

ક્રમાંક : એફએસી/૧૪૨૦૧૪/૪૬૫૫૯૭/મ(૩)



AIMS

FIRST AID HAND BOOK

Govt. of Gujarat reconised Kutch  
first and only ISO-9001-2008 certified  
**first AID Training Centre**

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Book Prepared by

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# 1 : Introduction of First AID

First aid is the immediate help given to the victim of an accident or sudden illness before medical help is obtained.

## Remember :

- F- First thing first.
- I- Inform the doctor.
- R- Reassure the victim.
- S- Prevent shock.
- T- Apply tourniquet.
- A- Artificial respiration.
- I- Immobilize.
- D- Disposal of the victim.



## 2 : Body Structure and Function

It includes human skeleton muscles vessels  
body organs and skin

Functions are as follows:

1. It gives shape to the body (Fig. 2.1)
2. It works to Join Muscles
3. Protect to the Vital organs such as heart and brain
4. Create Red Blood cells from the bone marrow
5. Normal movements of body parts (Fig. 2.2)



Fig. 2.1



Fig. 2.2

## 3 : Head Injury

It involve injury to brain, skull or face leading to bleeding or fracture

**First Aid** Kind attention to this-

1. Minor bleeding from ear or nose is an emergency(Fig. 3.2)
2. Loss of consciousness or altered state of awareness
3. Headache, memory loss or confusion
4. Nausea and Vomiting Anything from above immediate rush to hospital for emergency care



Fig. 3.1



Fig. 3.2

# 4: Wounds, Bleeding & Infection

Any breakage in the skin is wound

Types :-



Fig. 4.1

Puncture Wound



Fig. 4.2

Abrasion Wound



Fig. 4.4

Laceration Wound

Fig. 4.3

Incised Wound



Please do: **FIRST AID. BY PRESSURE**

1. Stop the Bleeding by bandage or tourniquet (Fig. 4.6) & (Fig. 4.5)
2. Avoid touching the wound
3. Cover the wound with clean cloth
4. Don't use dirty cloth or contaminated water to avoid infection
5. Seek for medical help to Control bleeding immediatly (Fig. 4.5)

# Control Bleeding by Pressure point tourniquet

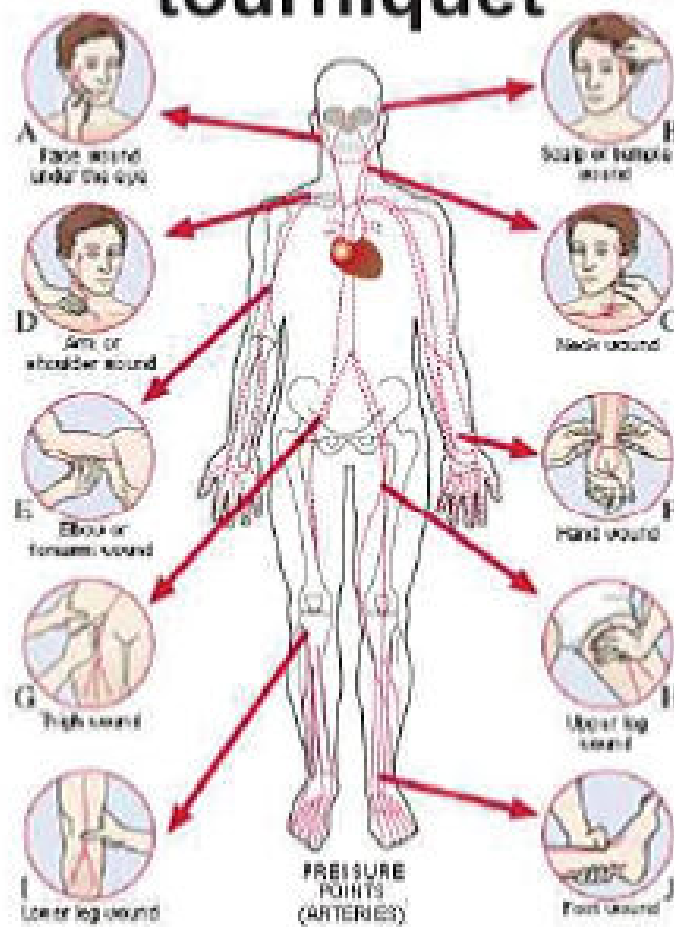


Fig. 4.5

# Control Bleeding by Various Bandages



Fig. 4.6

## 5 : Fracture and Sprain

Any complete or partial breakage of bone is a fracture

Types of Fracture (Fig.5.1)

