



Beacon Media

Supporting worldwide education

Basic First Aid

Disclaimer: This presentation is only an overview and is not intended as a substitute for a recognized First Aid certificate course.

What types of injuries might occur at school?

Causes

- Falling from playground equipment
- Collisions, especially if running around corners
- Sports injuries

Injuries

- Nose bleeds
- Bruises
- Grazes
- Cuts, fractures

What is First Aid?

- The FIRST thing you do when someone is injured or ill.

In the classroom:

Alert the teacher

In the playground:

Administer First Aid from the First Aid kit

Inform the school office, who will inform parents

The aims of First Aid

- Promote a safe environment
- Preserve life
- Prevent injury or illnesses from becoming worse
- Help promote recovery
- Reassure the ill or injured

Emergency phone numbers

- Must be clearly displayed in the office

What's in a First Aid kit?

- Antiseptic wipes
- Assorted adhesive bandages, including Band aids
- Gauze pads
- Non-stick sterile pads
- Medical adhesive tape
- Rolled bandages
- Safety pins, scissors and tweezers
- Thermometer

Bandages

Are used to:

- Control bleeding
- Keep dressing in position
- Give support and pain relief
- Restrict movement
- Immobilize fractures

Dressings

- Should be sterile and clean
- Non-stick
- Used to control bleeding, protect wounds, prevent infection
- A gauze pad can be applied over a dressing

Approaching the scene of an accident (Dr. ABC)

- D for danger ...make sure no one else gets hurt
- R for response ...if unconscious turn on side
- A for airway...tilt head slightly down to clear airway
- B for breathing...chest rising/falling? Sound? If not breathing turn on back and commence EAR (mouth to mouth) resuscitation – 5 breaths in 10 seconds
- C for circulation...feel pulse at neck. If no pulse commence CPR

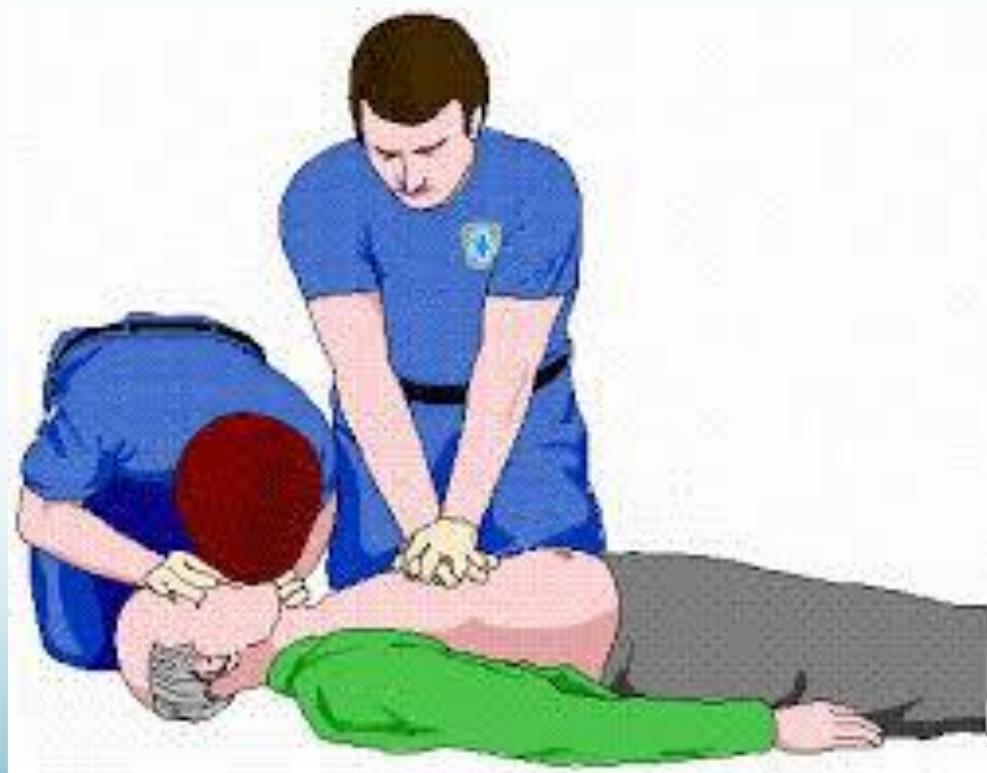
Call an ambulance!



CPR and EAR

Cardio-**P**ulmonary **R**esuscitation

Expired **A**ir **R**esuscitation



Abrasions

- e.g. gravel rash
- Cleanse wound with sterile gauze soaked in cool boiled water. An antiseptic may be used according to directions.
- If not possible, wash wound under running water
- Apply non-stick dressing

Wash hands first

- Minimize infection by washing hands before and after management



Penetrating wounds

- e.g. bullet, nail, needle penetrates skin
- Control bleeding by applying pressure around wound
- Keep wound as clean as possible but don't try to pick out object
- Rest injured part until medical attention can be given

Bruises and sprains

- Bruising = bleeding into deep tissues
- Sprains = a joint forced beyond its normal range of movement, stretching or tearing the ligaments
- Strain = overstretching of a muscle or tendon

Management:

R – rest

I – ice pack (20 minutes initially then reapplied every 2 – 4 hrs)

