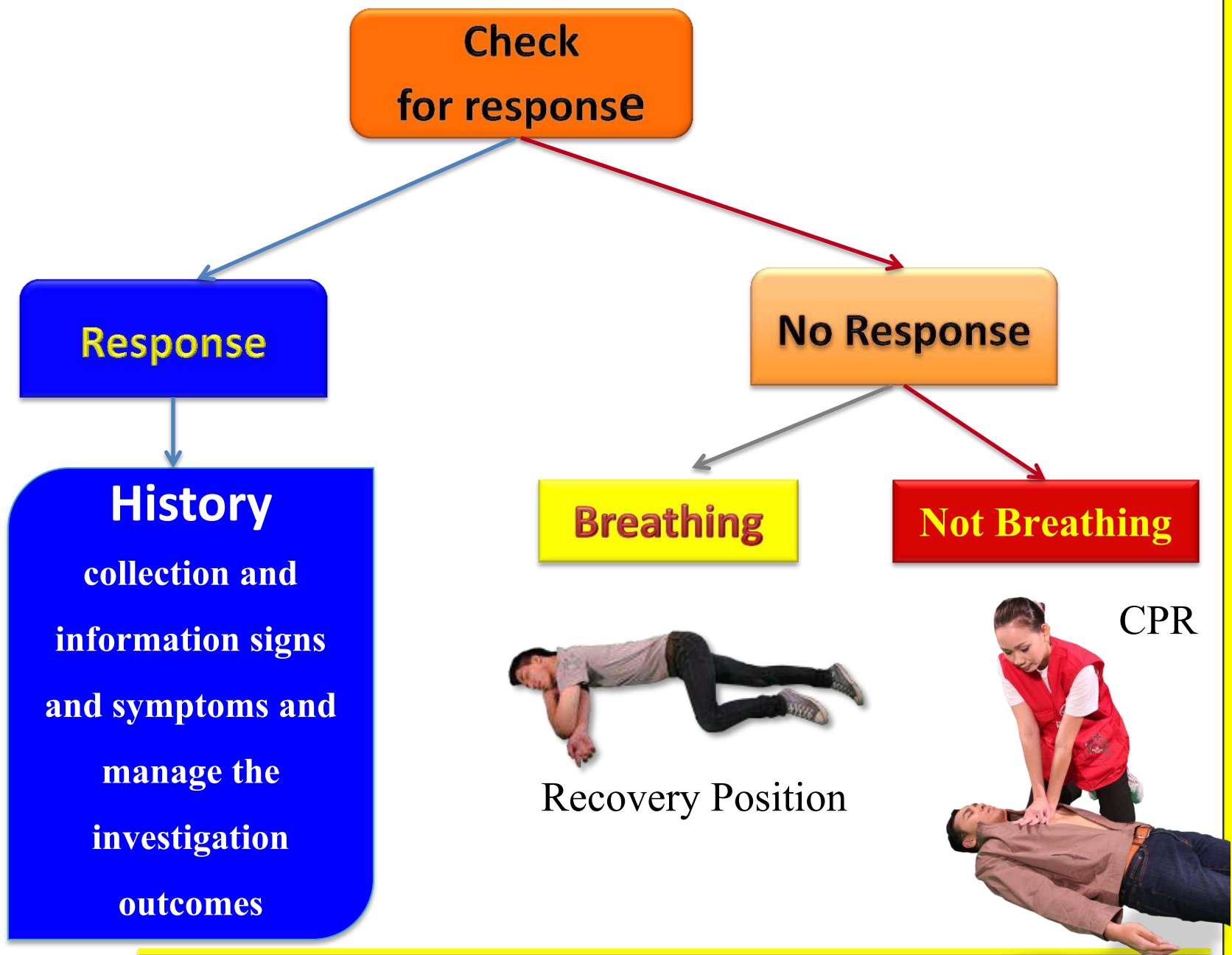


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- **check for general**
- **check for response** by talking to the casualty
(what's your name?)
 - Gently tapping the casualty's shoulders, looking for signs e.g. are there any facial movement and shout,
“ Are you all right ?”
 - If there is no respond to any of the above, the casualty is deemed as unconscious
- **check the casualty is breathing** or not. (Look for rise and fall of chest/abdomen)
- **check for bleeding and other injuries** : head to toe examination





