





# NATIONAL CADET CORPS



# CHAPTER – HH-II

## FIRST AID IN COMMON MEDICAL EMERGENCIES AND TREATMENT OF WOUNDS

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*First Aid*

*Save a Life*

*Empowered by the*

# FIRST AID IN COMMON MEDICAL EMERGENCIES

- There are some occasions on which we may be faced with a situation where, we may be required to provide FIRST AID to an injured, because of an accident or due to any calamity. Therefore it is very important for all the cadets to have knowledge of providing basic first aid in common medical emergencies.



## SOME BASIC FIRST AID TREATMENT

- Injuries to internal organs.
- Burns and scalds.
- Snake, scorpion and dogs bite.



# TREATMENT OF INJURIES TO INTERNAL ORGANS



- Keep the patient warm and lying down with feet raised up and head kept low.
- Applied cold application on the suspected injured region.
- Cheer up the patient.
- Arrange medical attention as soon as possible.







**Treatment For Burns And Scalds**



- If the burns are chemical, let the water from a pipe or hose flow freely on the burn so that the chemical flows off.
- Protect the burn area by applying the bandage or cover exposed part with a clean towel or cloth.
- Give complete rest and plenty of fluids to the patient.
- Re-assure the patient.
- Give him/her morphia, if required.
- Evacuate patient to the nearest hospital or dispencery.



# TREATMENT OF SNAKE, SCORPION AND DOGS BITE



# SNAKE BITE

- Make the victim lies down comfortably.
- Give convincing reassurance against fear of death.
- Apply a light constricting tourniquet with handkerchief, bandage or shoe laces above the knee for a bite on the leg and above elbow for a bite on the arms. So that the poison does not flow to all parts of the body.
- Wash with soap and water. Use water freely.
- Incise into the skin across the fang mark with a blade.



- Suck the blood either with mouth or with the suction pump. Be careful that there is no cut or ulcer in the mouth.
- Evacuate the patient quickly to the nearest hospital or dispensary.
- If breathing fails, start artificial respiration.



# SCORPION BITE

- If blood has been drawn, the wound should be cleaned well with antiseptic lotion.

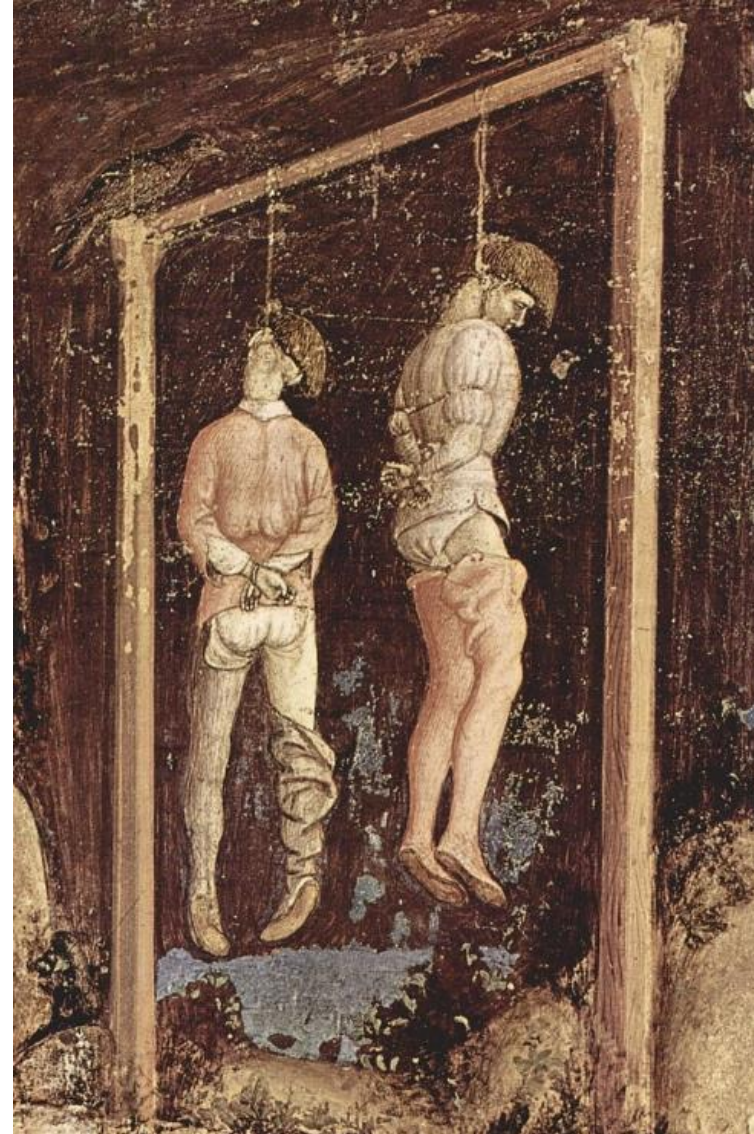


# DOG BITE

- Immediately wash the bite area with lots of water and soap.
- The wound should be cleaned with available antiseptic.
- The patient should be sent to hospital for an anti-rabies injection course.
- Dog and the patient should be kept under observation at least for 10 days.



