

introduction

First aid is initial care provided to a person who has been injured or has suddenly fallen sick. Accidents can happen anytime, anywhere, and to anyone. Whether it is a burn, injury, or sudden illness that is why the primary goal of first aid is to prevent hardship, preserve life, and promote recovery by Providing immediate care and assistance can prevent the situation from getting worse and even save a life. Having basic knowledge of first aid can be extremely helpful in such situations. This report will provide a complete overview of first aid including the initial management of three types of medical emergencies, shock, severe bleeding, and burns.

1. Shock

Shock is a threatening condition that can happen to a person's body that is not getting enough blood flow and oxygen to the needed organs. It can be caused by many factors such as severe bleeding, heart attack, severe infection, allergic reaction, or trauma. a body's organs and tissues not receiving enough oxygen can lead to cellular damage which can cause organ failure and death. That is why it is important to treat a shocked person as fast as possible to prevent further complications. There are several symptoms a person can experience during shock. They may experience a fast heartbeat, breathing, and low blood pressure. feeling dizzy, lightheaded, or faint. Their skin may feel cool and sweaty, and they may look pale or gray. Some people feel confused, restless, or anxious. In severe cases, they may pass out or fall into a coma. Immediate action is required to prevent further damage which are.



1. If you notice any visible cause of shock, such as severe bleeding, treat it first.



2. After treating the cause of shock, help the person lie down and raise their legs, which will improve blood supply to their organs. If possible, lay them on a rug or blanket to keep them warm.



3. Call for emergency help by dialing 999 or 112 and inform ambulance control that you believe the person is in shock. Try to explain the possible cause of the shock if you know it.



4. If the casualty is wearing tight clothing, loosen it from around their neck, chest, and waist area. This will help to ensure that their blood can flow freely and will not be restricted.



5. While you wait for help to arrive, make sure to keep the person warm by covering them with a coat or blanket. It is important to keep them calm and reassured, as fear and pain can worsen the condition. Try to talk to them in a soothing manner and provide comfort.



6. Keep an eye on the person's reaction and consciousness level. If the person becomes unresponsive, get ready to treat them as an unresponsive casualty.

2. Severe Bleeding

Severe Bleeding is another emergency that requires immediate attention that can result from injuries, accidents, or medical conditions. It refers to the loss of a large amount of blood from the body, which can be life-threatening if not treated immediately. It can be caused by a variety of factors, including trauma, surgery, or medical conditions that affect blood clotting. Therefore, it is essential to recognize the symptoms of severe bleeding and act promptly to prevent further harm. The symptoms of severe bleeding can vary depending on the situation and cause of the injury. However, some common signs to look out for include. Low blood pressure, Rapid heartbeat, Dizziness or lightheadedness, Blurred vision, and shortness of breath. It is essential to seek medical attention If someone is experiencing severe bleeding. The following steps can help deal with severe bleeding until medical help arrives.



1. One, when dealing with open wounds, there is always a risk of infection. To prevent the transmission of infection, it is important to wear protective first aid gloves, if available. This can help ensure that no diseases transfer between the person providing first aid and the individual in need of assistance.



2. Two In the absence of a dressing, it is recommended to instruct the casualty to cover the wound themselves. In cases where the wound is covered by clothing, it is essential to remove or cut the clothing to expose the wound. In situations where there is an object lodged in the wound, avoid pulling it out as it may be serving as a plug to reduce the bleeding. Instead, apply pressure on both sides of the object to push the edges together and minimize the bleeding.



3 Three If a helper is present, ask them to call for emergency help by dialing 999 or 112. It is important to provide Ambulance Control with details of the location of the wound and the severity of the bleeding. If there is no one around to help, use the hands-free speaker on a phone to speak with Ambulance Control while treating the wound at the same time.



4. To ensure the dressing stays in place, use a bandage to secure it firmly while maintaining pressure on the wound. However, it's important to avoid making it too tight, which could restrict circulation.



5. To ensure that the bandage is not too tight and does not impede circulation, check the circulation beyond the bandage. You can do this by pressing one of the nails or the skin beyond the bandage for five seconds until it turns pale, then releasing the pressure. If the color does not return within two seconds, it indicates that the bandage is too tight. In this case, it is necessary to loosen and reapply the bandage to ensure proper circulation.



6. In cases of severe bleeding, the victim may experience shock due to the loss of blood. It is important to treat them for shock as well by helping them lie down on a rug or blanket. Elevate their legs above the level of their heart and provide support. Additionally, loosen any tight clothing around their chest, neck, and waist and cover the casualty with a blanket to keep them warm.



7. If blood soaks through the dressing, remove it, and apply pressure again with a new dressing until the bleeding is under control. Once it is, use a bandage to secure it in place, tying the knot over the wound to maintain pressure.



8. Raise and secure the wounded area using a bandage or sling, and frequently check the blood flow beyond the bandage every 10 minutes.



9. Continue to check their responsiveness and be prepared to start CPR if they become unresponsive before help arrives.

3. Burns

Burns can happen when the skin is exposed to heat, chemicals, or fire. There are three types of burns: first-degree, second-degree, and third-degree. They can vary from minor to severe. First-degree burns are minor burns that only affect the top layer of skin. They cause redness, pain, and swelling, but typically heal within a week with self-care measures such as using cool water and over-the-counter pain relief medication. Medical attention is usually not required for these types of burns. Second-degree burns affect both the outer and underlying layers of skin and cause severe pain, redness, and blisters. The affected area should be cooled with cool water for several minutes, followed by the application of an antibiotic cream and a non-stick bandage. Medical attention may be required if the burn is extensive to prevent infection and promote healing. Third-degree burns affect all layers of the skin, including tissues underneath, and may cause charred, dry, and leathery skin. Immediate medical attention is necessary as these burns can cause nerve damage, infections, and scarring. Treatment for third-degree burns involves removing damaged tissue, cleaning the wound, and applying a skin graft. Burns have frequent injuries that can vary in severity. Being aware of the symptoms and how to handle them can minimize long-term damage and promote recovery. The best way to prevent burns is to follow safety procedures to decrease the risk of getting burned here some tips.



1. To help someone who has come into contact with a chemical, first ensure the area around them is safe. Wear protective gloves to prevent contact with the chemical. If inside, allow fresh air to flow into the area by opening windows or doors, which will help to remove any harmful gases or fumes from the area. If the chemical is in powder form, it can be brushed off the skin.



2. If someone gets a chemical burn, quickly pour room temperature water on the burned area, and keep doing so until the ambulance comes. Pour the water away from yourself so you don't get splashed by the chemical. Do not let any infected water gather near the person. Don't waste time looking for a solution and don't try to neutralize acid or alkali burns unless you have training to do so.



3. Remove any clothing that has come into contact with the chemical carefully. If someone with protective gloves is available, they can do this while you continue to cool the burn.



4. If the chemical burn is severe, call for emergency help by dialing 999 or 112. Provide the ambulance control with any information you have about the chemical. If you can, ask someone else to make the call so that you can continue to cool the burn.

Conclusion

In summary, first aid is a critical skill that can make a significant difference in saving lives. It is important to take the time to learn and practice basic techniques for managing shock, severe bleeding, and burns. By having a clear understanding of the signs and symptoms of these conditions and knowing how to provide immediate and effective care, individuals can increase the chances of a positive outcome in an emergency situation. Additionally, seeking professional medical help should always be a priority, and knowing when and how to do so is equally important. Overall, being prepared and informed can help individuals act quickly and confidently in a time of crisis.

Reference

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