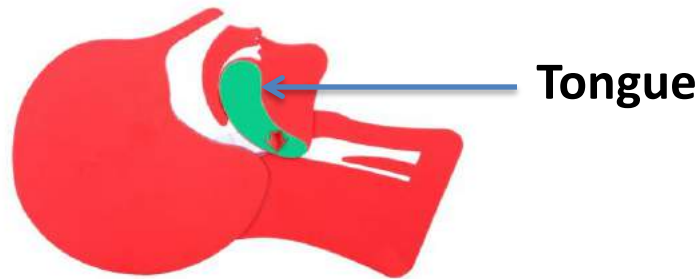


Unconsciousness



Unconsciousness

is life-threatening condition. When someone is unconscious, the tongue may fall to the back of the throat and block the airway. This may cause breathing to stop. Soon after, the heart will stop beating



Cause of unconsciousness :

- Head injuries
- : Diabetes
- : Stroke
- : Seizures etc.

Place into Recovery Position to:-

- Protect the airway block from the tongue
- Allow fluids and vomit can drain from victim's mouth
- Do not give anything to eat or drink



Open the airway



Step 1 : Scene Survey



Unconsciousness



Step 2 : Check for responsive and Breathing

- Gently tapping the casualty' shoulders.
Looking for signs e.g. are there any facial movement and shout



*Are you all
right ?*

Check for breathing :
Look for rise and fall of
chest and abdomen.

Unconsciousness

Step 3 : Shout for help or call EMS



“ Help me”

“ call 1669 ”

Unconsciousness

Step 4 : Secondary Survey

Assess casualty for bleeding and other injuries noting tenderness, swelling, wound or deformity in the following order.

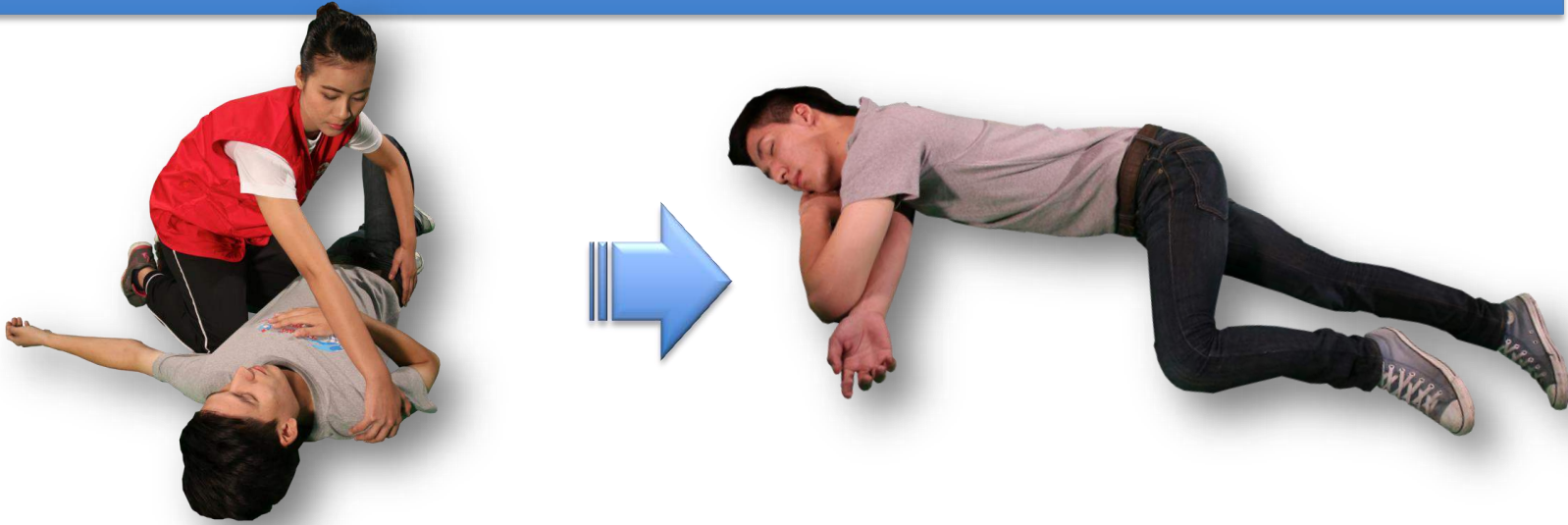
- Head, face and neck
- Shoulders, arm and hand
- Chest
- Abdomen
- Pelvis and buttocks
- Leg, ankles and feet.

