

Understanding the Importance of First Aid

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Concise, organized, and easy to read notes for study or quick reference.

1. What Is First Aid?

Aspect	Description
Definition	Immediate, temporary care given to a person who is injured or suddenly ill, before professional medical help arrives.
Goal	Preserve life, prevent the condition from worsening, and promote recovery.
Scope	Covers minor cuts, burns, fractures, choking, cardiac arrest, allergic reactions, and many other emergencies.

2. Core Principles (The “Three P’s”)

Principle	What It Means
Preserve life	Ensure airway, breathing, and circulation (the ABCs).
Prevent further injury	Stop bleeding, immobilize injuries, keep the victim safe from hazards.
Promote recovery	Provide comfort, reassurance, and basic treatment until definitive care is available.

3. Why First Aid Matters

Reason	Impact
Rapid response saves lives	Cardiac arrest: each minute without CPR reduces survival by ~10%.
Reduces severity of injuries	Proper bleeding control can prevent shock and permanent tissue damage.
Limits long-term disability	Early immobilization of fractures reduces risk of malunion or nerve injury.

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Reason	Impact
Improves outcomes for chronic conditions	Prompt treatment of asthma attacks or diabetic emergencies lowers hospitalization rates.
Empowers communities	Trained bystanders increase overall public safety and confidence.
Legal and ethical responsibilities	Many jurisdictions have “Good Samaritan” laws that protect and encourage aid.

4. The ABCs of First Aid (Adult)

Step	Action	Key Points
A – Airway	Open the airway (head tilt/chin lift or jaw thrust if spinal injury suspected).	Look for obstruction, listen for breathing.
B – Breathing	Check for normal breathing (5-10 seconds).	If absent, start rescue breaths (2x10ml for adults).
C – Circulation	Look for pulse, check for severe bleeding.	If no pulse ? start chest compressions (100-120/min). Apply direct pressure to bleeding wounds.
D – Disability (optional in basic first aid)	Assess level of consciousness (AVPU: Alert, Voice, Pain, Unresponsive).	Note any changes for hand-over-hand reporting.
E – Exposure	Expose the injury while protecting the victim from hypothermia.	Keep the scene safe and maintain privacy.

For children and infants, modify compression depth and ventilation volumes accordingly.

5. Common Scenarios & First Aid Actions

Scenario	Immediate Action	Follow-Up
Bleeding (arterial or severe venous)	Apply firm, direct pressure with a clean dressing; elevate limb if possible.	Maintain pressure, use a tourniquet only as a last resort.

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Scenario	Immediate Action	Follow-Up
Burns (thermal, chemical, electrical)	Cool the burn with cool (not ice-cold) water for 10-20 min; cover with sterile, non-adhesive dressing.	Do not break blisters; seek medical care for >2% TBSA or facial burns.
Fracture / Suspected broken bone	Immobilize with a splint; avoid moving the limb; control bleeding.	Keep victim still, monitor for shock.
**Choking (		