

A large, leafy tree stands in the center of the frame, its branches silhouetted against a bright, hazy sky. The sun is low on the horizon, partially obscured by the tree's branches, creating a warm, golden glow. The sky transitions from a deep orange near the horizon to a pale, hazy blue at the top. The foreground is dark and out of focus, suggesting a field or meadow.

Good Morning



FIRST AID IN EMERGENCIES

Asphyxia



k40896376 fotosearch.com



Asphyxia

- ❖ **Definition** : Asphyxia means one of the respiratory problems where lungs do not get sufficient supply of air from breathing.
 - ❖ **Signs/Symptoms**: Blue discoloration of face, tongue, and lips; gasping; inability to speak; unconsciousness.
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Management:

- Remove the causality from the affected situation.
- First try the Heimlich maneuver, grasping the victim from behind with hands linked in front and compressing the abdomen just below the ribs.
- Encourage victim to cough up foreign objects in throat; as a last resort, tap victim between shoulder blades to dislodge object.
- For asphyxia caused by gas or fumes, remove victim to a clear atmosphere; use artificial respiration.
- Open the airway and begin to give mouth to mouth ventilation immediately
- Place the patient in a recovery position
- Apply water over the face, make the patient to drink a sip of water
- Sent the causality to hospital.

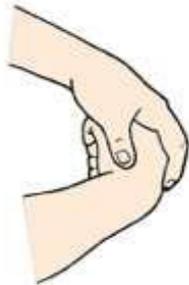
Heimlich Maneuver



1. Lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



4. Make a quick, hard movement, inward and upward.

Place the infant stomach-down across your forearm and give five thumps on the infant's back with heel of your hand



ADAM



Place fist above navel while grasping fist with other hand. Leaning over a chair or counter-top, drive your fist towards yourself with an upward thrust

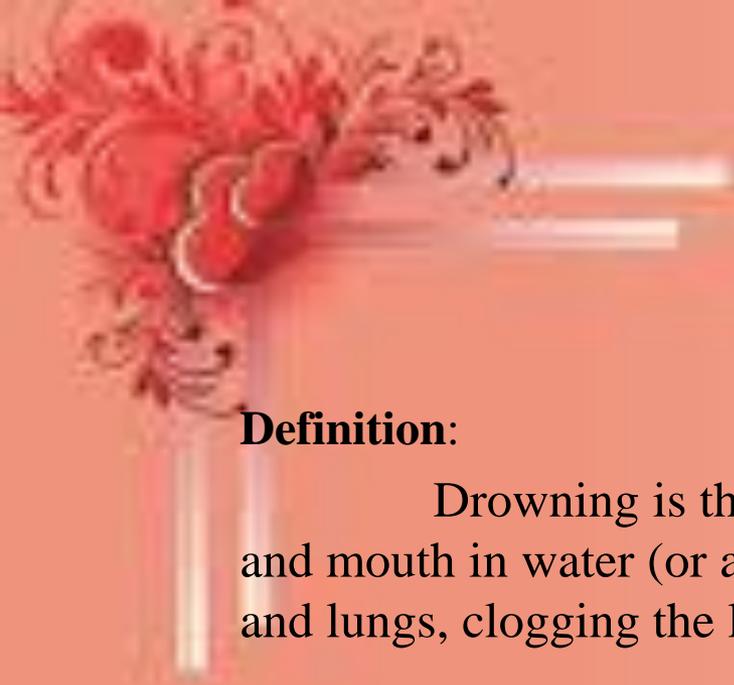


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Drowning



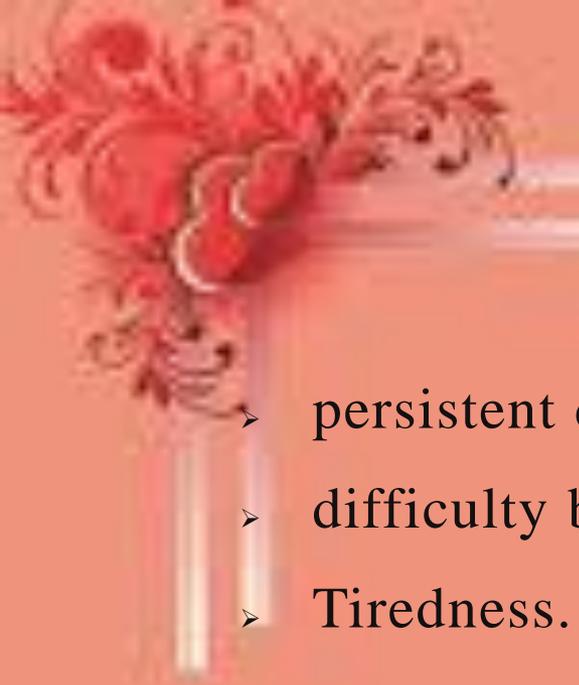


Drowning

Definition:

Drowning is the result of complete immersion of the nose and mouth in water (or any other liquid). Water enters the windpipe and lungs, clogging the lungs completely

- Within 3 minutes underwater, most people lose consciousness.
 - Within 5 minutes underwater, the brain's oxygen supply begins to drop. A lack of oxygen can cause brain damage
- 



Signs & symptoms

- ▶ persistent coughing.
 - ▶ difficulty breathing.
 - ▶ Tiredness.
 - ▶ decreased activity.
 - ▶ mental confusion.
 - ▶ blue colour on skin and lips.
 - ▶ loss of consciousness.
 - ▶ loss of bowel or bladder control.
- 

Management:

The aim of first aid is to drain out water (or other matter) from lungs and to give artificial respiration.

- Act quickly. Remove seaweeds and mud from the nose and throat.
- Start artificial ventilation immediately.
- Turn the victim face down with head to one side and arms stretched beyond his head. Infants or children could be help upside down for a short period.
- Raise the middle part of the body with your hands round the belly. This is to cause water to drain out of the lungs.
- Give artificial respiration until breathing comes back to normal. This may have to go on for as long as two hours.
- Remove wet clothing.
- Keep the body warm, cover with blankets.
- When victim becomes conscious, give hot drinks viz coffee or tea.
- Do not allow him to sit up.
- Remove quickly to hospital as a stretcher case.

DROWNING



Always supervise children near water, they can drown in just a couple of centimetres. Drowning can happen quickly and quietly and causes a frightening number of fatalities every year.

IF YOU ARE AWARE THAT SOMEONE IS DROWNING



1 **SETP**
If they are unconscious in water, get them out as quickly as possible but **never put yourself in danger.**

2 **SETP**

Once on dry land, turn them on their back, tilt their head and lift the chin to open the airway.



3 **SETP**
If they're not breathing start resuscitation. **If there is use a defibrillator available, use it immediately.**

4 **SETP**

CPR-For an adult, start with 30 chest compressions then 2 rescue breaths. For a child or baby, start with 5 rescue breaths then 30 compressions to 2 breaths. Push hard and fast and keep going.



5 **SETP**
If they start to regain consciousness swiftly put them into the recovery position. Keep checking they're breathing.

6 **SETP**

Ensure you have called the emergency services

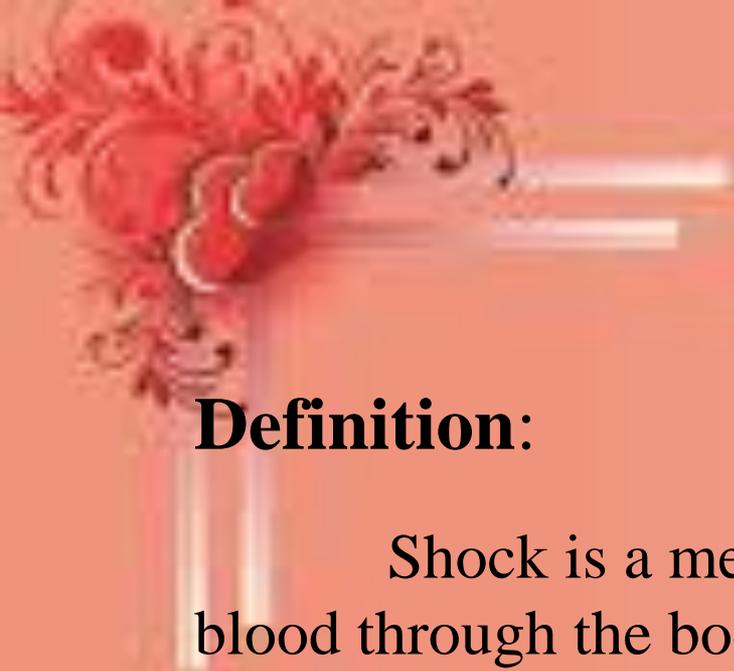


If you are a qualified lifeguard, you will have been taught to give 5 rescue breaths to all casualties. Adhere to this modification.