**** is there any injuries place the casualty into recovery position****



Unconsciousness

Step 5 : Place into recovery Position



1. Kneel beside victim
2. Place nearer arm at right angle to the body
3. Place farther arm across chest
4. Lift farther leg at knee so it is fully bent upwards
5. Roll the victim towards the rescuer
6. Knee, leg and elbow at right angle with touching ground to prevent victim rolling onto their face.

While waiting for professional help to arrive

1. Provide whatever first aid is needed
2. Monitor breathing and pulse



3. Reassure the casualty that everything is alright and he/she will be fine.
4. Be ready to turn the casualty onto their back and start CPR if breathing stop.

Unconsciousness

Cardio Pulmonary Resuscitation



Definition

CPR is a combination of chest compressions and rescue breathing used during life-threatening situations such as heart attack, drowning, electric shock, suffocation etc.

Objective

- Rescue breathing provides oxygen to the casualty's lungs
- Chest compression keep oxygen-rich blood flowing until the heartbeat and breathing restored, to keep the body's cells (brain and heart) supplied with oxygen.
- If the brain dose not receive enough oxygen within 4- 6 minutes, brain damage will start to occur.

CPR



Signs and symptoms

1. Unresponsive

**2. Not breathing or
abnormal breathing : gasping**

CPR



Step 1 : Scene Survey



Scene safe

Step 2 : Check for response and breathing

Check for response by talking to the casualty

“ **what’s your name ?** ”

- Gently tapping the casualty’s shoulders
look for signs e.g. are there any facial
movement and shout

- If there is no respond to
any of the above, the casualty is deemed
as unconscious. Check the casualty is
Breathing or not, look for rise and fall
of chest and abdomen and call for help.



Step 3 : Shout for help or call EMS

Help me Please!!!
call 1669
And get an AED



CPR



Step 4 : Chest compression

- 2 heels of hand at the center of the chest
 - Compression depth at least 2 inches (5 cm) should not deeper than 2.4 inches (6 cm)
 - Compression rate 100-120 /min
 - Give 30 compressions
 - Straighten your arm and position your shoulder directly over your hands
- ** At the end of each compression, make sure that you allow the chest to recoil (re-expand) completely.****



CPR

Step 5 : Open the airway

- ◆ Place one hand on the victim's forehead and push with your palm to tilt the head back.
- ◆ Place the fingers of the other hand under the bony part of the lower jaw near the chin.
- ◆ Lift the jaw to bring the chin forward.

