

GULBARGA UNIVERSITY



KALABURGI

DEPARTMENT OF STUDIES & RESEARCH IN
EDUCATION, KALABURGI-585106

ASSIGNMENT

NAME OF THE STUDENT : Aishwarya D Ashok patil
ROLL No. : U04AH22E0030
SEMESTER : B.ED IInd Sem
SUBJECT : Physical and Health Education
TOPIC : First Aid
GUIDE : Smt. Veena Jaladi

HYDERABAD KARNATAKA EDUCATION SOCIETY'S
BASAVESHWAR COLLEGE OF EDUCATION
BIDAR-585 403

YEAR- 2024


IQAC Coordinator


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CERTIFICATE

This is to certify that Mr./Mrs. *Aishwarya No. Ashok patil* of HKES
Basaveshwar College of Education, Bidar has satisfactorily completed the
..... *Assignment* Work entitled
..... *First Aid*
..... in the
subject *Physical and Health Education* of
B.Ed to Semester for the year ...*2024*....., which is required for the
fulfillment of the B.Ed. Course, as prescribed by the Gulbarga University,
Kalaburagi.

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DECLARATION

I, Mr./Mrs... *Ashwanya G. Ashok patil*... Declare that, it is the original work carried out by me, under the guidance of ... *Snr. Venna Taladi*... in the subject... *Physical and Health Education*... entitled ... *First Aid*... for the fulfillment of ... *B.Ed. IIIrd*... Semester of the B.Ed. Course for the academic year... *2024*... As prescribed by the Gulbarga University, Kalaburgi. It is also declare that, no part of full of it is submitted to any other degree or course.

Katp
Student Signature

Place: *Bidar*

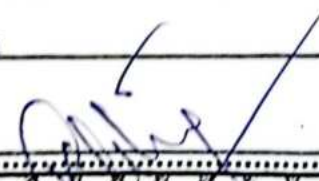
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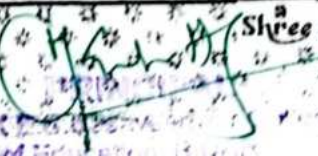
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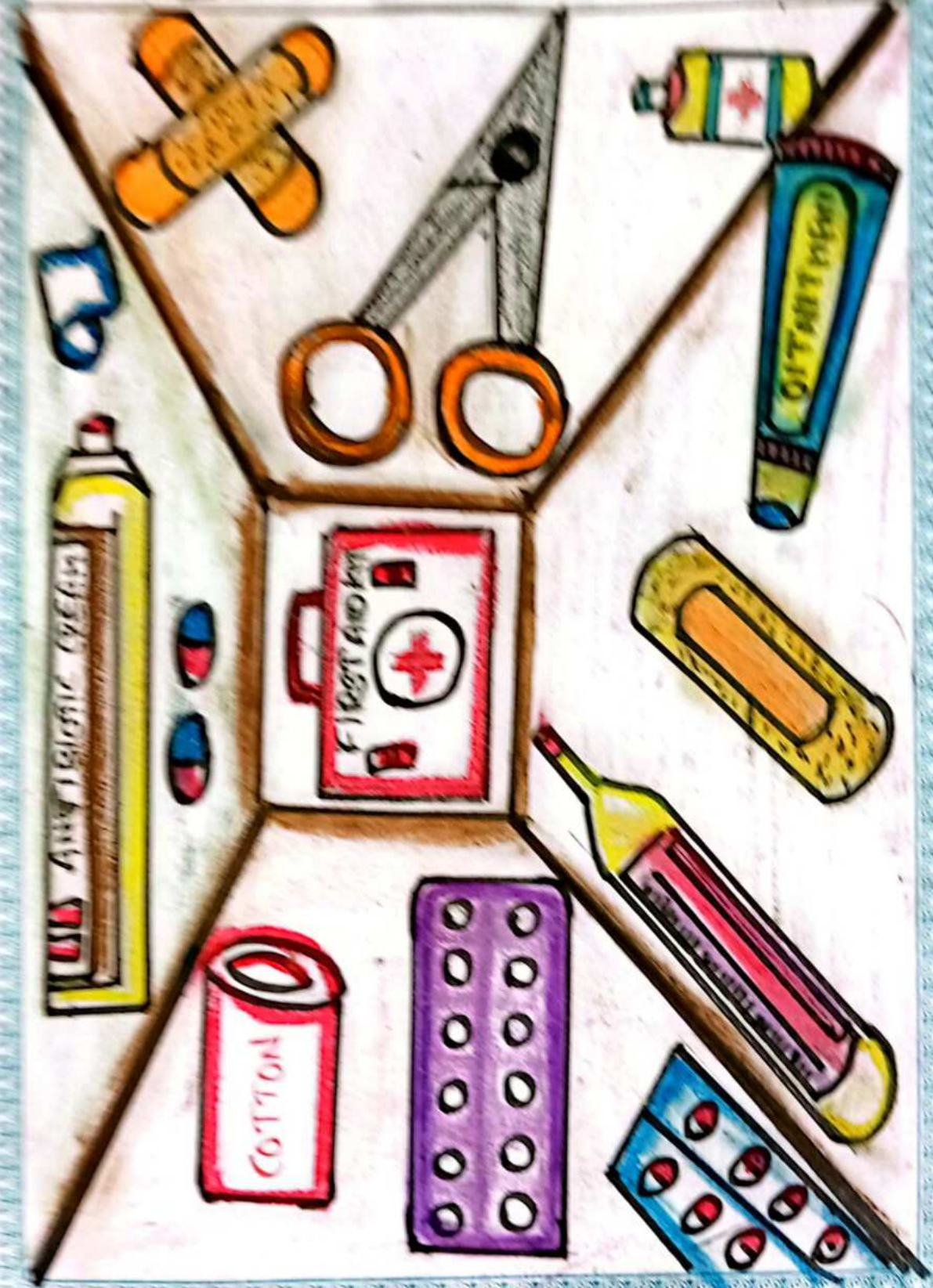
INTRODUCTION

