

Basic First Aid

What is first aid?

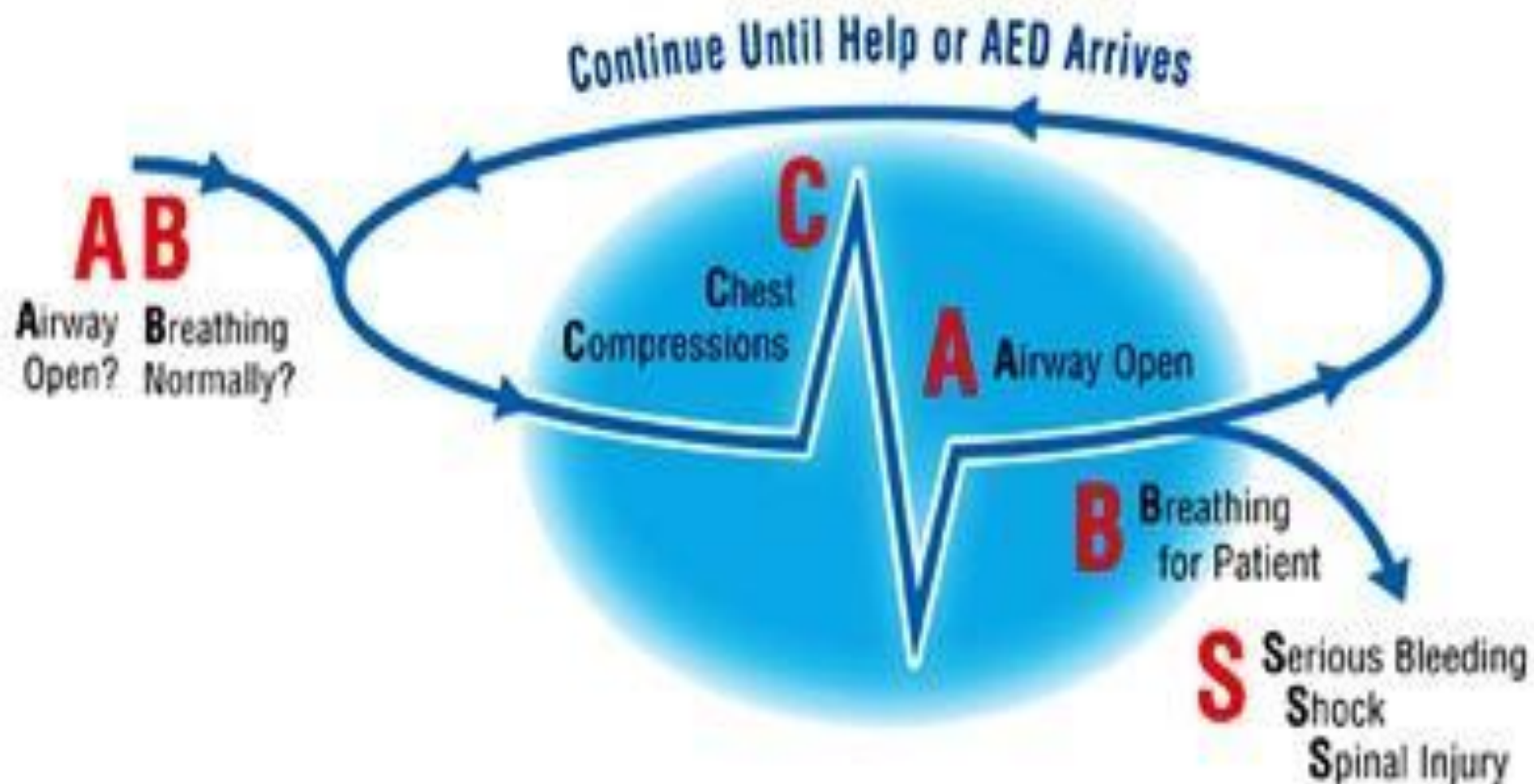
First aid is the assistance given to any person suffering a sudden illness or injury.



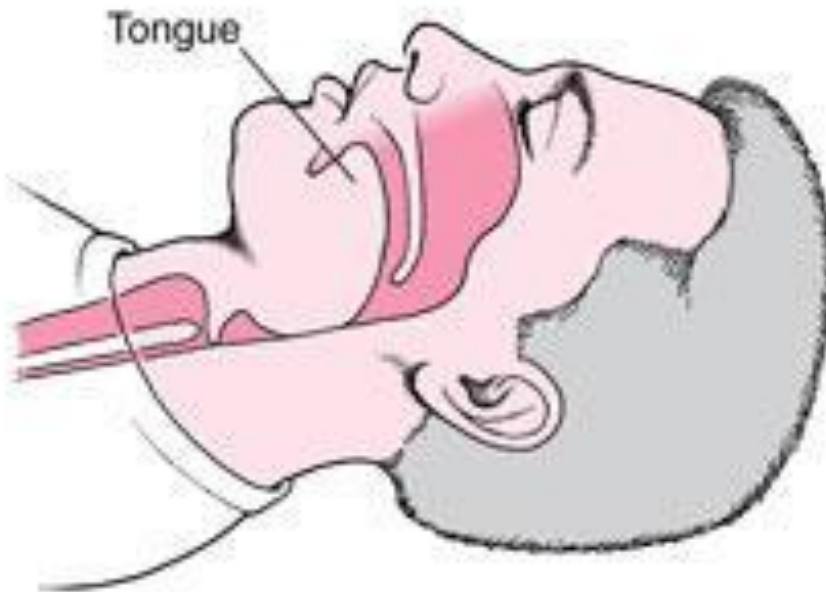
Basic Life Support



Cycle of Care: AB-CABS™



A- airway



Blocked Airway



Open Airway

B – breathing



C - compressions

**Begin 30 counts
of chest
compressions.**



S – shock,
spinal injury,
serious bleeding.



Managing Bleeds



B L E E D

Barrier

Put gloves on if available (fig.1)

Locate & Examine

Look for any foreign objects (fig.2)

External Direct Pressure

Keep pressure on the wound (fig.3)

Elevation

Elevate wound above the level of the heart (fig.4)

Dressing

Apply one dressing at a time up to maximum of two. If blood should seep through both dressings, remove them and apply a new dressing (fig.4)



The end. I am ready to answer your questions.