The head tilt-chin lift maneuver lifts the tongue, relieving airway obstruction



CPR

Step 6 : Rescue breathing

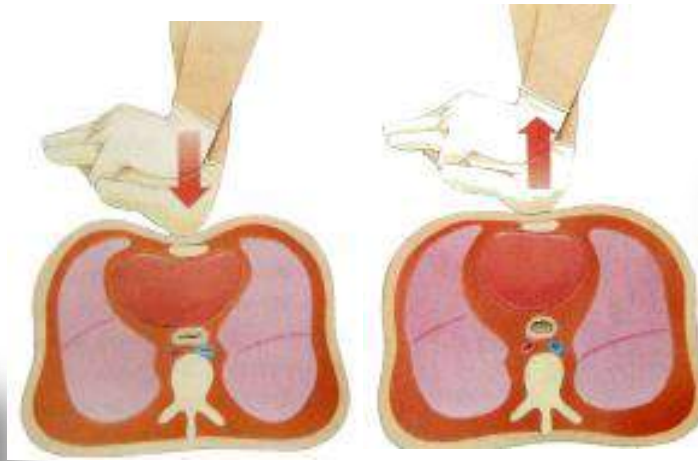
- Hold the victim's airway open with a head tilt-chin lift
- Pinch the nose close with your thumb and index finger (using the hand on the forehead
- Take a regular breath and seal your lips around the victim's mouth

Give a second breath
(blow for about
1second)and watch
for the chest rise



CPR

Compression : Rescue breathing 30 : 2



Continue to do chest compression and rescue breathing until health personnel arrive

When to stop CPR

You can stop giving CPR when :

1. The casualty is breathing and is responsive



2. EMS. personnel arrive



Automated External Defibrillator : AED



CPR : AED



Automated External Defibrillator : AED

- It is a portable electronic device that automatically diagnoses the life -threatening cardiac arrhythmia of ventricular fibrillation and ventricular tachycardia in a patient, and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm



Step of AED

1. Press the power button



2. Attach the AED pads



3. Clear the victim and analyze the heart rhythm



4. Press the shock button.



VDO1





Heart Attack



Causes

- Usual cause cardiovascular disease (disease of the heart & blood vessels).
- This disease develops when the blood vessels becomes narrow due to blockage with fatty and cholesterol deposit.

Heart Attack



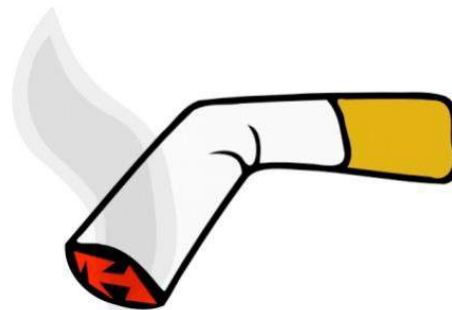
Risk factor

Sweet y, fatty and salty food



No exercise / stress

Smoking /alcohol



Symptoms

- Persistent chest pain or discomfort
- Breathlessness
- Sudden dizziness and faintness
- Profuse sweating
- Pale and bluish skin
- Discomfort occurring at the abdomen are (nausea, vomiting)



First Aid

- Put the casualty in a half sitting position
- Take sublingual medicine or chewing aspirin 1 table and swallow immediately if have
- Call EMS. 1669
- If casualty stop breathing , start CPR.