IMPORTANT: Anyone who has been in a near-drowning situation should be checked by a doctor as secondary drowning can occur many hours later.

Shock



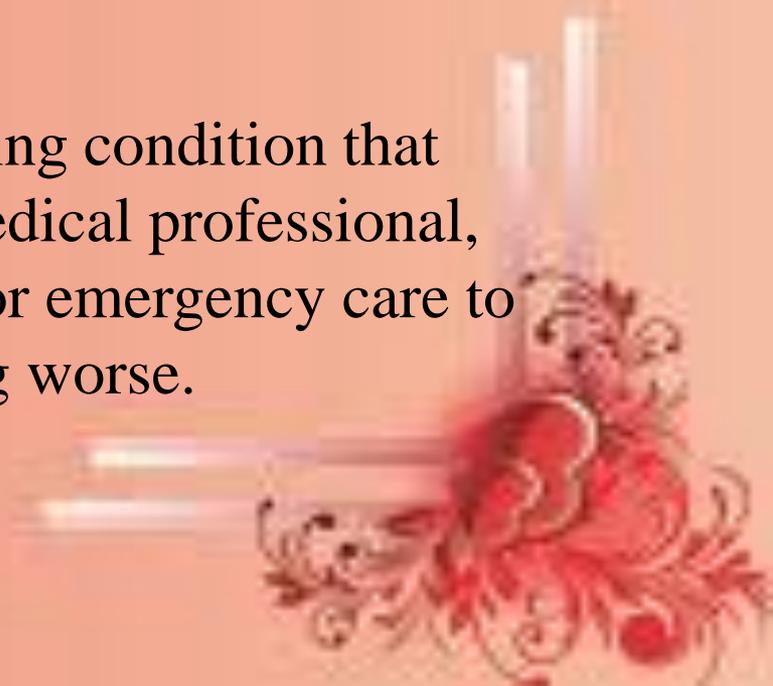


Shock

Definition:

Shock is a medical emergency where the flow of blood through the body is reduced, limiting the amount of oxygen the blood carries to the body's cells.

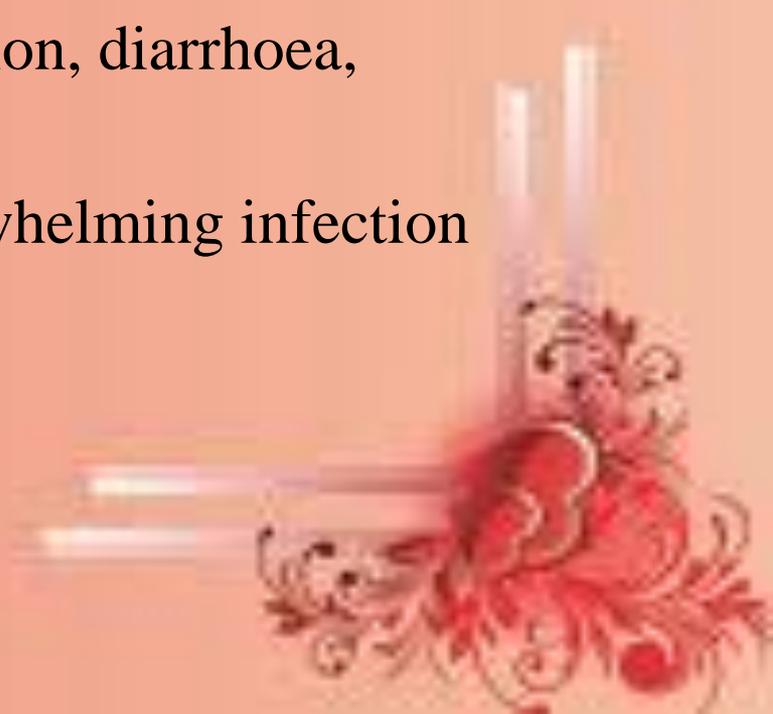
While shock is a life-threatening condition that requires immediate treatment by a medical professional, giving first aid early, while waiting for emergency care to arrive, can help shock from becoming worse.





