ONE PAGE SUMMARY

Kids Learning › Health & Hygiene › First Aid Basics

What is First Aid Basics

Learn First Aid Basics to Help in Emergencies!

DEFINITION

> First aid basics are simple techniques to help someone who is injured or unwell. It includes actions like cleaning wounds and performing CPR until professional help arrives.

KEY CONCEPTS

CPR

Cardiopulmonary resuscitation is a lifesaving technique used in emergencies when someone's breathing or heartbeat has stopped.

Wound Care

Properly cleaning and dressing wounds to prevent infection and promote healing.

Choking Relief

Techniques like the Heimlich maneuver to help someone who is unable to breathe due to a blockage.

Burn Treatment

Cooling burns with water and covering them to protect the skin and reduce pain.

Shock Management

Recognizing signs of shock and keeping the person calm and warm until help arrives.

EXAMPLES

→ Using CPR on someone who has collapsed.

→ Cleaning a scrape with soap and water.

→ Helping a friend who is choking with the Heimlich maneuver.

MEMORY TIPS

★ Remember 'C-A-B' for CPR: Compressions, Airway, Breathing.

★ Use the acronym 'WBC' for Wound, Burn, Choking.

★ Think of 'SHOCK' to recall signs: Sweaty, Heart racing, Out of breath, Cold, and confused.

COMMON MISTAKES

✗ Not calling for help before starting first aid.

✗ Using ice directly on burns instead of cool water.

✗ Forgetting to check for responsiveness before administering CPR.

QUICK RECAP

First aid basics are essential skills for helping injured or ill individuals. Key techniques include CPR, wound care, and choking relief. Remember to stay calm and call for professional help when needed.