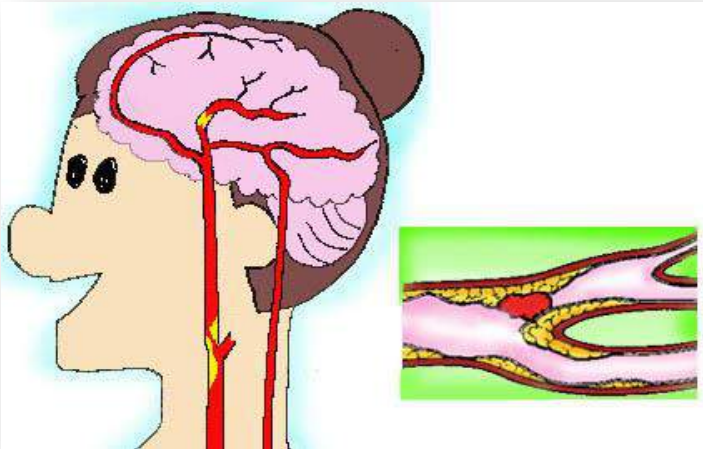


Stroke



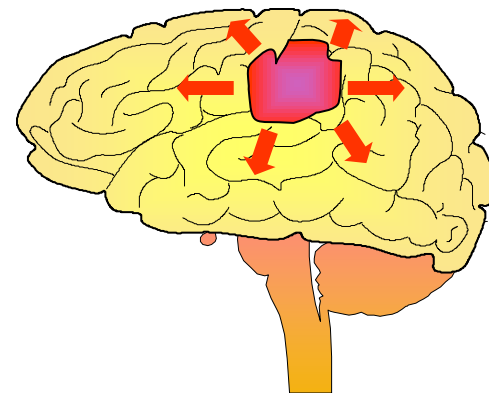
Stroke

A stroke occurs when an artery taking blood to the brain becomes blocked or bursts. Brain cells are damaged and functions controlled by that part of the brain become paralysis.



- Some casualties an artery becomes blocked

- Some casualties an artery becomes bursts



Signs & Symptoms

- Sudden decrease in the level of consciousness
- Weakness or paralysis, usually on one side of the body
- Felling of numbness in face, arm or leg
- Difficulty speaking or understanding
- Unexplained dizziness
- Disturb vision
- Loss of balance
- Confusion



Signs & Symptoms



Face : check their FACE,
has their mouth drooped?

Arms : can they lift both arms?



Speech : is their speech slurred?
Do they understand you?



Time : time is critical. If you see any
of these signs call 1669



If casualty is unconscious and is not breathing start CPR.

VDO2



Seizures / Convulsions

Are the result of sudden, usually brief, excessive electrical discharges in a group of brain cells involving part or the whole brain . Signs and symptoms are vary : loss of awareness or consciousness and disturbances of movement, sensation (vision, hearing and test) mood or mental function and behaviour.

Signs and Symptoms

- A “cry” as air is forced out through the vocal cords
- Casualty falls to the ground and lies rigid for some seconds
- Congested, blue face and neck
- Jerking, spasmodic muscle movement
- Froth from mouth
- Possible loss of bladder and bowel movement



