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Beginner lessons for First Aid

Master Basic First Aid for Everyday Emergencies

DEFINITION

> First aid involves providing immediate care to someone who is injured or ill. It can save lives and reduce recovery time until professional help arrives.

KEY CONCEPTS

CPR Basics

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

Wound Care

Proper wound care includes cleaning, dressing, and monitoring for infection to promote healing.

Choking Relief

The Heimlich maneuver is used to dislodge an object blocking a person's airway, restoring normal breathing.

Burn Treatment

Cool the burn with running water, cover it with a sterile dressing, and avoid applying ice directly.

Shock Management

Recognizing and treating shock involves keeping the person calm, lying down, and elevating their legs if possible.

EXAMPLES

→ Perform CPR on an unresponsive adult.

→ Apply a bandage to a cut on an arm.

→ Use the Heimlich maneuver on a choking child.

MEMORY TIPS

★ Remember 'CAB' for CPR: Circulation, Airway, Breathing.

★ Use 'Cool, Cover, Don't Ice' for burn treatment.

★ Think 'Squeeze, Lift, Thump' for choking relief steps.

COMMON MISTAKES

✗ Forgetting to call emergency services before administering first aid.

✗ Using ice directly on burns instead of cool water.

✗ Not checking for responsiveness before starting CPR.

QUICK RECAP

First aid is crucial for handling emergencies effectively. Key skills include CPR, wound care, and choking relief. Always prioritize calling for professional help when needed.