C – compression bandages

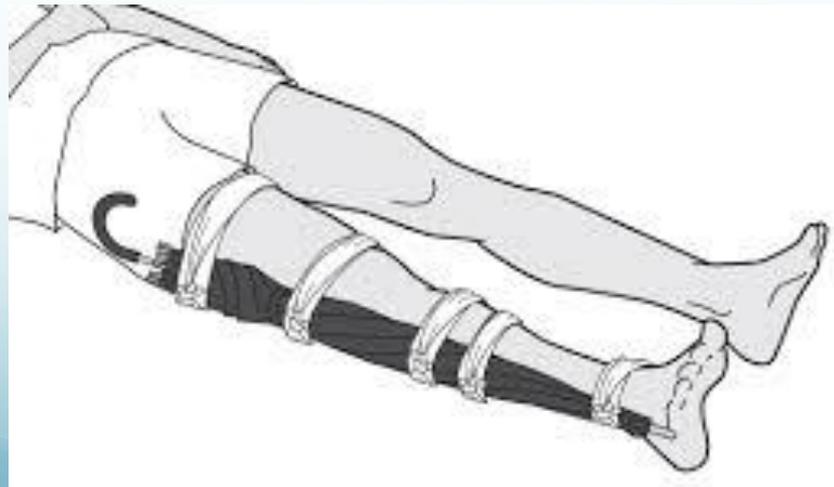
E - elevate

Signs of a fracture

- The break may have been felt or heard
- Pain at or near the site of the injury
- Loss of power / movement of the limb
- Deformity, swelling, bruising

Fracture management

- Ask the person not to move the injured part
- For leg, immobilize fracture with a bandage or splint
- For arm, ask child to hold arm against body
- Observe carefully in case of shock.



Burns

- Hold burnt area under cold, gently running water about 10 minutes
- Cover the burn with sterile non-stick dressing
- Seek medical aid
- Alleviate pain by gently pouring cold water over the dressing.
- Do not apply lotions, ointments or dressings that will stick

Shock

- A life-threatening condition that can occur as a result of a serious injury
- Particularly when there is severe pain, bleeding or fluid loss from burns.
- A progressive condition that may lead to collapse of the circulatory system and death

Signs and symptoms of shock

Initial:

- Pale face, fingernails and lips
- Cold, clammy skin
- Usually a weak, rapid pulse
- Rapid breathing
- Faintness or dizziness
- Nausea
- Drowsiness or confusion
- thirst

Shock management

- DRABC
- Reassure casualty
- Seek medical aid urgently
- Unless fractured, raise the casualty's legs above the level of the heart
- Dress wounds or burns
- Immobilize fractures
- Loosen tight clothing
- Don't give anything to drink but can moisten lips if thirsty

Eye injuries

If foreign object is embedded in the eye:

- Cover both eyes with a pad. Make sure no pressure on injured eye. Seek medical attention.

If foreign object is small and loose:

- Ask casualty to look down while you grasp lashes of upper lid and gently pull the lid down over the lower lid.
- If this doesn't work, the object may be washed out by pouring a gently stream of clean saline or sterile water over the eye.

Nose bleeds

- Ask the casualty NOT to blow through the nose and to breathe through the mouth
- Sit up with head slightly forward
- Ask casualty to apply finger and thumb pressure on the soft part of the nostril for at least 10 minutes
- Keep casualty cool.
- Place cold wet towels on neck and forehead.

Anaphylaxis

- Severe allergic reaction to foods such as peanuts, shellfish, or bites from certain insects
- On enrollment, all parents should be asked whether their child has an allergy.
- If allergies are present, then offending certain foods must be banned from the school, e.g. peanut butter.
- Someone in the school must be trained in how to use an epipen.

Asthma

- Assist casualty to the most comfortable position, usually upright
- Reassure casualty
- Administer prescribed medications
- Seek medical aid urgently
- If unconscious, follow DR ABC plan

Safe storage of medications

- If children have need for medications at school, e.g. asthma pump or epipen, these should be kept in a safe place, e.g. with teacher or at the office, but easily accessible if needed.
- Children's personal medication should be clearly labeled.

Illness

Be aware of children who may have:

- Coughs and colds
- Gastric illness / diarrhea

Parents should be asked to keep the children at home.

All children should be trained in avoidance of infectious diseases.

- Hand washing after toilet and before eating
- Covering mouth when coughing
- Tissues for blowing nose – correct disposal of tissues

Headache and fever

- If forehead feels hot, take temperature
- Temperature must not exceed 40 degrees C
- Lower temperature with cold pack on forehead and cool towel at back of neck
- For headache, also use cold pack
- Call for a doctor or ambulance in case of severe fevers

Itchiness

- Head lice
- Insect bites
- Eczema

Cold packs

- Use for management of many conditions and complaints...
- e.g. Bruises, sprains, headache, fever, itchiness
- Frozen peas wrapped in tea towel will do.
- Wet towels placed in fridge

Revision questions

1. What is the best way of dealing with a nose bleed?
2. When should RICE be used? (rest, ice, compress, elevate)
3. What should be done in the case of a fracture?

Answers

1. Head slightly forward
2. Sprains and bruises
3. Immobilize