## **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

## <u>CPR</u>

## <u> 1/Adult</u>

\*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.

# <u>References</u>

1/ https://www.healthdirect.gov.au/how-toperform-cpr 2/ https://www.medicinenet.com/ 3/ https://kidshealth.org/

## Submitted by/

4/ https://www.healthline.com/health/first-aid

1/ Mariam Ahmed Shafik Atia **20191817**2/ Mariam Ashraf Noshy 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

#### <u>Under 1 year:</u>

\*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 \*Keep going with 30 compressions to 2 breaths until:

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



## 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

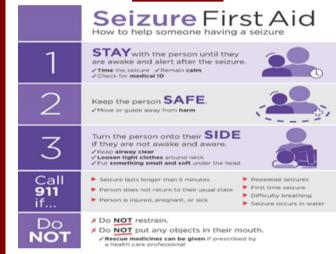
## <u>Head and spinal injuries</u>

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



### Wounds



## <u>Hemorrhage</u>

 $1/Monitor\ DR\ ABC$ 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**



## **Drowning**



## <u>Musculoskeletal injury</u>