Childhood is playhood. Children spend most of their time indulging in various types of activities, both constructive and destructive. Therefore, it is natural for them to end with accidents while playing, running, or jumping in the school campus or in the playground.

While handling chemicals, gas, glass articles and acids in science laboratories, they may also end with accidents.



FIRST AID KIT



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Meaning of First Aid.



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.

To check the deterioration of the condition of the body of the person by the time the doctor arrives at the spot. To save the Patient from the jaws of death.

DEFINITION

Definition of first aid by Red Cross.

This is immediate help provided to a sick or injured person until professional help arrives.

According to Medical terminology

It refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred.



Thermometer

FIRSTAID FULL FORM

F → First
T → Investigation
R → Relief
S → Symptom
T → Treatment
A → Arrangement
I → Immediately
D → Disposal



Need of First Aid.

Accidents may occur in school e.g. falling down on the road, injuries in the playground, spraining of foot because of pushing out of fan, injury as a result of slipping while running, etc.

Taking into account all these circumstances every teacher should have complete acquaintance with first aid. So that assistance may be rendered to the injured before the arrival of the doctor. First aid may be defined as the elementary assistance given to the needy in case of emergency.

Importance of first aid

To render first aid immediately at the time of need.

To collect all the first aid material

To examine the place of accident closely and carefully.

To remove the cause of accident of the patient.

To stop immediately the bleeding from the wounds.

