

BASIC FIRST AID

Basic first aid allows you to quickly determine a person's physical condition and the correct course of treatment, whether the distress is due to choking, heart attack, allergic reactions, drugs or alcohol or other medical emergencies. You should always seek professional medical help as soon as you are able.

OBJECTIVE

The key objectives of first aid are the following:

- To preserve life.
- To alleviate suffering.
- To promote recovery.
- To prevent aggravation of the injury or illness until veterinary assistance can be obtained.



THE FOLLOWING CORRECT FIRST AID PROCEDURES CAN BE THE DIFFERENCE BETWEEN LIFE AND DEATH:

1. **Evaluate the situation.** Are there things that may put you at risk of harm? Are you or the victim threatened by fire, toxic smoke or gases, an unstable building, live electrical wires and other dangers? Do not rush into a situation, where you could end up as a victim yourself.
 - If approaching the victim will endanger your life, seek professional help immediately; they have higher levels of training and know how to handle these situations.
2. **Remember the C, A, B of first aid.** This refers to the three critical things you need to look for.
 - C = Compressions** - push hard and fast on the center of the victim's chest
 - A = Airway** - tilt the victim's head back and lift the chin to open the airway
 - B = Breathing** - give mouth-to-mouth rescue breathsEarly chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and the delay in ventilation should be minimal.
3. **Avoid moving the victim.** Avoid moving the victim unless he or she is in immediate danger. Moving a victim will often make injuries worse, especially in the case of spinal cord injuries.
4. **Call emergency services.** Call for help or tell someone (a specific person, if possible) to call as soon as possible. If you are the only person at the scene, try to establish breathing before calling for help, and do not leave the victim alone for an extensive amount of time.
5. **Determine responsiveness.** If a person is unconscious, try to rouse them by gently shaking and speaking to them.



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PUSH HARD AND FAST ON THE CENTER OF THE VICTIM'S CHEST



A = AIRWAY
TILT THE VICTIM'S HEAD BACK AND LIFT THE CHIN TO OPEN THE AIRWAY



B = BREATHING
GIVE MOUTH-TO-MOUTH RESCUE BREATHS

6. If the person remains unresponsive. Carefully roll them onto their back and open his or her airway.
 - Keep head and neck aligned
 - Carefully roll them onto their back while holding his head.
 - Open the airway by lifting the chin.
7. **Look, listen and feel for signs of breathing.** See if the victim's chest is rising and fall up, listen for sounds of breathing (place your ear near the nose and mouth, and feel the breathing on your cheek).
 - If the victim is not breathing, see the section below.
 - If the victim is breathing, but unconscious, roll them onto his or her side, keeping the head and neck aligned with the body. This will help drain the mouth and prevent the tongue or vomit from blocking the airway.
8. **Check the victim's circulation.** Look at the victim's colour and check his or her pulse (the carotid artery is a good option: it is located on either side of the neck, below the jawbone). If the victim does not have a pulse, start cardiopulmonary resuscitation (CPR)



9. **Treat bleeding, shock and other problems as needed.**

After you have established that the victim is breathing and has a pulse, your next step should be to control any bleeding. Particularly, in the case of trauma, you should take steps to control or prevent shock.

- **How to stop bleeding** - Control of bleeding is one of the most important things you can do to save a trauma victim. Use direct pressure on wound before trying any other method of managing bleeding.
- **How to treat shock** - Shock, a loss of blood flow to the body, frequently follows physicals and occasionally psychological trauma. A person in shock will frequently have cool, clammy skin, be agitated or have an altered mental status, and have pale colour to the skin around face and lips. Untreated, shock can be fatal. Anyone who has suffered a severe injury or life threatening situation is at a risk for shock.
- **How to treat a burn** - Treat first and second degree burns by immersing or flushing with cool water (no ice). Don't use cream, butter or other ointment, and do not pop blisters. Third-degree burns should be covered with a damp cloth. Remove clothing and jewellery from the burn victim, but do not try to remove charred clothing that is stuck to burns.
- **Treat concussion** - If the victim has suffered a blow to the head, look for signs of concussion. Common symptoms are loss of consciousness following the injury, disorientation or memory impairment, vertigo, nausea and lethargy.
- **How to treat a spinal injury victim** - If you suspect a spinal injury, it is especially critical that you do not move the victim's head, neck or back (unless they are in immediate danger). You also need to take special care when performing rescue breathing or CPR.

10. **Stay with the victim until help arrives.**

Try to keep the victim calm until help arrives.



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