# FIRST AID FOR SPECIAL CASES





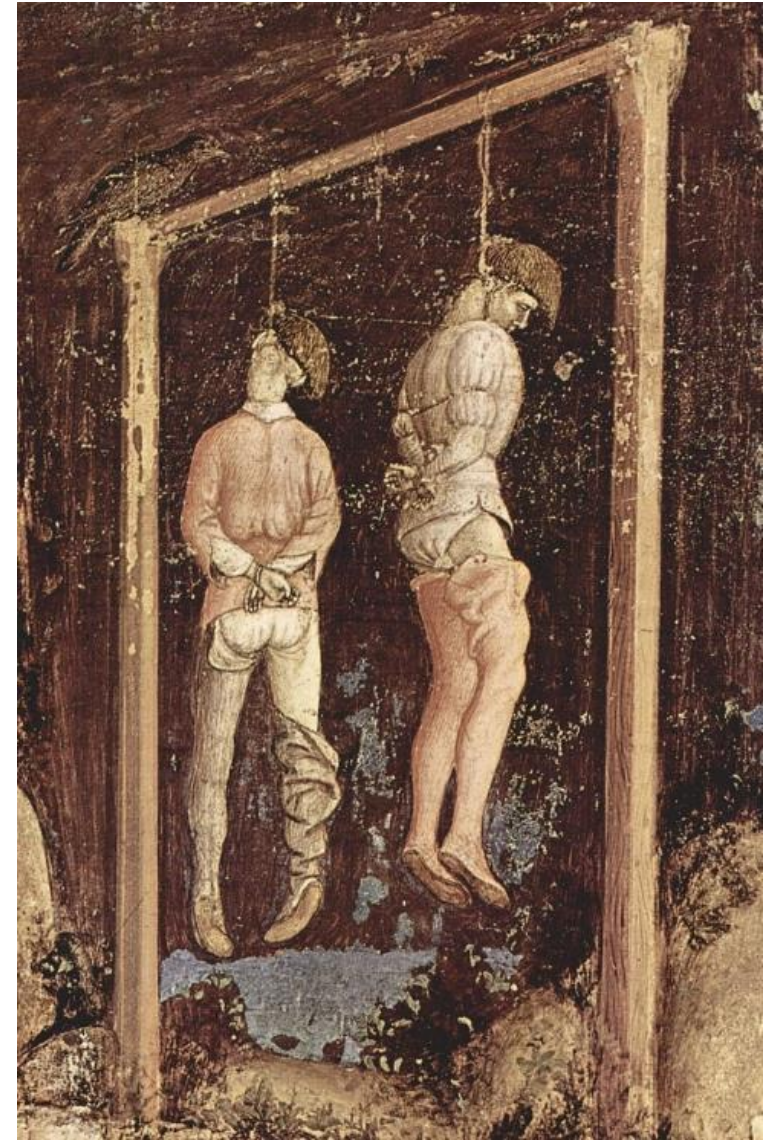
# DROWNING

- Wet clothes should be loosened.
- Mouth, throat and nostril should be cleaned of mucus and any foreign body.
- Patient should be made to lie down over his/her stomach, face down, head turned to one side, arms stretched beyond the head, tongue pulled out.
- Artificial respiration should be given till he/she starts breathing.
- Cover the patient with a blanket.



# STRANGULATION AND HANGING

- Cut the constriction.
- Clear the air passage.
- Start artificial respiration.
- Give inhalation if possible.
- Make the patient warm and comfortable.