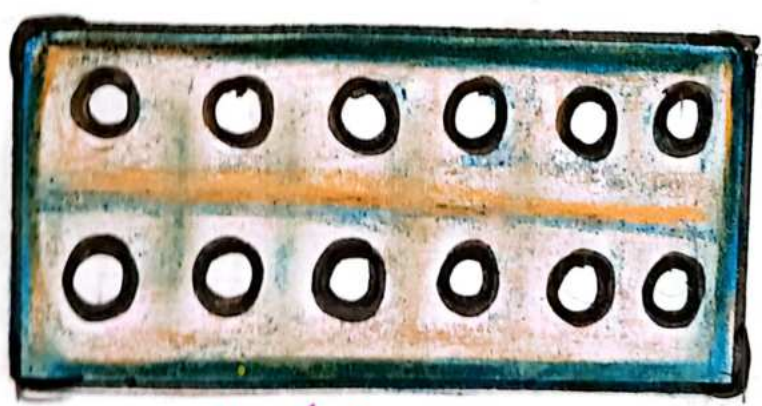
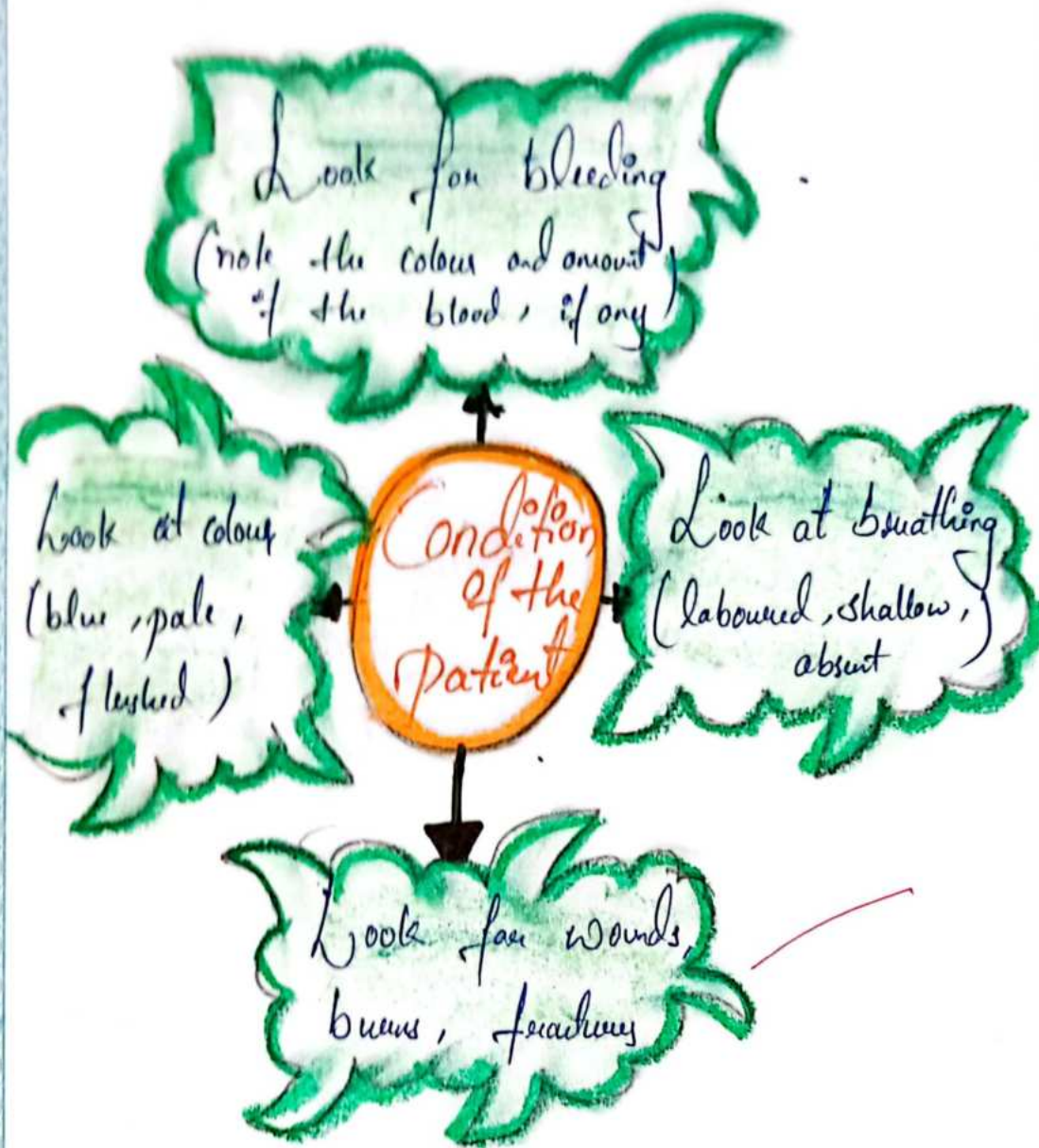
To check the respiration of the patient and to re-start it if need be.

To give maximum relief to patient.



Content of first Aid Kit:-

- Plasters in a variety of different sizes and shapes.
- Small, medium and large sterile gauze dressings.
- Triangular bandages.
- Tweezers
- Scissors
- Antiseptic cream
- Cream or spray to relieve insect bites and stings
- Painkillers such as paracetamol, aspirin.
- Alcohol-free cleansing wipes.



Medicine

Aims of First Aid.

The primary goal of first aid is to prevent death or serious injury from occurring.

The key aims of first aid can be summarised with the acronym of 'The three P's'.

Preserve Life

The overriding aim of all the medical care which includes addressing both external and internal injuries, which includes first aid, is to save lives and minimise the threat of death. First aid done correctly should help to reduce the patient's level of pain and calm them down during the evaluation and treatment process.

