Most people die with in few minutes after an accident/incident. Knowing what actions needs to be taken can make the difference between life and death.
WHY FIRST AID IS IMPORTANT?

Why First Aid Training is Important for Journalists
WHY FIRST AID IS IMPORTANT?

Many Journalists get injured in line of their duty.

Knowing what to do, can make difference between life & death.
WHY FIRST AID IS IMPORTANT?

Why first aid makes a difference

- A human heart ceases beating within four minutes after breathing stops;
- Permanent brain damage can occur within four to six minutes after breathing stops;
- Over 50 per cent of deaths from traffic accidents occur in the first few minutes of the crash.

These statistics make it clear that having someone trained in first aid on the accident scene makes a real difference and saves lives.

Why first aid makes a difference

- An adult human have 5 to 6 Liters of blood in body
- 40 percent blood loss is critical.
- In arterial bleeding a person can bleed out from 90 seconds to 5 minutes

These facts makes it clear that few medical emergencies can’t wait for doctor an need immediate support.
PRIMAR Y SURVEY

- D = Danger
- R = Response
- S = Send for help
- C = Compression
- A = Airway
- B = Breathing
DANGER
HOW MANY DANGERS IN THIS PIC?
RESPONSE

Check
Consciousness

Check Pulse

Check Breathing

Look
Listen
Feel
SEND FOR HELP

- Shout for help
- Ask someone to call ambulance / rescue

- Communicate following
  - What happened
  - How many victims
  - Where
  - Who
Primary Survey
If no breathing and pulse, remove clothing from chest and begin CPR by pressing in the center chest hard and fast. Press at least 2 inches (adult)

- Maintain the rhythm 100 compression per minute
- Carry on until paramedic or doctor takes over
New AHA CPR Guidelines
1. Immediate recognition & call for help
2. Early CPR with an emphasis on chest compressions
3. Rapid defibrillation
4. Effective advanced life support
5. Integrated post–cardiac arrest care
ACTIVITY

CPR
Recovery Position

If causality is Responsive:

• Put in Recovery Position, Check for Injuries, Monitor Response
Types of External Bleeding:

- Arterial Bleeding
- Venous Bleeding
Arterial Bleeding

- Spurting Blood
- Pulsating flow
- Bright red color
- Difficult to stop

If not stopped a person can bleed out from 90 seconds to 5 minutes.
VENOUS BLEEDING

Venous Bleeding

- steady, slow flow
- dark red color
- still dangerous
- easy to stop then arterial bleeding

If not stopped a person can bleed out from 10 to 20 minutes
METHOD TO CONTROL BLEEDING

Barrier
Locate & Examine
External Direct Pressure
Elevate
Dressing

If bleeding is severe and pressure / bandage don’t work than use tourniquet as last resort.
PAIR ACTIVITY

STOP THE BLEEDING
PENETRATING WOUNDS

Don’t pull it out
Ring bandage
Stabilize
Evacuate
monitor
PAIR ACTIVITY

Ring Bandage
HOW TO APPLY A TOURNIQUET?

- Can only be applied to arm or leg
- Use upper part of the limb
- It's only applied for 20 minutes
- Write “T” and time on the forehead
- Don’t cover
- When loosening, do it extremely slowly.
PAIR ACTIVITY

Tourniquet
CAUSALITY HANDLING
PAIR ACTIVITY

Causality Handling
Q & A Session