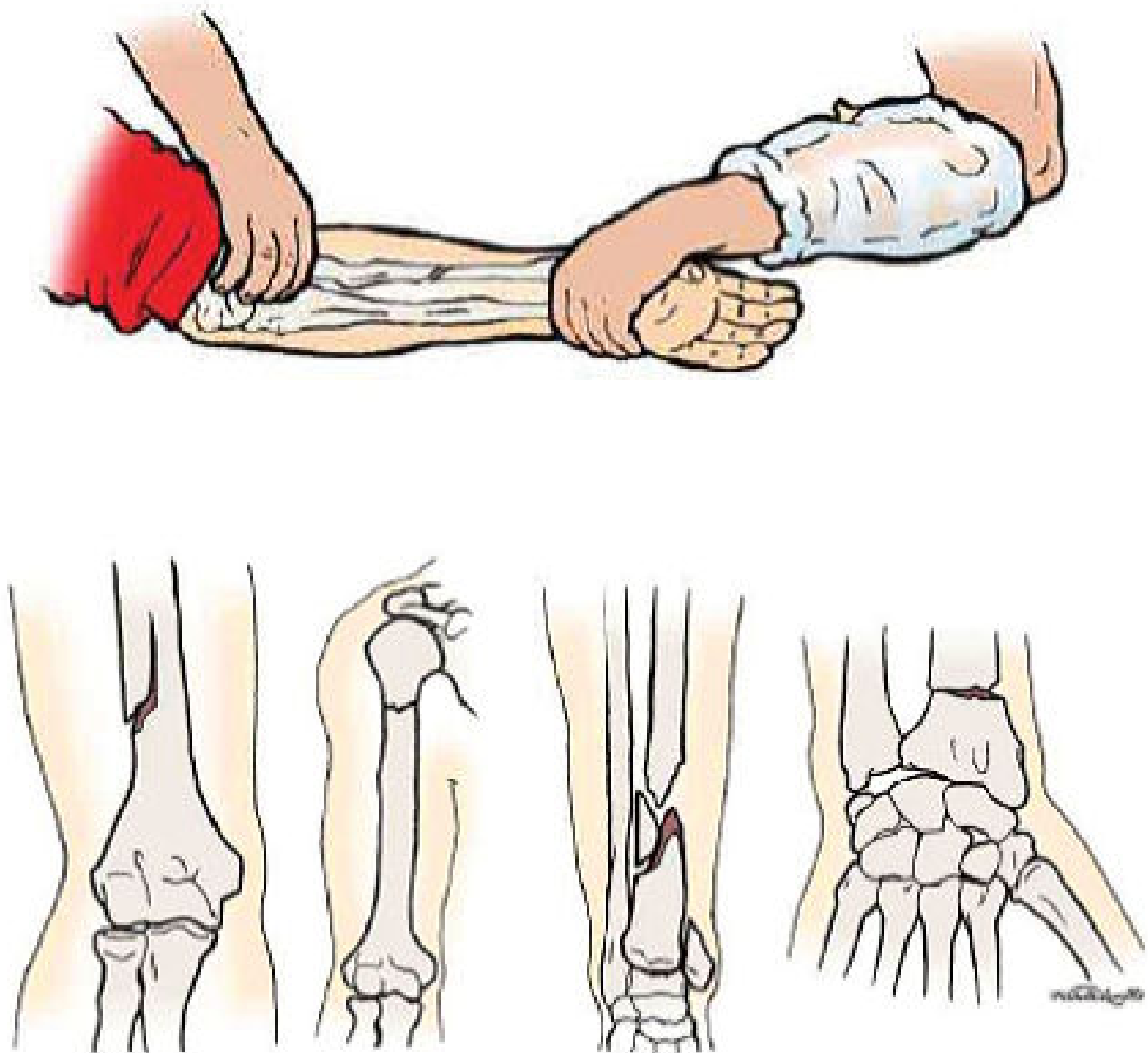


Fig. 5.1

## First Aid :-

### RICE Management

- R :- REST TO THE VICTIM AND INJURED PART (Fig. 5.2)
- I :- ICE APPLICATION
- C :- COMPRESSION BANDAGE
- E :- ELEVATE THE INJURED PART

### Support # Part by Diff. tie.(Fig. 5.2)

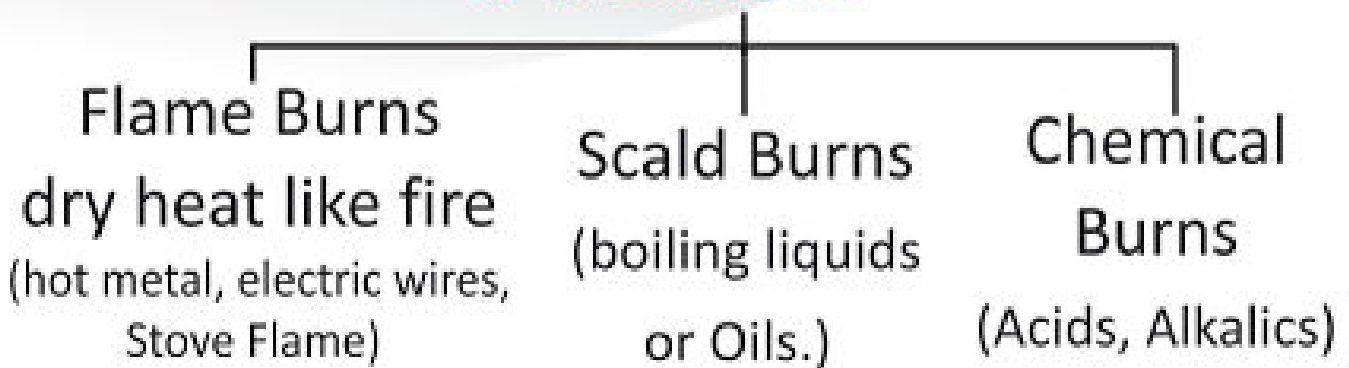
(Fig. 5.2)



Always transport the pt. of spinal # in straight supine position to avoid spinal cord injury (Fig. 5.3)



## 6 : Burns



### First Aid : Only & Only Do

1. Pour drinking/running water (Fig. 6.1)
2. Do not apply oily greasy substance
3. Cover the wound with wet and clean cloths
4. Do not give anything by mouth
5. Rush for medical emergency (Fig. 6.2)



## “Rule of Nines”

to count % and extent of burns (Fig. 6.3)



(Fig. 6.3)

# 7 : Electric Shock

Please checked this before helping

1. Still be connected to an electrical cable ? (Fig. 7.1)
2. Be unconscious ?
3. Have stopped the breathing ?
4. Entry and exit of electric current.

(Fig. 7.1)



(Fig. 7.2)



## First Aid:

1. Isolate victim by nonconductor things – Wooden stick, Rubber stick like that.(Fig. 7.2)
2. If unconscious start CPR
3. Rush for Medical emergency

## 8 : Dog Bite

Confirm for rabid or non rabid dog

### First Aid:



1. Clean the wound by plenty of water and soap
2. Do not cover the wound
3. Let it bleed
4. Ask for medical help, anti rabies vaccine and tetanus vaccine