Prevent further harm

Prevention of further harm includes addressing both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed from becoming dangerous.

Promote recovery

First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve the completing a treatment, such as in the case of applying a plaster to a small wound. First aid is not medical treatment and cannot be compared with what a trained medical professional provides.

Duties to be performed by first Aider

- Judge the conditions of the patient.
- Have the person lie down with the head on level with his body or with feet elevated.
- Keep the person warm.
- Observe signs of shock.
- Send someone to bring a doctor, nurse, or other professionally trained person.
- Keep the patient quiet and do not move unless absolutely necessary.
- Never give water to an unconscious patient.
* Only when necessary cause the patient to choke.



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Sunstroke:-



Sunstroke is caused due to long exposure to the hot sun without due protection. The patient becomes dazed and his skin hot and dry. His pulse becomes full and pounding and the temperature of his body is raised. Sunstroke can be fatal. It is common in many hot countries, including India.

Treatment for Sunstroke

The patient should at once be removed to cool, shady places, where there is free circulation of air. Tight clothing should be loosened and he should be stripped to the waist. He must be fanned vigorously.

An ice bag should be applied to his head and spine till the body temperature comes to normal (98.6°F). His body should be sponged with cold water. The patient may be given Epsom salts & a tumbler of cold water when he regains consciousness. Then he should be placed under medical care.

Electric Shock :

Prompt and intelligent action is called for in case of electric shock, as delay may prove fatal. If the patient is still in contact with live conductor, help is sought to free him the current must be switched off.

In case this is not possible, the rescuer must stand on dry, thick wooden board, on rubber mat and pull the patient away.

In case of electric shock the patient usually becomes unconscious and struggles for breath. If the breathing has stopped, artificial respiration has to be resorted to. After restoration of the normal breathing, treatment for any trauma sustained by the patient may be given.

First Aid for Dehydration:-



1 Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. Mild dehydration of up to 4% water loss is very common and many people don't notice any symptoms. But losing more than 5% of total body water can lead to serious illness.

First Aid : Dehydration

Is Patient Conscious?

Yes

Move patient to cool, shaded area

Encourage them to sit down and stop any physical activity

Check vitals, perfum, turgor test, etc

Have patient drink 2 quarts of water, juice, to replace fluids and minerals in 2 to 4 hours

Seek medical attention if symptoms get worse or do not improve within 24 hours

No

Call 911 immediately



If patient is vomiting, give them ice cream, popsicles, or small sips of fluids.

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Bone Fractures:-

A bone may be broken inside the skin (simple fracture) or the backbone may break through the skin (compound fracture).

