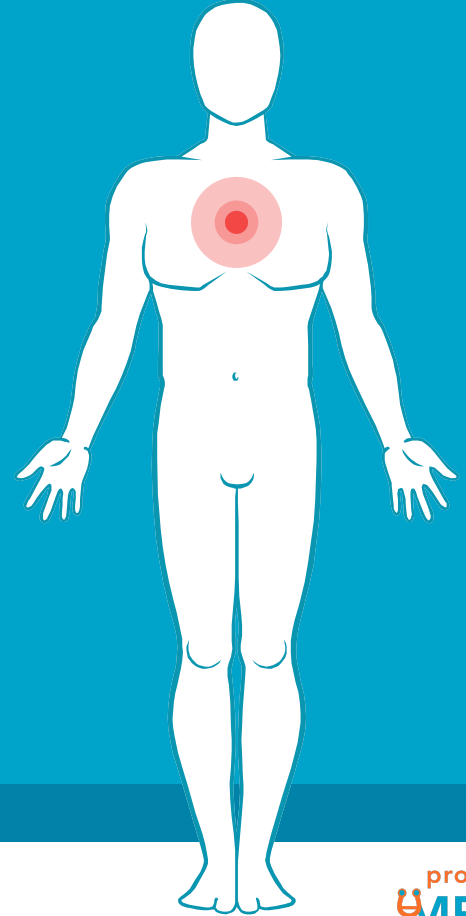


INTRO TO FIRST AID



AGENDA

1

Introduction

2

What is First Aid?

3

Inside a First Aid Kit

4

Case Study

5

Conclusion



*What song is on repeat
for you right now?*



WHAT IS FIRST AID?

When performing CPR, what is the rate of compressions at (in beats/min)?

- A. 140
- B. 100
- C. 80

***Bonus: What song can be played to this beat?*



”

When performing CPR, what is the rate of compressions at (in beats/min)?

A. 140

B. 100

C. 80



Check out this playlist for more CPR songs!

****Bonus: What song can be played to this beat? Stayin' Alive by the Bee Gees!**



There are four main principles of first aid:

What is
First Aid?