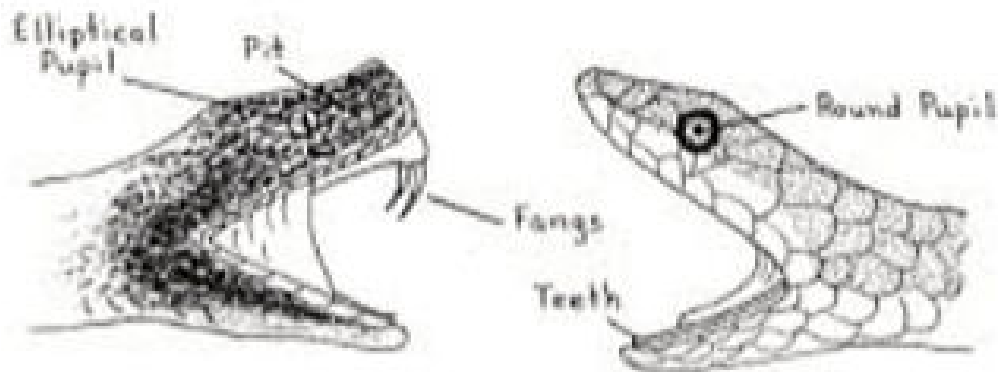
### Anti rabies vaccine schedule

**0 (On day of bite), 3<sup>rd</sup>, 7<sup>th</sup>,  
14<sup>th</sup>, 28<sup>th</sup> and 90<sup>th</sup> day**

In child its universal rules to give 5 dose of anti rabies vaccine without concern to rabid or non rabid dog.

## 9 : Snake Bite

Identify the poisonous (Fig. 9.1) or non poisonous snake (Fig. 9.2)



(Fig. 9.1) Poisonous (Fig. 9.2) Non Poisonous

### First Aid :-

Do this must : FIRST AID “RIGHT” (Fig. 9.3)



(Fig. 9.3)

**R** = Reassure

**I** = Immobilize

**G** = Go to

**H** = Hospital

**T** = Tell the signs to

doctor / tourniquet (Loosen at every 15 minutes )

# 10 : Bee Stings



(Fig. 10.1)

## First Aid:

1. Remove the sting quickly by anyhow
2. Apply ice pack
3. Raise affected limb
4. Seek medical help if anaphylactic shock

# 11 : Poisons

Any substance that can cause damage to the body is known as poison. Exp. Industrial product, House cleaning products and sprays and drugs



(Fig. 11.1)

## First Aid:

1. Dispose the victim to the safe place quickly
2. Do not give anything by mouth
3. Lie down the victim on back and turn head on side (Fig. 11.2)
4. If the breathing is very shallow, start the CPR
5. Shift the victim to hospital immediately

Snake poison is very dangerous and do first aid as per describe previous in snake bite



(Fig. 11.2)

# 12 : Severe Allergic Reaction

Commonly by insect bites, such foods and medicines

1. It cause swellings of the affected area, face and throat.
2. Redness of skin with itchy rash (Fig. 12.1)
3. Dizziness, weakness or collapsing

(Fig. 12.1)



## First Aid:

1. Dispose the victim from exposed material
2. Seek medical help immediately if gets difficulty in breathing
3. Start CPR if stop breathing (Fig. 12.2)



(Fig. 12.2)

## 13 : Choking – Asphyxia

Mostly found in children by marbles, coins or been type of food

First AID:

1. Don't give anything by mouth
2. Give abdominal thrust as showing in picture Fig. 13.1 for adult and Fig. 13.2 for child.



(Fig. 13.1)



(Fig. 13.2)

# 14 : Blood Pressure

Normal BP – 120/80 mm of Hg	Pre HT 140/90 mm of Hg	Moderate HT 150/96 mm of Hg	Severe HT 170/100 mm of Hg
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Hypotension – 90/60 mm of Hg  
(Required medical attention)

## First AID:

1. Complete rest
2. Avoid salt and spicy food
3. Regular exercise and jogging
4. Medicine for uncontrolled HT
5. Hypotension-Orall Rehydration



(Fig. 14.1)

# 15 : Heart Attack

In nearest future India will become the capital of Diabetes and Heart attack

Risk factors:



How to know HEART ATTACK:

1. Severe chest pain transmitting to neck jaw and left hand (Fig. 15.1)
2. Profuse perspiration
3. Vomiting
4. Gabharaman
5. Sudden collapse



(Fig. 15.1)

- First Aid:**
1. Complete rest and lie down in as it is position (Fig. 15.2)
  2. Call to Ambulance for medical emergency
  3. If person become unconscious – START CPR (Fig. 15.3)



(Fig. 15.2)



(Fig. 15.3)

# 16 : Diabetic Emergencies

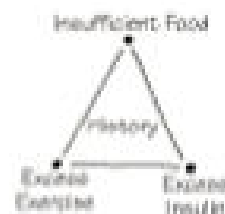
This is due to very Low Blood sugar or Hypoglycemia - Sugar < 70 mg/dl. It leads to confusion, slurring of speech, disoriented, sweating, tremor or unconsciousness

## First Aid:

1. If person is conscious
  - give sweet to eat (chocolate or sugar)
2. If unconscious
  - shift immediately to hospital



HYPOGLYCEMIA



Onset Rapid...  
1 - 3 Hours



- Anxious
- Sweaty
- Hungry
- Confused
- Blurred or Double Vision
- Shaky
- Irritable
- Cool, Clammy Skin

Needs...  
**BLOOD SUGAR** ↑  
Increased

## 17 : CPR

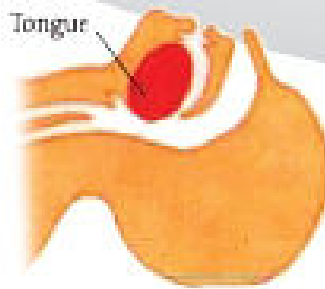
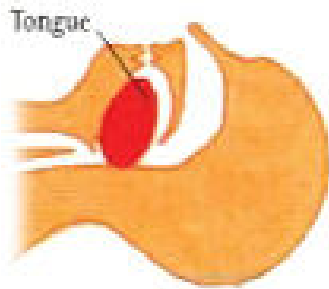
Cardio Pulmonary Resuscitation This is life saving procedure given to the end stage of life CPR given in following condition

1. Massive heart attack
2. Head injury
3. Toxic gas exposure
4. Drowning
5. Electric shock
6. Snake bite
7. Drug over dose
8. Severe emotional shock

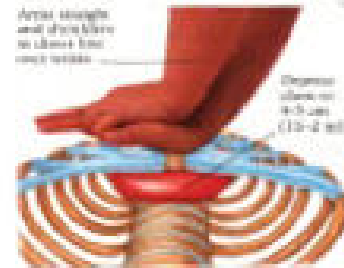
**First Aid: How to do CPR**

1. ABCD (Fig 17.1)
  - A – Air Way
  - B – Breathing
  - C – Circulation / Compression
  - D – Defibrillator

(Fig. 17.1)



2. Cardiac massage /  
compression /  
pumping ( Fig. 17.2)



(Fig. 17.2)

3. Mouth to Mouth respiration  
– Kiss of life ( Fig. 17.3)



(Fig. 17.3)

4. DC shock ( Fig. 17.4)



(Fig. 17.4)

## 18 : Brain Unconsciousness

It is a state of unresponsiveness where victim is unaware of surrounding without response to stimuli

Causes:

1. Shock
2. Asphyxia
3. Poisoning
4. Convulsion
5. Hysteria
6. Heat Stroke
7. Hypoglycemia
8. Heart Attack
9. Head injury / ICH

### FIRST AID

Check-Pulse and Respiration-Start CPR

Ask for Medical emergency help "108"

Shif to Hospital



(Fig. 18.1)

# 19 : Convulsion

Episode of repeated jerking involuntary movements is known as convulsion

How to identify –

1. Eye become fixed or staring
2. Person become pale
3. May become unconscious for a few second
4. And soon resume to normal conditior