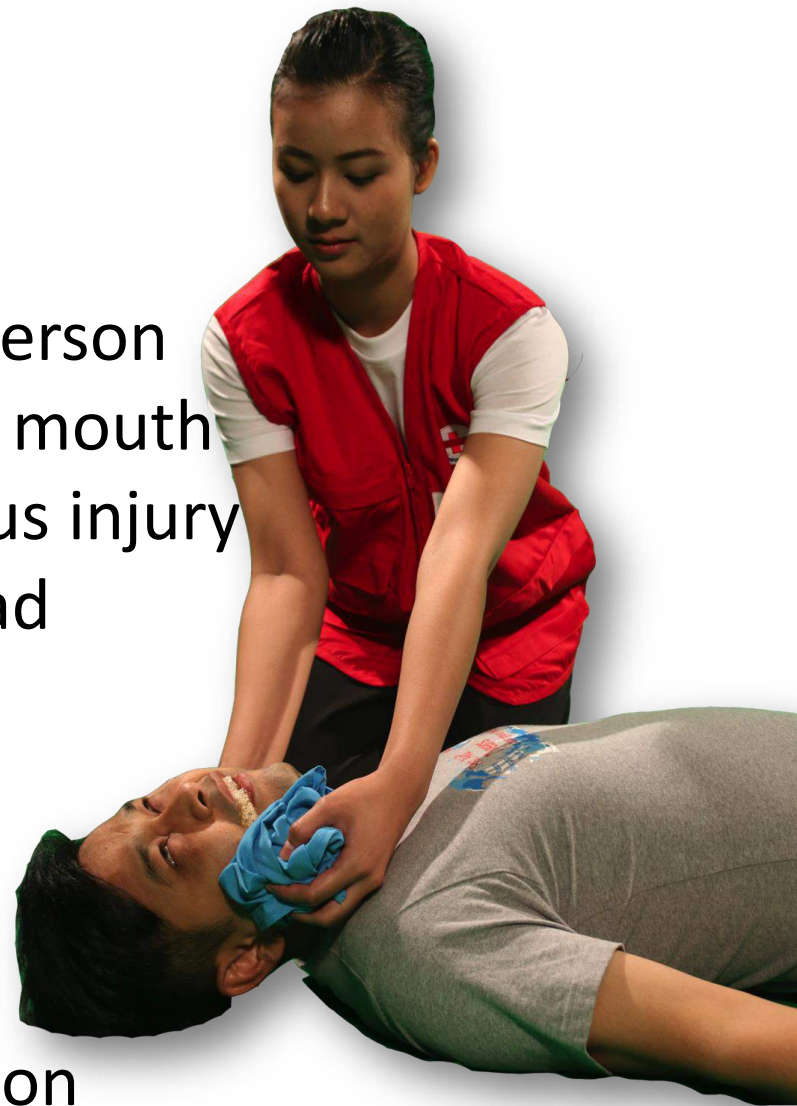
First Aid

During seizure

- Do not try to restrain the person
- DO not put anything in the mouth
- Protect person from obvious injury
- Place something under head

After seizure

- Monitor ABC.
- Manage all injuries
- Place in the recovery position
- Seek medical and if the casualty does not recover





Choking



Choking

When person is having severe difficulties breathing because of an obstructed airway or lack of air, he/she are choking. Infant and children often choke after swallowing non-edible object such as coins or small toys. Most adult case of choking occur while eating. This obstruction commonly occurs in persons of any age. This means there is a good chance that someone will be able to give help quickly.

Obstruction



ADAM

Choking



Signs and Symptoms



- Clutch the throat
- Can not speak
- Difficult to breathe
- Softly cough
- Pale skin at face
- Restlessness

First Aid

To remove the object from the airway and the casualty can breathe normally

- Ask the casualty “are you choking ?”
 - **if the casualty can answer, cough or breathe**
- Encourage he/she to do heavy and deep cough
 - ** if the casualty cannot speak, cough or breathe**
- Give abdominal thrusts
 - ** If the casualty is unconscious**
- Perform CPR.



Do not use finger sweep

VDO3





Bleeding and Stop bleeding



How to stop bleeding : Use direct pressure



Casualty use his/her hand put direct pressure on the wound



First aider wear gloves during first aid

How to stop bleeding



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First Aid

- Ask the casualty “to put direct pressure on the wound by use his/her hand
- Place the casualty lies down on the back and put a flop of cloth on top of wound
- Tie bandage and make a knot on the wound