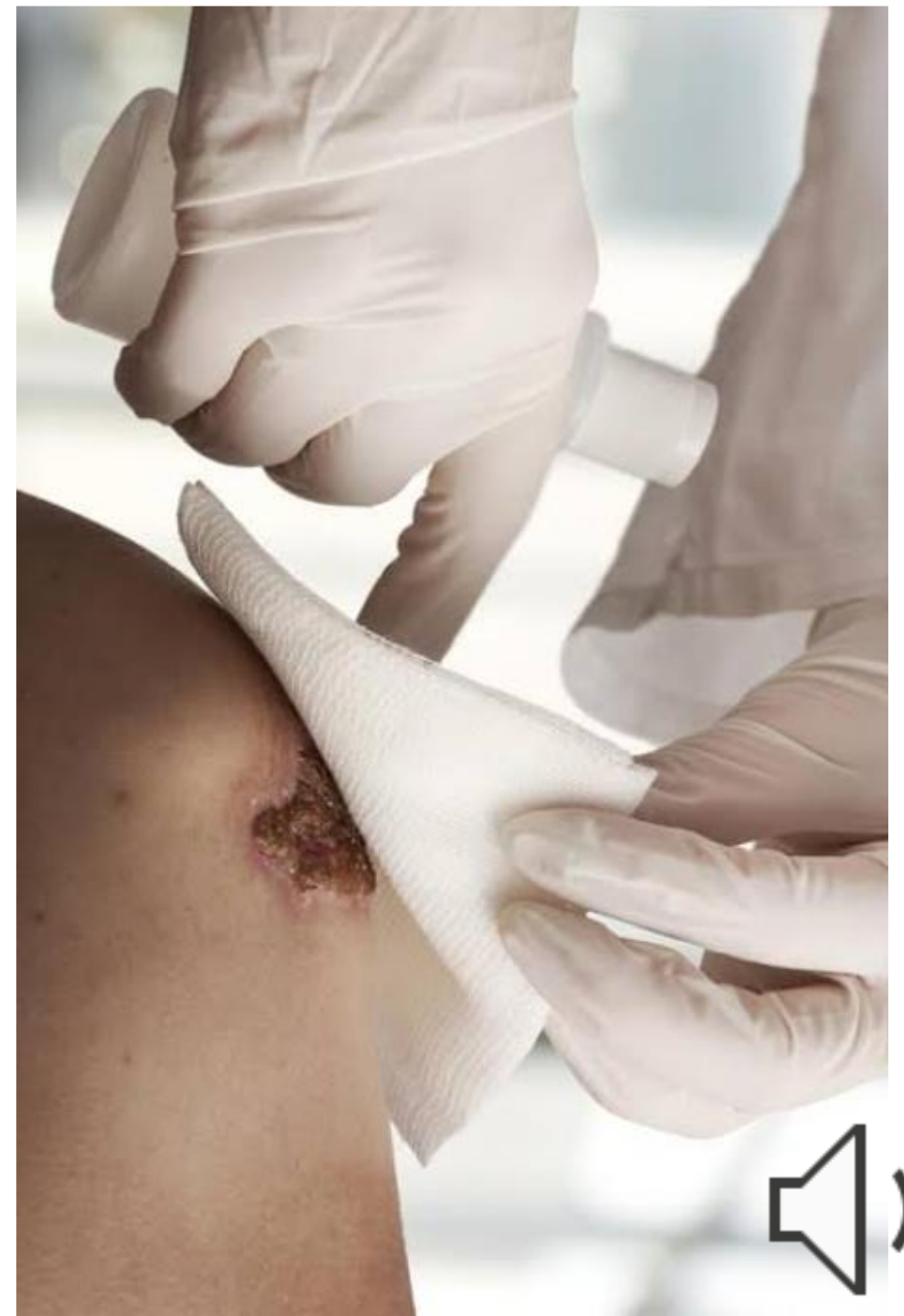


# ELECTRIC SHOCK

- Switch off or break the current, if possible.
- Remove the casualty from contact with the current, if possible. Stand on insulating material such as rubber soled shoes or boots or piles of newspaper.
- Give artificial respiration.
- Treat for shock and burn.



# TREATMENT AND CARE OF WOUNDS



# Definition

- Wound can be defined as a break in continuity of the skin or muscles membrane. It is caused by the violence.



# Classification of wounds

- Inside wound:- It is wound caused by a sharp instrument like knife, razor and so on. Its edges are clean.
- Lacerated wound:- It is caused by blunt instrument. Its edges are torn or uneven.
- Punctured wound:- It is a deep, narrow wound caused by a pointed instrument like knife, bayonet. The wound is small on the surface but may be very deep causing injuries to internal organs.
- Contusion:- A contusion is an injury or a bruise in which some of the tissues or a part is irregularly torn or ruptured, but, the skin may not be broken. It is caused by a blow of blunt instrument.



# TREATMENT OF WOUNDS

- Place the patient in a comfortable position.
- Stop the bleeding, if any.
- Remove any foreign body, if it is easily visible and can be easily removed.
- Prevent the entry of germs by applying sterilized dressing like first field or shell dressing.
- Rest to the injured part with a sling.
- Immobilize the part, if wound is large or complicated by fracture.
- Treat the patient for a shock.
- Send the patient to the nearest hospital.



# Dressing

- A wound is to be cleaned with antiseptic lotion and covered with cotton or gauze piece with medication, before applying the bandage.





# AIM OF DRESSING

- To protect the wound from infection.
- To reduce swelling and early healing.
- To support the affected part.
- To enable the individual to carry out his/her day to day routine.
- To stop the bleeding.



# ARTICLES FOR DRESSING OF WOUNDS

- Artificial lotion.
- Cotton / guaze piece.
- A pair of scissors.
- Bandage of different size and band aid plaster.
- Antiseptic ointment or powder.



# PROCEDURE OF DRESSING

- Reassure the patient and place him/her in a comfortable position.
- Stop the bleeding, remove foreign body and clean the wound with antiseptic lotion and cotton.
- Apply antiseptic ointment or powder and cover it with gauze. Select a suitable bandage, start bandaging clockwise from outer aspects to inner aspects by covering  $\frac{1}{3}$  of previous lining.
- Make the knot away from the wound.
- Bandaging should not be either too tight or loose.



THANK YOU

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