

# **First Aid Reviewer (Detailed)**

## **1. First Aid**

First aid is the immediate and temporary care given to an injured or ill person before professional medical help arrives. It aims to reduce harm and increase chances of survival.

## **2. Principles of First Aid**

- 1 Preserve Life – ensure safety and prevent death
- 2 Prevent Further Injury – stop condition from worsening
- 3 Promote Recovery – support healing process

## **3. Do's and Don'ts**

- 1 DO assess the scene for safety before helping
- 2 DO call emergency services immediately
- 3 DO wear gloves if available
- 4 DO reassure the victim
- 5 DON'T move injured person unless necessary
- 6 DON'T give food or drink to unconscious person
- 7 DON'T panic

## **4. Roles & Objectives of First Aid**

- 1 Provide immediate care
- 2 Relieve pain
- 3 Prevent complications
- 4 Stabilize victim until help arrives

## **5. Characteristics of a Good First Aider**

- 1 Calm and composed under pressure
- 2 Quick decision-maker
- 3 Knowledgeable in procedures
- 4 Observant and careful

- 5 Responsible and caring

## **6. ABC's of First Aid**

- 1 A – Airway: ensure airway is clear
- 2 B – Breathing: check if breathing normally
- 3 C – Circulation: check pulse and control bleeding

## **7. How to Perform ABC**

- 1 Airway: tilt head back, lift chin
- 2 Breathing: look for chest rise, listen for breath
- 3 Circulation: check pulse, apply pressure to bleeding

## **8. CPR and AED**

- 1 CPR: 30 chest compressions + 2 rescue breaths
- 2 Push hard and fast at center of chest
- 3 AED: follow voice instructions
- 4 Do not touch victim during shock delivery

## **9. Triangular Bandage**

- 1 Uses: sling, support, immobilization
- 2 Broad fold: for large support
- 3 Narrow fold: for tying or securing

## **10. Heimlich Maneuver**

- 1 Stand behind victim
- 2 Place fist above navel
- 3 Give quick inward and upward thrusts
- 4 Repeat until object is expelled

## **11. First Aid Kit Contents**

- 1 Adhesive bandages and gauze

- 2 Antiseptic wipes/alcohol
- 3 Scissors and tweezers
- 4 Disposable gloves
- 5 Pain relievers
- 6 Thermometer

## **12. First Aid for Common Injuries**

- 1 Cuts: clean, apply antiseptic, cover
- 2 Burns: cool under running water (10–20 min)
- 3 Sprains: RICE (Rest, Ice, Compression, Elevation)
- 4 Nosebleed: lean forward, pinch nose

## **13. Musculoskeletal Injuries**

- 1 Fracture: immobilize, do not move
- 2 Dislocation: do not force back, support joint
- 3 Sprain/Strain: apply RICE method

## **14. Road Safety**

- 1 Distracted driving reduces reaction time
- 2 Using phone while driving increases crash risk
- 3 Alcohol/drugs impair judgment and coordination

## **15. Water Safety**

- 1 Swim in supervised areas
- 2 Never swim alone
- 3 Wear life jackets when needed
- 4 Avoid rough waters

## **16. Water Incidents & Dangers**

- 1 Drowning due to fatigue or panic
- 2 Slipping on wet surfaces
- 3 Strong currents pulling swimmers

## **17. Self-Management Skills for Safety**

- 1 Stay alert and aware of surroundings
- 2 Follow safety rules
- 3 Avoid risky behavior
- 4 Know emergency contacts