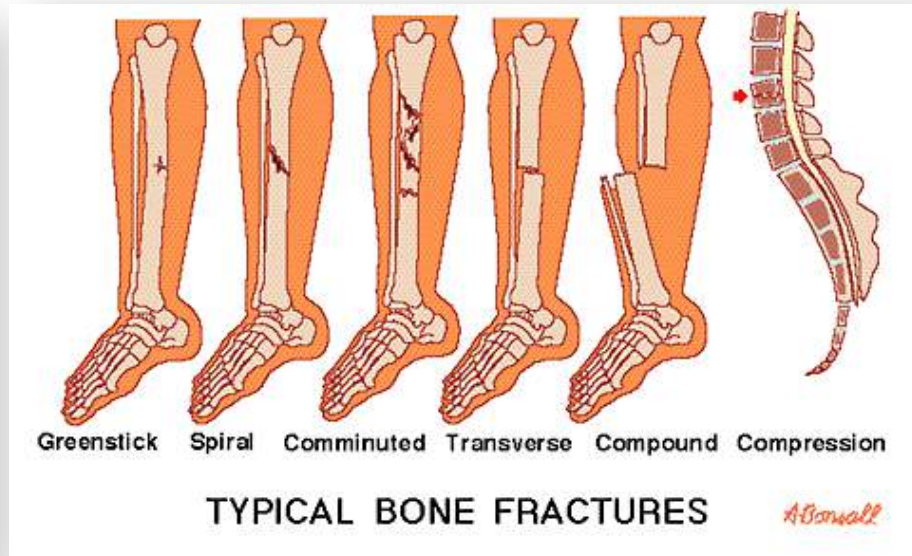
How to stop bleeding





Broken Bones and Immobilization





Signs and Symptoms

- Pain
- Swelling
- Skin discoloration
- Abnormality and cannot move



Tip of broken bone might be injuries to nearby organ and can make seriously bleeding

First Aid

▪ Sling and immobilize

1. Place triangular bandage on the trunk under the injured arm. Let the apex be a little under the elbow.
2. Fold up the lower part of bandage for wrapping the injured arm in the verticle position.
3. Tie the knot at the side of neck upper part of clavicle and tidy kept both tails.



Broken bone



First Aid

▪ Sling and immobilize (cont.)



4. Tie the knot at the elbow region to secure from sliding of bandage and tidy kept both tails .

5. Make a long material strap. Tighten alongside the arm and body firmly. Tie the knot in the front part of body at the end of elbow to support the fracture part in firm position to lessen the pain.

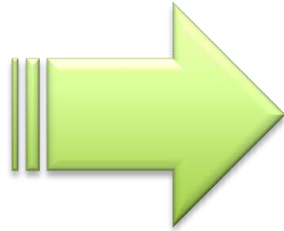
Broken bone



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Temporary Splint : Wrist Fracture or Dislocation



Broken bone



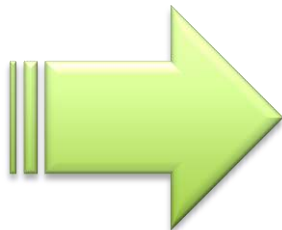
Temporary Splint : Lower arm Fracture



Broken bone



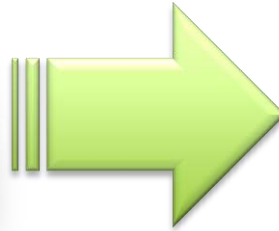
Temporary Splint : Elbow Fracture



Broken bone



Temporary Splint : Upper arm fracture



Broken bone



First Aid

Lower leg fractures

- Firmly hold an injured leg and put uninjured leg closer to an injured leg
- Put cloth between legs
- put cravats under legs



Place the material between 2 legs to protect the rubbing of bone.

1



2

Broken bone

First Aid

Lower leg fractures

- Firmly hold an injured leg and put uninjured leg closer to an injured leg
- Place the cloth between legs to protect the rubbing of bone.

1



Broken bone

Place the material between 2 legs to protect the rubbing of bone.

First Aid **Lower leg fractures**

- Place the cloth underlay the knees without lifting the legs. Move the cloth to the thighs, ankles and knees.



2

Broken bone



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First Aid Lower leg fractures (cont.)

3

- Tie a knot 3 spots to secure uninjured leg to an injured leg
- Tie the knots at the end of feet to prevent the feet separation.



In case of upper leg fracture it might be serious bleeding that should be send the casualty to the hospital as soon as possible



Head and Neck and spinal injury



It might be dangerous with paralysis or life loss by improperly transportation

Waiting for health personnel to manage a proper transportation

Broken bone

First Aid

- **Scene survey**
- **Do not move the casualty, ask he/she to lie still**
- **Check vital signs : breathing and pulse**
- **Reassure that he/she will be safe**
- **Call EMS.**

Broken bone





Transportations



Principal of transportation

- **Move the casualty to hospital or safety place**
- **Method of transportation should be safe and proper for the casualty and do not get more harm**
- **Good communication between first aiders**
- **Do not move if the casualty had head, neck and spine injury .Call EMS. to manage.**