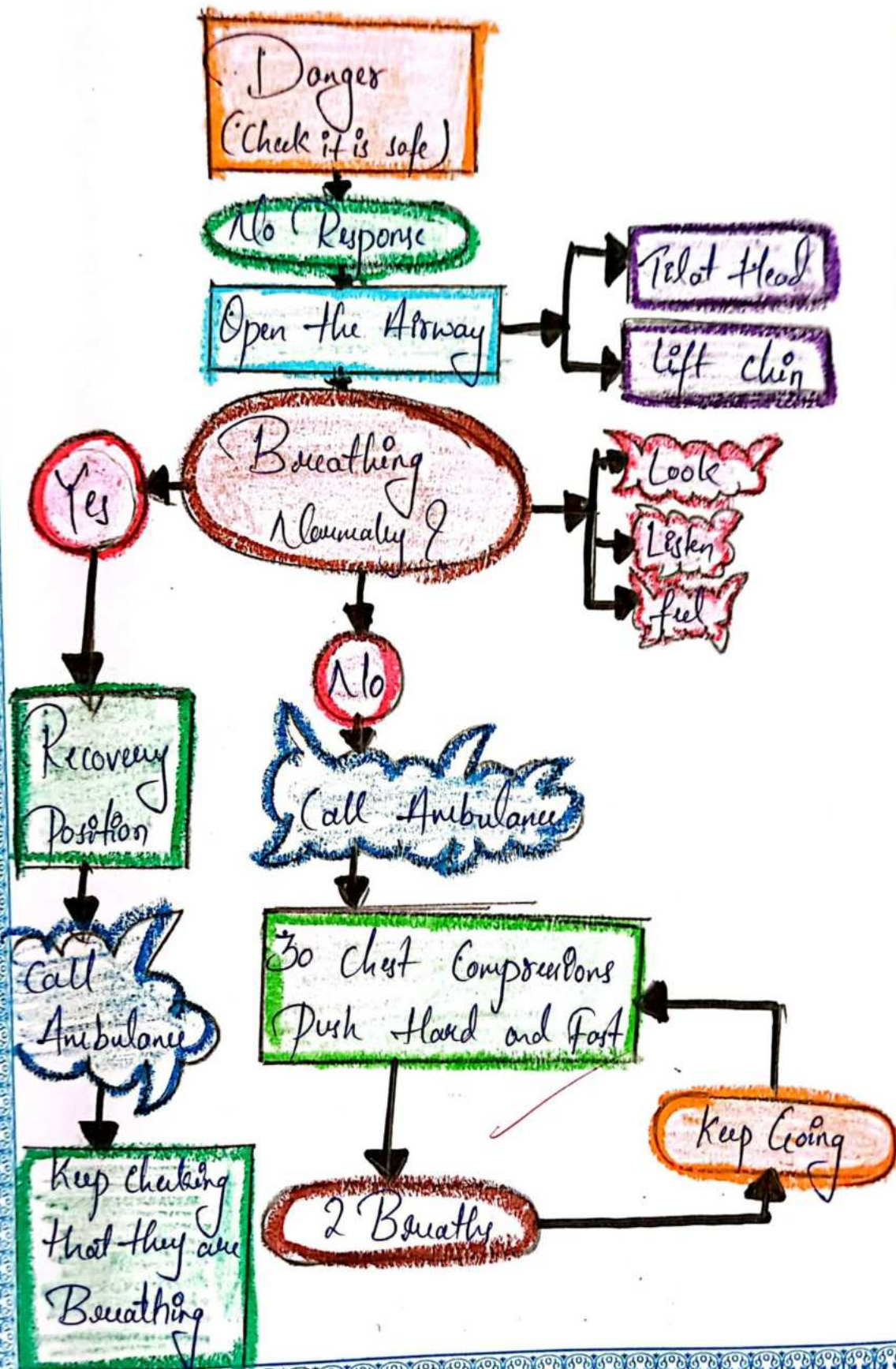
A compound fracture is more dangerous because there is danger of infection through the wound.

Symptoms.

→ All symptoms are not present in all bone fractures. However these are as follows.

- 1) Pain and tenderness at the point of fracture.
- 2) Inability to move or use the injured part normally.
- 3) Swelling at the point of fracture.
- 4) There may be sign of shock also.
- 5) Tenderness.

First aid if an adult was unconscious.



First aid for Poison Cases:-

- 1) Find out the kind of poison that has been taken. Find out when the accident that occurred and what has been done for the patient.
- 2) Send someone for a doctor or any other professionally trained person.
- 3) Put three table spoonfulls of salt and soda to a quart of water and have the patient to drink it. This will cause the patient to vomit.

When a mouth appears burnt or when the person is reported to have taken acid then find out the type of acid has been consumed by the patient.

To check the respiration of the patient and to re-start it if be.

To maintain the temperature of the patient at normal.



To cover the wound of the injured. In case of fracture, he should not be moved.

To make the patient put on necessary clothes.

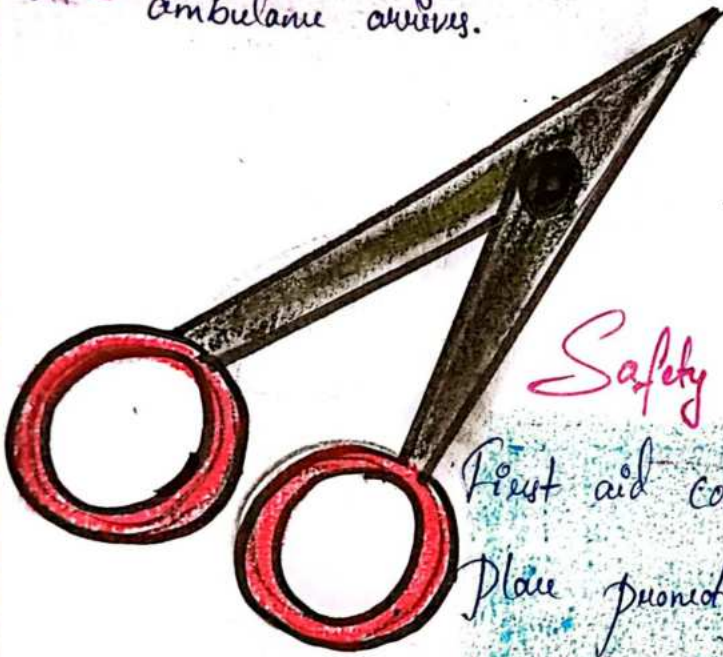
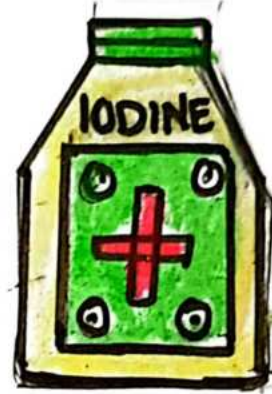
Effort should be made to antidote or remove the poison if the patient has taken it.

