


FIRST AID AND FIRST AID KIT

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FIRST AID

It is first help given to an injured person before taking him to the doctor. It includes attention given to small injuries for quick healing.

Objectives of first aid

1. Saves life,
2. Prevents injury from becoming worse,
3. Help recovery,
4. Is present the injured to doctor for treatment.

Dudes of first aid

- should be calm,
- should look at the overall solution first,
- then handle it the best to help,
- must take control/give help to another first aider in control,
- should keep crowds away,
- should prevent injury e.g not moving the injured person unless necessary,
- should always send word around for help e.g to ring for the ambulance/call the police,
- keep the victim warm e.g covering him or her with a blanket,
- cover wounds to prevent infection,
- speak calmly in order to reassure the victim, those around and yourself,
- should kind, firm and in control,
- should be able to get full information of what happened from those around or victim if he can talk,
- should go with the victim to hospital if possible.

First Aid kit

Is a box that contains materials that assist the victims in an occurrence of an accident.

NB:-

- can be a cupboard, empty tin, box, safe container,
- should be away from children,
- should be in all institutions, offices factories, homes, cars and any other place where accidents can easily occur,
- should be kept where it can be found easily incase of an emergence,
- should be clearly labelled,
- should be clean, tidy and updated.

Contents of a simple first aid kit

- cotton wool – clean wounds,
- bandages – dress wounds and makes slings for fractures,
- Adhesive dressings – cover minor cut and wounds,
- Gloves – for protection of wounds,
- Scissors and tweezers – cutting bandages,
- Petroleum jelly – for minor burns and stings,
- Oilment – for massaging swellings,
- Dissecting forceps – removing thorns / small pins of steelwool
- Blackstone – treating snake bites
- Clinical thermometer – taking temperature
- Surgical blades – cutting bandages and shaving
- Triangular sling – areas injured
- Surgical spirit/antiseptic liquids – cleaning wounds
- Pain killers – relieving pains

Use of medicine:

1. Reading instructions to know the side effects,
2. Using as prescribed by the doctor,
3. Taking the dose as prescribed,
4. Getting medicine from the doctor and not borrowing from each other,
5. Taking drugs prescribed by the doctor not by yourself,
6. Keeping medicines away from children.
7. What happens when one doesn't follow doctors instructions as follows:-
8. Overdosing in order to relieve pain,
9. Under dosing – it doesn't give complete treatment and may cause drunk existence,