Four hand seat carry

1. make Handed-Seat Carry



2. First aiders kneel down and lift one knee up

3. Put hand-seat on knees, casualty sit on hand-seat and hold first aider's neck

Three-hand seat carry

1. make 3 Handed-Seat Carry

2. First aiders kneel down and lift one knee up, put hand-seat on knees



3. Casualty sit on hand-seat and hold first aider's neck, first aider hold casualty's back



Two-hand seat carry



1. make 2 Handed-Seat Carry



2. First aiders kneel down and lift one knee up, put hand-seat on knees



3. Casualty sit on hand-seat and hold first aider's neck, first aider hold casualty's back



Foreign object in eye

Use tip of clean cloth sweep it out or
eyes fill in clean water

If an object stick in
the eye, cover both of
eye with eye pad and
send to hospital



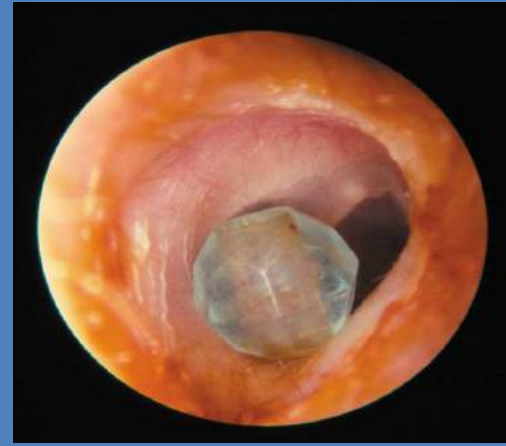
Do not squeeze an eye



Foreign object in the ear



Try using oil (vegetable oil) or warm water for an insect
: pouring 1-2 drop into the ear



Try using gravity for other object :tilt the head to the affected side to try to dislodge the object

If the object still lodge in the ear , seek medical assistance



Foreign object in the nose

Child (under 7 year)

- Send him/her to hospital



Child (over 7 year and adult)

- Try to blow out your nose gently
 - close the opposite nostril by applying gentle pressure and then blow out through the affected nostril



Snake Bite



First Aid for poisonous snake bite



Check for fang marked





- Apply firm crepes or elastic bandage over bite (fang marked), then rest of limb

- Stop arm or leg from moving (splint with wood)



- Do not allow the casualty to move

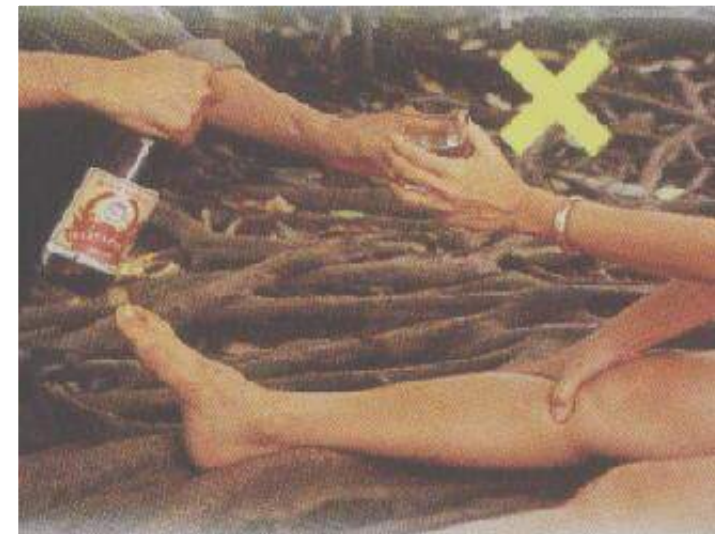
- Monitor breathing

- Send to hospital as soon as possible



Don't do

- Cut the wound
- Suck the wound
- Drinking alcohol
- Take any medicine



Dog bites

- Clean the bite thoroughly with water and soap
- Sweep the bite with antiseptic or alcohol 70 %
- Cover the bite with a sterile dressing
- Take casualty immediately to medical facility to get tetanus and rabies vaccination





Thank you

