

Introduction

At any moment, you or someone around you could experience an injury or illness. Using basic first aid, you may be able to stop a minor mishap from getting worse. In the case of a serious medical emergency, you may even save a life

CPR

1/ Adult

*Place the patient on their back.

*Place the heel of your hand on the lower half of the breastbone, in the center of the person's chest. Place your other hand on top of the first hand and interlock your fingers



2/ Child

Over 1 year:

*Place the child on their back

*Place the heel of one hand on the lower half of breastbone, in the center of the child's chest

*Position yourself above the child's chest



*Keeping your arm or arms straight, press straight down on their chest by one third of the chest depth.

References

- 1/ <https://www.healthdirect.gov.au/how-to-perform-cpr>
- 2/ <https://www.medicinenet.com/>
- 3/ <https://kidshealth.org/>
- 4/ <https://www.healthline.com/health/first-aid>

Submitted by/

- 1/ Mariam Ahmed Shafik Atia 20191817
- 2/ Mariam Ashraf Noshay Aziz 20195219
- 3/ Mariam Mohamed Mohamed Elshenawy 20193380
- 4/ Marim Mohamed Elsayed Aayesh 20190680
- 5/ Marina Elkes Danail Dawood 20192232
- 6/ Merna Essam Mohamed Mohamed 20194497

Supervised by/

Dr. Hayam Ateyya
Ass. Prof. Clinical Pharmacy



First aid & Basic life support



2021-2022

3/Infant

*Keep going with 30 compressions to 2 breaths until:

Under 1 year:

*Lie the infant on their back.
*Place 2 fingers on the lower half of the breastbone in the middle of the chest and press down by one-third of the depth of the chest

the infant recovers -they start moving, breathing normally, coughing, crying or responding - then put them in the recovery position.



Choking

1/Have someone call 123
2/Obtain consent from the victim.
3/Lean the person forward and give 5 back blows with the heel of your hand.
4/Give 5 quick, upward abdominal thrusts.

5/Continue alternating back blows and abdominal thrusts until:
-The obstructing object is forced out.
-The person can breathe or cough forcefully.
-The person becomes unconscious

Drowning

1 CHECK BREATHING
Tilt the person's head back and look, listen and feel for breaths. If they're not breathing, move on to the following steps.

2 CALL 000
Ask someone to call 000 for emergency help.

3 COMPRESSIONS
Give 30 chest compressions. Push firmly in the middle of the person's chest and then release. Repeat this 30 times.

4 RESCUE BREATHS
Tilt their head back, sealing your mouth over their mouth and blow into their mouth. Repeat this two times.

5 KEEP GOING
Continue with cycles of 30 chest compressions and two rescue breaths until help arrives.

Musculoskeletal injury

<p>1. Rest Rest the casualty and injured area.</p>	<p>2. Icepacks You may ice the injured area for 15 minutes every 2 hours (for 24 hours) then for 15 minutes every four hours (for 24 hours).</p>	<p>3. Compression Apply bandage firmly around and beyond the injured area.</p>	<p>4. Elevate Elevate the injured area.</p>
---	---	---	--

Head and spinal injuries

1/Do not move the person unless his or her life is in danger. If so, log roll the person, place tape across the forehead, and secure the person to a board to keep the head, neck, and back areas from moving at all.
2/ Call 123
3/Check for a response. If giving rescue breaths, do not tilt the head backward. Pull the lower jaw open instead.

Seizures

Seizure First Aid
How to help someone having a seizure

1 STAY with the person until they are awake and alert after the seizure.
✓Time the seizure ✓Remain calm ✓Check for medical ID

2 Keep the person SAFE.
✓Move or guide away from harm

3 Turn the person onto their SIDE if they are not awake and aware.
✓Keep airway clear ✓Loosen tight clothes around neck ✓Put something small and soft under the head

Call 911 if...

- Seizure lasts longer than 5 minutes
- Person does not return to their usual state
- Person is injured, pregnant, or sick
- Repeated seizures
- First time seizure
- Difficulty breathing
- Seizure occurs in water

Do NOT

- Do NOT restrain.
- Do NOT put any objects in their mouth.
- Rescue medicines can be given if prescribed by a health care professional

Wounds

1 CLEAN YOUR HANDS

2 STOP THE BLEEDING

3 WASH THE WOUND

4 APPLY OINTMENT

5 DRESS THE WOUND

6 GET STITCHES

7 WATCH FOR INFECTION

8 GET TETANUS SHOT

Hemorrhage

1/ Monitor DRABC
D – (Danger)
R – (Response)
A – (Airway)
B – (Breathing)
C – (Circulation)
2/ Call 123
3/ Apply gloves if available
4/ Look at the wound to check how large it is. Check that the wound has nothing in it (such as debris or a foreign body)
5/ Apply pressure to the bleeding wounds.
6/ Place victim in comfortable position
7/ Treat for shock. Keep the victim warm and continuously at rest

Coma

1/If you see a person who has become unconscious, first check whether they're breathing.
2/ If they're not breathing, have someone call 123 or your local emergency services immediately and prepare to begin CPR.
3/ If they're breathing, take steps to get them into the recovery position. This helps them maintain a clear airway and decreases the risk of choking

Burns

FIRST AID FOR BURNS

I **II** **III** **IV**

1 HOLD UNDER COLD WATER

2 BANDAGE UP

3 MAKE A COLD COMPRESS

4 CONSULT A DOCTOR