

# Basic First Aid in trauma

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# Objective

- *basic advice on first aid for use in an emergency*

“it helps save lives.”

# What to do in an emergency?

Priorities are to:

- assess the situation – do not put yourself in danger;
- make the area safe;
- assess all casualties and attend first to any **unconscious** casualties;
- send for help – do not delay.

# *Check for a response*

- Gently shake the casualty's shoulders and ask loudly, 'Are you all right?' If there is no response, your priorities are to:
  1. Open the airway & shout for help;
  2. check for normal breathing;
  3. take appropriate action: i.e. CPR (Cardiopulmonary resuscitation).

Unresponsive?

Shout for help

Open airway

Not breathing normally?

Call  
112

30 chest  
compressions

2 rescue breaths  
30 compressions

# *A : Airway*

## **To open the airway:**

- place your hand on the casualty's forehead and gently tilt the head back;
- lift the chin with two fingertips.



A

B

# **B: *Breathing***

- **Look, listen and feel for normal breathing for no more than 10 seconds:**
- look for chest movement;
- listen at the casualty's mouth for breath sounds;
- feel for air on your cheek.



**A**

**B**

# If the casualty is breathing normally:

- place in the recovery position;
- get help;
- check for continued breathing.





# C: CPR – Start chest Compression

*Cardiopulmonary Resuscitation*

<http://youtu.be/vXim8rU7lY8> ( Video presentation)

**If the casualty is not breathing normally:**

- get help
- ( CPR).



**C**  
CPR



# To start chest compressions:

- lean over the casualty and with your arms straight, press down on the centre of the breastbone 4-5 cm, then release the pressure;
- repeat at a rate of about 100 times a minute;
- after 30 compressions open the airway again;
- pinch the casualty's nose closed and allow the mouth to open;
- take a normal breath and place your mouth around the casualty's mouth, making a good seal;
- blow steadily into the mouth while watching for the chest rising;
- remove your mouth from the casualty and watch for the chest falling; give a second breath and then start 30 compressions again without delay;
- continue with chest compressions and rescue breaths in a ratio of 30:2 until help takes over or the casualty starts breathing normally.

# Basic management of trauma

## **Severe external bleeding**

- Apply direct pressure to the bleeding wound; or to the area where the blood is coming from.
- raise and support the injured part (unless broken);
- apply a dressing and bandage firmly in place.

## **Broken bones and spinal injuries**

- If a broken bone or spinal injury is suspected, **obtain expert help. Do not move casualties unless they are in immediate danger.**

# Burns

can be

- thermal burns,
- chemical burns,
- electrical burns

# Management of Burns

## Electrical burns:

- Don't touch a victim who has been in contact with electricity unless you are clear of the power source.
- Call for help: 112
- Red Cross      140

# Burns

- Cool the affected part of the body with cold water
- Thorough cooling may take 10 minutes or more, but this must not delay taking the casualty to hospital.
- Certain chemicals may seriously irritate or damage the skin. **Avoid contaminating yourself with the chemical.**
- Flood the affected area with water for 20 minutes. Continue treatment even on the way to hospital, if necessary.

# Attention!

- **Do Not use water if the burn is due to phosphoric compounds**
- Phosphorus becomes active in the presence of water and it produces a massive deep burn.

# Eye injuries

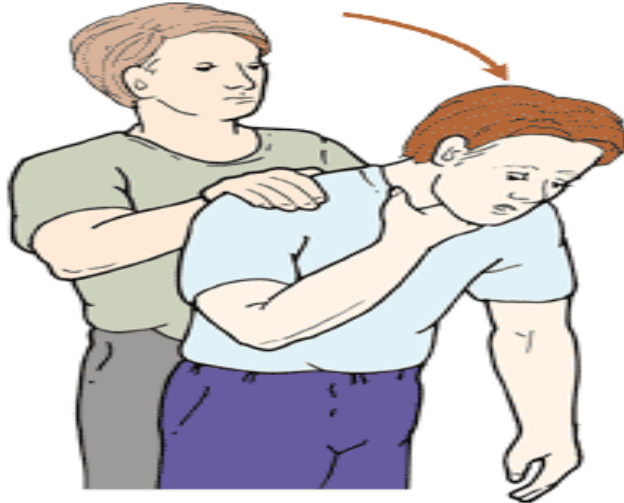
- All eye injuries are potentially serious.
- If there is something in the eye, wash out the eye with clean water or sterile fluid from a sealed container, to remove loose material. **Do not attempt to remove anything that is embedded in the eye.**
- If chemicals are involved, flush the eye with water or sterile fluid for at least 10 minutes, while gently holding the eyelids open.
- Ask the casualty to hold a pad over the injured eye and arrange immediate transfer to the hospital.



# CHOKING

- Perform the Heimlich maneuver on choking victims
- **Ask the victim to cough, speak, or breathe.**
- If the victim can do none of these things, stand behind the victim and locate the bottom rib with your hand.
- Move your hand across the abdomen to the area above the navel then make a fist and place your thumb side on the stomach.
- Place your other hand over your fist and press into the victim's stomach with a quick upward thrust until the food is dislodged.

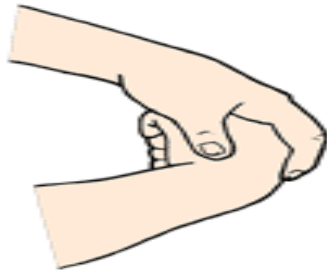
# Heimlich Maneuver



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.

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# KEEP A FIRST AID KIT CHECKLIST

- Adhesive bandages:
- Butterfly closures: these hold wound edges firmly together.
- Rolled gauze:
- Nonstick Sterile Pads:
- First Aid Tapes: Various types of tapes should be included in each kit.
- Items that also can be included in each kit are tweezers, scissor, first aid cream, thermometer, an analgesic or equivalent, and an ice pack.

# Summary

- If people are seriously injured call **112**
- Keep calm
- Make sure you and the injured person are not in danger.
- Assess the injured person carefully and act on your findings using the **basic First Aid steps.**
- Keep an eye on the injured person's condition until the emergency services arrive.
- Get medical attention for all injuries.

# References

Website: [www.hsebooks.co.uk](http://www.hsebooks.co.uk)

-Red cross in Lebanon

-Civil defense

-ISF: Internal security forces:112, 999

-BCLS: Basic Cardiac Life Support

- ATLS: Advance trauma and Life Support

- <http://www.howcast.com/>

- CPR Training Video New 2010 / 2011 Guidelines - Preview  
Safetycare Cardiopulmonary Resuscitation