**First Aid:-**

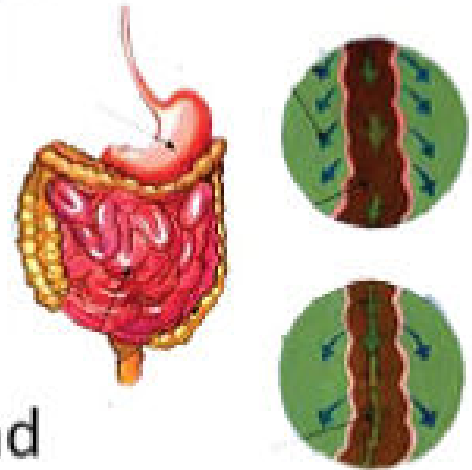
(Fig. 19.1)

1. Do not force to stop convulsion
2. Keep patient at safe place and Position (Fig. 19.1)
3. Prevent the biting of tongue by inserting cloth between teeth
4. Do not give anything by mouth and wipe froths from mouth
5. If unconscious for more than minute start CPR
6. Seek for medical emergency help

## 20 : Diarrhoea

Frequency of watery stool more than 3 to 5 times in a day.

Mostly occurs due to food poisoning, drug over dose and digestive tract abnormality



(Fig. 20.1)

### First Aid:

1. Replace the water and electrolyte by ORS (Fig. 20.2)
2. Small feeds at frequent interval
3. Lemon water with 40gm sugar + 3.5gm salt in a liter normal boiled water
4. Coconut water, butter milk, rice water, fresh fruit juice
5. Seek for medical help in shock due to dehydration



(Fig. 20.2)



## 21 : Fever – Hyperthermia / Heat Stroke

This is caused by too high temperature of the body due to overheat or any kind of pyrexia.



Symptoms: - Complete exhaustion of body, severe headache, skin is hot and dry, rapid pulse or unconscious

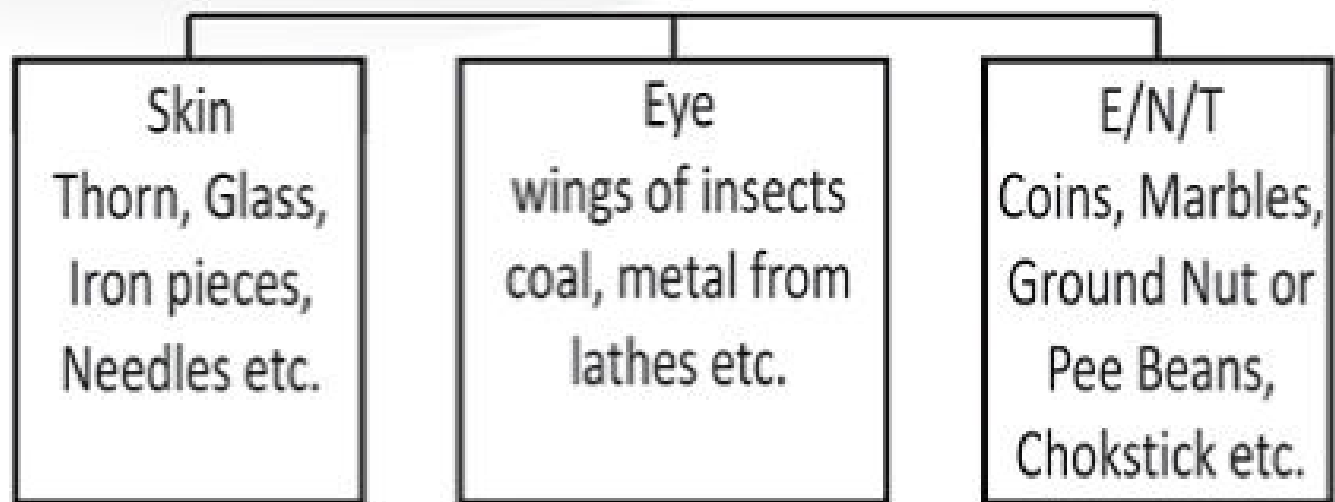
### First Aid :