Shock

Causes:

- severe internal or external bleeding
 - heart problems, such as a heart attack, or heart failure
 - loss of body fluids, from dehydration, diarrhoea, vomiting, or burns
 - severe allergic reactions and overwhelming infection (septic shock)
 - spinal cord injury.
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Shock

Signs/Symptoms:

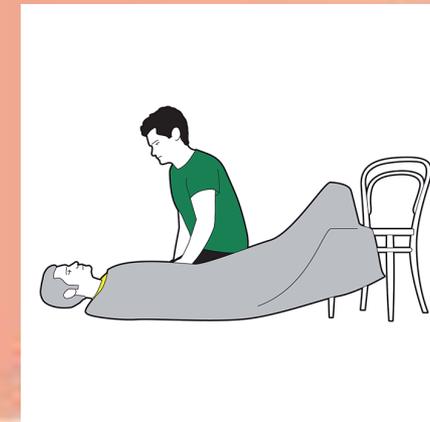
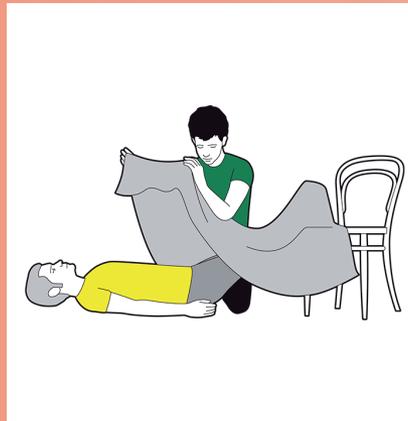
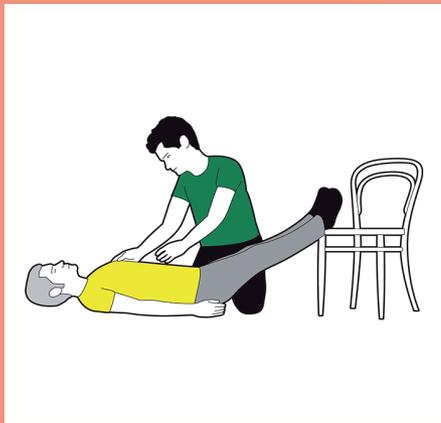
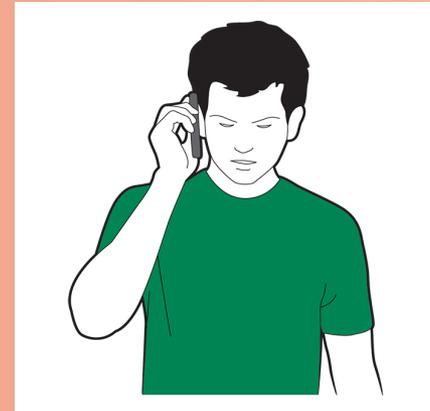
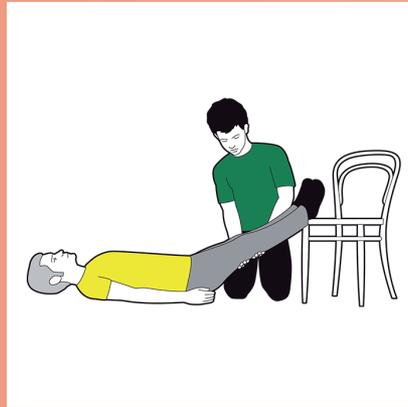
- pale skin, which may be cold and clammy
- Sweating
- Tachycardia
- fast, shallow breathing
- a feeble pulse
- grey blue skin, especially inside the lips
- nausea and possible vomiting - as the brains oxygen supply decreases
- restlessness and aggressive behaviour
- yawning and gasping for air
- the casualty could become unresponsive.

Shock

Management

- Check the person's airway, breathing, and circulation.
- If the person bleeds, vomits, or drools from his/her mouth, turn the head to the side to allow fluids to drain.
- Give first aid for the underlying injury or illness. For example, if there is bleeding, apply pressure to the wound, etc.
- Loosen any constricting clothing, belts, or jewelry, and lightly cover the person to keep him/her warm. However, it is important to not allow the person to overheat!
- If there is no possible leg, neck, or back injury associated with the shock, place the person in the shock position: Lay the person flat (without any pillows under his/her head), and elevate the feet 8–12 inches.
- If conscious, ask the person pertinent questions. Because he/she may lose consciousness as shock progresses
- Do not put anything in the mouth of a potential shock victim. (If requested, you can moisten the person's lips with water.)

Shock





**THANK
YOU**