

Beginner lessons for First Aid

Master Basic First Aid for Everyday Emergencies

DEFINITION

First aid is the initial assistance given to someone who is injured or ill. It aims to preserve life, prevent further harm, and promote recovery 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 involves cleaning, disinfecting, and dressing injuries to prevent infection and promote healing.

Choking Relief

The Heimlich maneuver is a technique used to help someone who is choking by applying pressure to their abdomen.

Burn Treatment

Burns should be cooled with running water and covered with a sterile dressing to prevent infection.

Shock Management

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

EXAMPLES

- Perform CPR on an unresponsive person.
- Apply a sterile bandage to a cut.
- Use the Heimlich maneuver on a choking adult.

MEMORY TIPS

- ★ Remember 'ABC' for Airway, Breathing, Circulation in emergencies.
- ★ Use 'Cool, Cover, and Call' for burn treatment.
- ★ Think 'Squeeze, Lift, and Thrust' for choking relief.

COMMON MISTAKES

- ✗ Forgetting to call for help 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. Focus on CPR, wound care, choking relief, and burn treatment to ensure safety and recovery. Remember to stay calm and call for professional help when needed.