- Give plenty of water or fruit juice orally
- if Temp > 101 F, then do cool water sponging (Fig. 21.1)
- Keep person in open air with light cloths
- Ask for medical help if person is disoriented with high temperature

(Fig. 21.1)



## 22 : Foreign Body



(Fig. 22.1)



(Fig. 22.2)

### First Aid:

1. Irrigates with plain water (Fig. 22.1)
2. Remove if in white area of eye
3. Don't try to remove from black part of eye
4. Close the eye by clean dressing (Fig. 22.2)
5. For ENT Foreign body do first aid as per topic no. 13

# 23 : Industrial Hazards

**Mainly are:** (Fig. 23.1)

1. Chemical hazards
2. Physical hazards
3. Biological hazards



## First Aid:



(Fig. 23.2)



(Fig. 23.3)

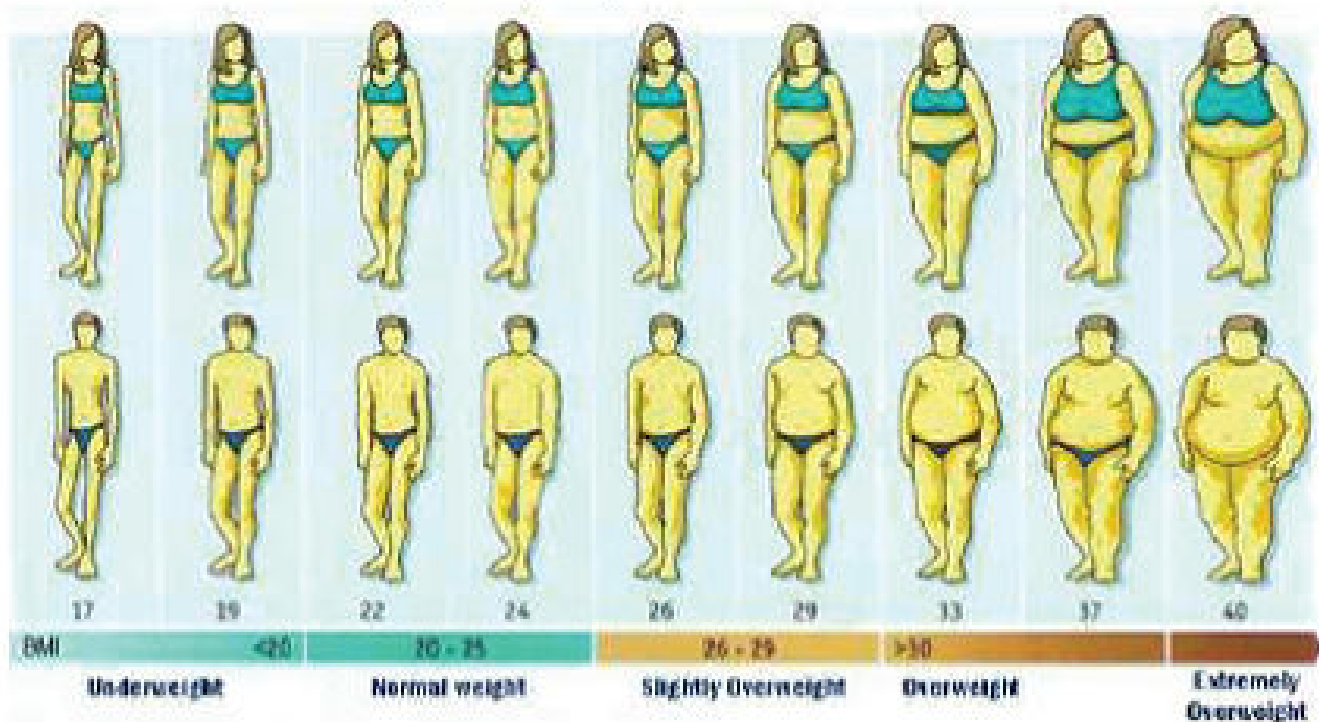
- If any hazards occurs then Immediately inform to local authority and near one OHC or Doctor
- Shift the victim to a safe and open place from the incident site for fresh air and Oxygen (Stretcher Exercise Fig.. 23.2)
- Wear a proper protective measures while in rescue (Fig. 23.1) Operation for biological or chemical hazards.
- Wear a helmet while working under heavy machineries.
- Use various type of stretchers (Fig. 23.3) to shift victim from hazardous site to OHC or Hospital
- for chemical hazards only use plain tap water and shift victim to hospital.
- Avoid oily, greasy things on chemical exposure.
- wear a spectacles while working in gasses or chemical factory to avoid eye injury or burns to eye.