To arrange for the transportation of the patient to a safe place in the hospital.

Merits of First Aid

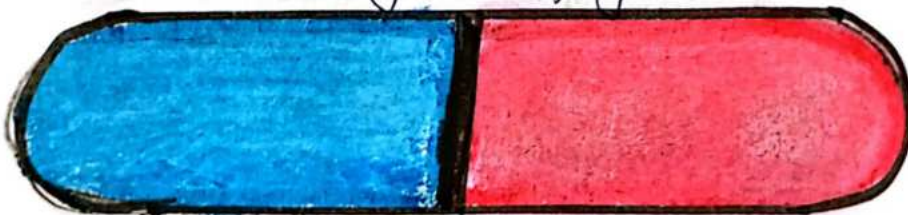
Home Safety

If an accident occurs in the home you can act quickly if you know how to deal with the situation before an ambulance arrives.



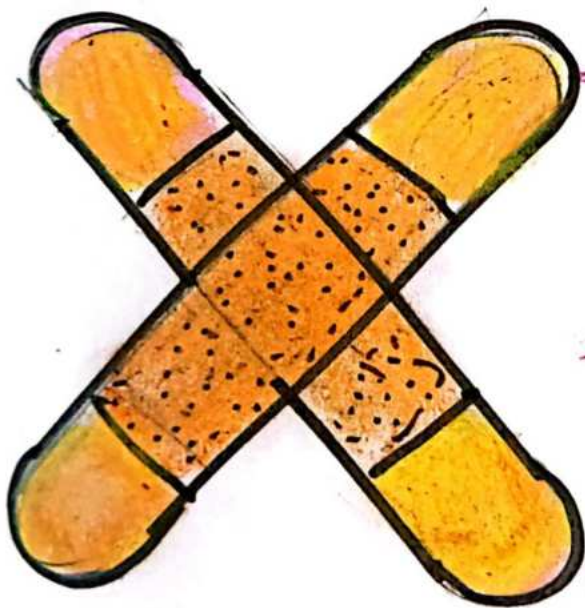
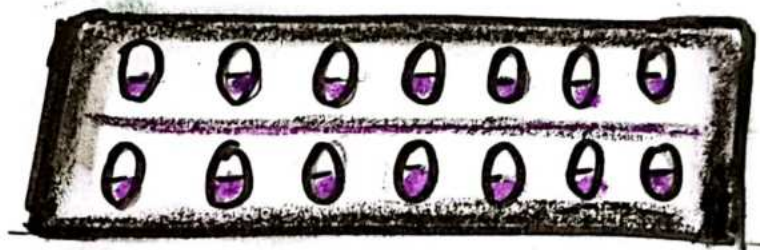
Safety At Work

First aid courses in the work place provide a first aid practice amongst employees.



Natural Disasters.

First aid can teach you how to deal with these situations in the best manner to ensure the safety of you and those around you.



Situations are handled better

How to manage situations and environments, actions, which can be the key to eliminating further incidents.

Elements of First Aid.

First aid is intended to give rapid care in an emergency but is not a replacement for seeking expert medical attention.

It cannot treat serious medical conditions comprehensively.

In certain situations risks of using reusable items in First Aid.

First aid is a critical skill that contrary upon the difference between life and death. However, first aid is often misunderstood or performed incorrectly, which can sometimes do more harm than good.

CONCLUSION

It is used when immediate help and attention is required. First aid training is an essential component of workplace safety that can benefit both employers and employees. Without proper action at proper time, danger awaits us with a bigger face. We must act on time when a person is injured. We must take care of person the way it is meant, or else a valuable life might be lost.



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