

216 TASK 4 FIRST AID

Name: _____

First aid is the first and immediate assistance given to any person with either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery until medical services arrive. First aid is generally performed by someone with basic medical training.



Generally, five steps are associated with first aid:

1. Assess the surrounding areas.
2. Move to a safe surrounding (if not already; for example, road accidents are unsafe to be dealt with on roads).
3. Call for help (both professional medical help and people nearby who might help in first aid such as giving compression during CPR).
4. Perform suitable first aid depending on the injury suffered by the casualty.
5. Evaluate the casualty for any fatal signs or danger, or possibility of performing the first aid again.

The importance of following first aid procedures

Without proper first aid, a simple injury could become severe and in some cases fatalities can occur as a result of lack of immediate medical treatment. If procedures for first aid are not followed there could be severe consequences and a person could lose their life. You must always follow procedures for first aid carefully. First aid does not just promote faster recovery it helps save lives.

Getting help

Alert management immediately and call for help.

If they have significant injuries then call 999 as possible and ask for an ambulance:

- Treat any obvious injuries.
- Lie the person down if their injuries allow you to and if possible raise and support their legs.
- Use a coat or blanket to keep them warm.
- Do not give them anything to eat or drink.
- Provide them with reassurance.

Ensuring own safety

- Always protect yourself first and never put yourself at risk.
- Only move them if leaving them would cause the more harm.
- If you can't make an area safe, call 999 or 112 for emergency help.



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Questions

1. Who is first aid generally performed by?

2. Provide two steps to First Aid.

1 -

2 -

3. What does first aid promote?

4. What is the first thing you should do when getting help?

5. What are two other things you can do to get help?

1 -

2 -

6. What are two ways to ensure your own safety?

1 -

2 -