# 24 : Body Mass Index (BMI)

It is an index to know our obesity

Calculated by

$$\text{BMI} = \frac{\text{Body weight (kg)}}{\text{Height (M)}^2}$$



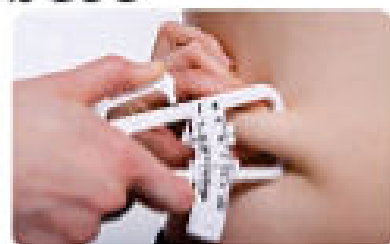
BMI = 19 is normal

BMI = 19 – 24 is average

BMI = 25 – 29 is mild obese

BMI = 30 – 34 is moderate obese

BMI > 35 is severe obesity





# Team AIMS



Contact :

**AIMS First Aid Training Center**

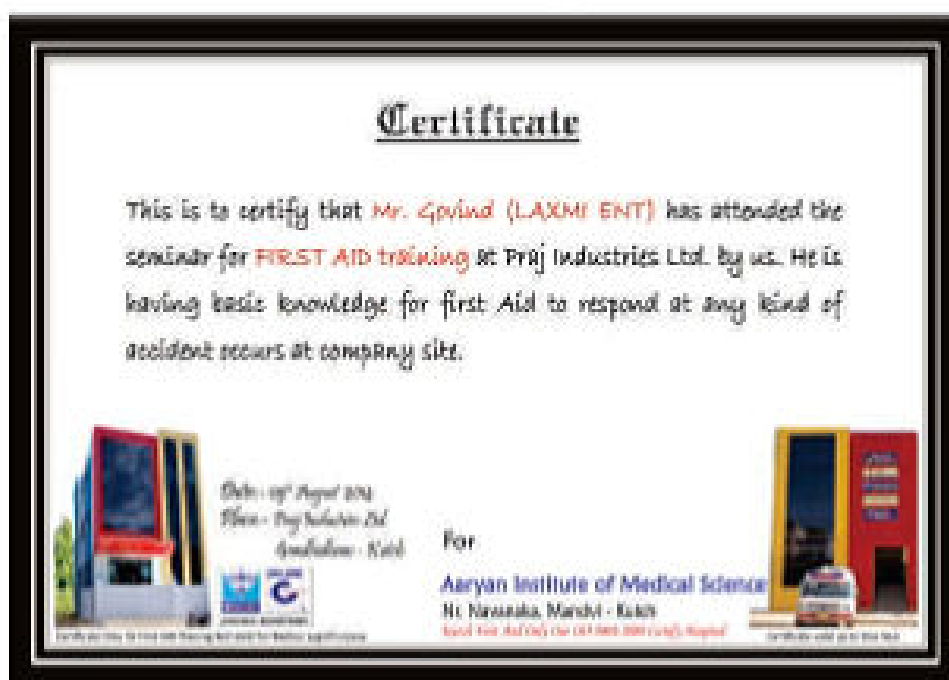
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# First AID Training Center



# First AID Training Certificate



# Making India with Good Health & Education



**Dr. Kaushik Shah**  
Team Leader

## AIMS Group

- Aaryan Institute of Medical Science
- AIMS Clinic-Khakhhar
- AIMS Clinic-Vadala
- AIMS Nursing School
- AIMS First Aid Training Center
- AIMS Health Checkup Center
- AIM School
- AIM Institute of Maths and Sports Health First
- Mandvi Imaging Center
- Tai Foundation