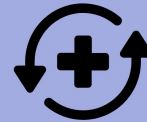
Preserve life



Protect unconscious casualties

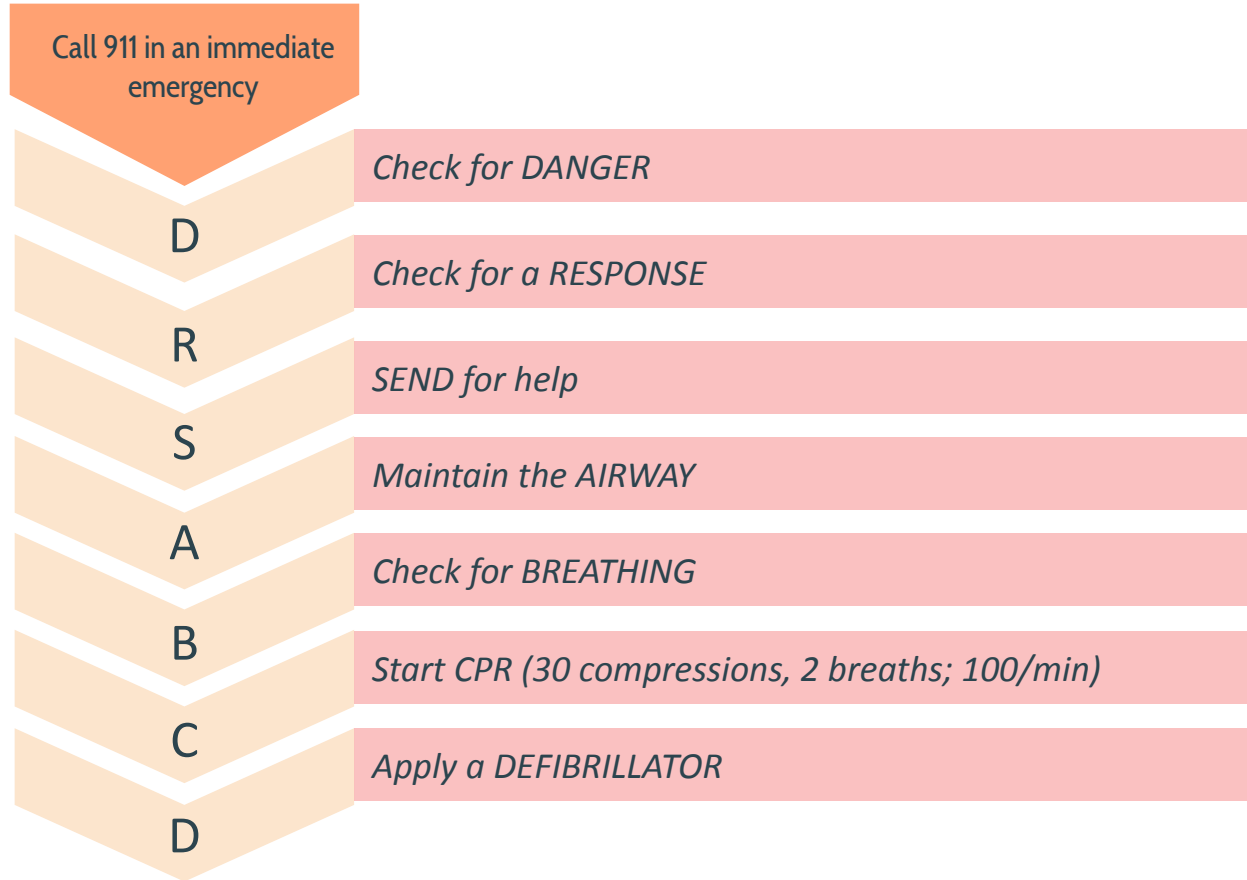


Prevent the condition worsening



Promote recovery

DRSABCD? DRSABCD!



INSIDE A FIRST AID KIT

11

How many items can you name?

Inside a
Typical Kit



Inside a Typical Kit

1. Safety Pins
2. Compression Bandage
3. Medical Gauze
4. Bandages
5. Surgical Tape
6. Gloves
7. Instant Cold Pack
8. Arm Sling
9. Alcohol Wipes
10. Tweezers
11. Surgical Scissors
12. Flashlight
13. Digital Thermometer
14. Mask
15. Neosporin



What's in Your First Aid Kit?

1

Antibiotic Ointment (2) & Medical Gauze (1)

2

Surgical Tape (1)

3

Flexible (20) & Assorted Bandages (10)

4

Instant Cold Packs (1)

5

Alcohol Wipes (8)

CLEANING A WOUND



Wash your hands and put on gloves to prevent any bacteria or dirt from entering the wound



If there is bleeding, press gauze against the wound for 5-10 minutes



Clean the wound under running water. Use a washcloth to clean around the wound. Wipe tweezers with alcohol wipes and use them to remove any debris left in the wound



Apply neosporin on the wound to prevent infection



Place a bandage over the wound to allow it to heal

MEDICAL GAUZE & TAPE



Used to bandage/cover a wound or injury



First, make sure your hands are washed or you are using gloves



Cover the wound with the gauze, making sure to cover beyond the edges of the wound



Secure the gauze in place with the tape, do not cover all the gauze with tape

INSTANT COLD PACKS



Is used as an ice pack when activated



To activate, twist and squeeze the pack, this will rupture a pouch inside and start the cooling. It might be necessary to hit the pack against something instead



Shake the pack so the cooling process is faster and the insides disperse



Use as an ice pack, applying for only 15-20 minutes at a time

CASE STUDY

You and 4 friends are walking home from school and witness a car hit a cyclist at an intersection. The intersection is generally not a busy one. The car has travelled across the intersection and come to a stop without any further incidence. The cyclist is lying on the ground with an obvious broken leg, there is a significant amount of blood coming from the wound. The cyclist is unconscious but breathing. Due to the impact, the cyclist is now in the middle of the intersection. The driver of the car is an older gentlemen, he is conscious, but complaining of a sore chest and weak arms, he also has slurred speech. A female bystander has witnessed this accident and is visibly distressed by what she has seen. She begins to have shallow, rapid breathing and anxiety.



”

**Take a few minutes to discuss
how you'd approach this
situation! Remember DRSABCD!**



Given these different patients, what would you do?

**A. Cyclist with major
blood bleed**

**B. Driver with stroke
risk**

**C. Bystander with
anxiety**

CONCLUSION

- 1. Why is first aid important? How does it impact your daily life?*
- 2. How can you utilize the skills you have gained today in your everyday life?*



THANKS!

Any questions?

Contact us!

- ▶ Email:
info@theprojectmed.org
- ▶ Website:
www.theprojectmed.org