First Aid Talk
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First Aid

• When an accident occurs, before the arrival of health care professionals, use the available resources (labor & material) at the scene to help the victim based on medical/nursing principles
Objectives of First Aid

• Preserve life
• Prevent worsening of condition
• Promote recovery
First Aid Procedures

D.R. - A.B.C.D.E.
First Aid Procedures

D - Danger

→ Ensure safety of first aider, victims and passers-by
→ Infection control
First Aid Procedures

R - Response

➔ Check response
➔ Ask for help and get someone to call 999
First Aid Procedures

When calling 999

- The contact number of the caller
- Remember to speak clearly
- Conditions of the victim
- The type, nature and detail of the incident
- The assistance required
- Exact location
First Aid Procedures

A – Airway
   (Open, clear & maintain airway patency)

B – Breathing
   (Assess & maintain ventilation)

C – Circulation
   (Assess & maintain circulation, treat severe bleeding)
A - Airway

Tongue falling back, airway blocked

Airway opened by Head-Tilt Chin-Lift

Head-Tilt Chin-Lift
B - Breathing

Look, Listen & Feel
To check for normal breathing
(less than 10 seconds)
B - Breathing

If the casualty has no breathing, start CPR immediately
C - Circulation

➡ Check signs of circulation
➡ Stop severe bleeding
First Aid Procedures

D – Disability
   ➔ check level of consciousness

E – Expose
   ➔ expose for further assessment and treatment
Environmental Health Problems
Heat Exhaustion or Heat Stroke?
Heat Exhaustion

- Loss of salt and water through excessive sweating
- Electrolyte imbalance
- Result in shock

If heat exhaustion is untreated, it may progress to heat stroke.
Heat Stroke

- Fail to sweat
- The body cannot get rid of excessive heat causing raise in body temperature.
# Heat Exhaustion vs Heat Stroke

<table>
<thead>
<tr>
<th>Heat Exhaustion</th>
<th>Heat Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clammy and cold skin</td>
<td>Dry and hot skin</td>
</tr>
<tr>
<td>Body temperature may be normal</td>
<td>High Body Temperature</td>
</tr>
<tr>
<td>Sweating</td>
<td>No Sweating</td>
</tr>
<tr>
<td>Pallor</td>
<td>Flushing Skin</td>
</tr>
</tbody>
</table>
Treatment of Heat Exhaustion

1. Move the victim to shaded area
2. Cool the victim (remove clothing, use fan, etc)
3. Give oral replacement of salt and fluid for conscious victims
4. Treat as shock if victim becomes confused
Treatment of Heat Stroke

1. Move the victim to shaded area

2. Maintain A.B.C.

3. Cool the victim as soon as possible
   (remove clothing, spray water and fan, place sponge with cold water in armpits and groin area)

4. Closely monitor the victim’s breathing and circulation

5. Send to hospital at once
Prevention of Heat stroke

• Avoid working or exercising in hot and humid weather for prolonged time
• Wear loose clothes with light color and a cap if necessary
• Apply sun block and drink more water if one needs to stay outdoor in hot weather
• Mineral replacement (e.g. drink electrolyte beverage), if necessary
Special Chemical Burns
Lachrymatory agent (Tear Gas) & Pepper Spray

• These agents disable a person’s activity by irritating the skin and membranes
• Causing swelling, redness and pain of skin; pain in the eyes and tearing; burning sensation of mouth and nose; runny nose; anxiety and difficulty in breathing.
• Signs & symptoms will be subsided in short period of time.
• Severe allergic reaction and asthma may be induced in severe case.
Management

1. First aider should wear protective gown, mask and gloves before managing the victim;
2. Move the victim to a ventilated place;
3. Take off all contaminated clothing and irrigate the wound with lots of water;
4. Examine the victim for other injuries and allergic reactions;
5. Treat as burn if the victim shows any signs of burn.

ATTENTION!
• Do not use warm or hot water for irrigation
• Avoid scrubbing the wound
If breathing difficulty occurs...

Management

1. D.R.A.B.C.D.E.
2. Place the victim in a comfortable position for breathing, usually in a sitting position
3. Loosen any tight clothing around neck, chest and waist
4. Keep the victim warm
5. Comfort and reassure the victim
6. Closely observe for any changes in breathing, pulse or consciousness
7. Send the victim to hospital immediately
   * If the victim has a prescribed medication or bronchodilator with him/her, assist him/her to take or use it.
Cardiac Disease

• Angina Pectoris

• Myocardial Infarction
Coronary arteries

Angina Pectoris

Myocardial Infarction

Source: Canadian Red Cross
<table>
<thead>
<tr>
<th>Angina Pectoris</th>
<th>Myocardial Infarction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly happened after strenuous exercise, meal or excitement</td>
<td>can be happened in rest <em>(anytime)</em></td>
</tr>
<tr>
<td>Crushing Pain in chest that usually lasts for several minutes and can mostly be relieved after rest</td>
<td>Crushing pain in chest can last for 30 minutes to several hours and cannot be relieved after rest usually</td>
</tr>
<tr>
<td>Pain may radiate to lower jaw, neck or both arms,</td>
<td>Pain may radiate to shoulders, left arm or jaw,</td>
</tr>
<tr>
<td>Breathing is faster than normal, sweat profusely</td>
<td>Nausea, throwing up, sweating and breathlessness</td>
</tr>
<tr>
<td>Pulse may be faster than normal and irregular</td>
<td>The pain cannot be relieved by taking Glyceryl Trinitrate <em>(TNG)</em></td>
</tr>
<tr>
<td>May lead to cardiac arrest</td>
<td>May lead to cardiac arrest</td>
</tr>
</tbody>
</table>
Management of M.I.

1. Place the victim in a sitting or semi-lying position
2. Complete rest
3. Comfort & reassure the victim
4. Maintain airway, remove tight clothing
5. If victim has medication for angina (TNG), help him/her to take it. (sublingual, 1 pill for every 5 minutes, max. 3 pills)
6. Do not leave the victim alone
7. Start CPR if necessary
8. Send to hospital at once
Bleeding
Signs and Symptoms of External Bleeding

- **Mild** bleeding: redness, swelling and pain
- **Severe** bleeding: same as shock
1. Direct pressure
Bleeding Control

2. Indirect pressure
Treatment of External Bleeding

1. D.R.A.B.C.D.E.

2. Proper positioning

3. Expose, examine & irrigate the wound

4. Apply direct pressure

5. Bandaging & check the distal circulation

6. Shock prevention & management
Fracture
A break or a crack of a bone
Signs & Symptoms

- Red / Swelling
- Pain / Tenderness
- Difficulty in moving a limb normally
- Distortion, bruising and dislocation
- Shock may develop

* If in doubt, treat it as fracture
Treatment for Fracture

1. D.R.A.B.C.D.E and treat severe bleeding
2. Immobilize the fractured site with roller, triangular bandage or splint
3. Prevent/ treat shock
4. Send victim to hospital

※ Do not move the victim unnecessarily
Sign of First Aid

- Standardized by the International Organization for Standardization (ISO)
- White Plus with a green background is a universal symbol
- This is a visible indicator of the location of first aid equipment or facilities or staff