



FIRST AID KIT AND IMPLICATIONS

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ABSTRACT:

First aid is the immediate care given to an injured or ill individual to keep him or her alive or stop further damage until qualified medical treatment can be administered. It is caring for people involved in accidents, catastrophes, and natural disasters such as hurricanes, tornadoes, and earthquakes. First aid includes dealing with the situation, the person, and the injury, as well as encouraging the victim and showing a willingness to help. Administering first aid is easier with a first aid kit. It is a good idea to keep one in your house and car and take one along on camping trips and hikes. A well-stocked first aid kit contains an assortment of bandages, Band-Aids, tape, aspirin or aspirin substitutes, antiseptic cream and cleanser, safety pins, scissors, tweezers, cotton, and tissues. To protect against infectious diseases, include rubber gloves and face shields in the kit. Rubber gloves will keep you from contacting blood and body fluids, and face shields will allow you to give mouth-to-mouth resuscitation and without direct contact. A first aid kit is a collection of supplies and equipment for use in giving first aid, and can be put together for the purpose by an individual or organization or purchased complete. There is a wide variation in the contents of first aid kits based on the knowledge and experience of those putting it together, The differing first aid requirements of the area where it may be used and variations in legislation or regulation in a given area

KEYWORDS: First aid, first aid kit

INTRODUCTION:

First aid is the immediate care given to an injured or ill individual to keep him or her alive or stop further damage until qualified medical treatment can be administered. It is caring for people involved in accidents, **catastrophes**, and natural disasters such as hurricanes, tornadoes, and earthquakes. First aid includes dealing with the situation, the person, and the injury, as well as encouraging the victim and showing a willingness to help.

Most people encounter at least one situation requiring the use of first aid at some time in their lives. Whether a friend falls when rollerblading and breaks an arm or your younger brother cuts himself on broken glass and requires stitches, someone should administer first aid until the injured person receives proper medical attention. That someone can be you if you acquire basic first aid knowledge of what to do and what not to do in different accident situations. Remember that first aid may mean the difference between life and death, permanent and temporary disability, or long- and short-term recovery for an accident victim. In addition to the first aid taught in this chapter, consider taking a first aid class from a qualified instructor. Many schools, hospitals, and fire departments offer first aid classes that provide demonstrations and hands-on experience with medical models of victims. Hands-on training is especially important before actually performing mouth-to-mouth resuscitation and cardiopulmonary resuscitation both of which can be hazardous to a victim if performed improperly

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Triangular bandage



A triangular bandage is a large triangle of cloth, usually a loose-weave cotton cloth, used in first aid. It is also called a 'cravat' (French for necktie) because it is sometimes folded to the shape of a long narrow band, for certain uses. This type of bandage has many applications. A triangular bandage is a large triangle of cloth, usually a loose-weave cotton cloth, used in first aid. It is also called a 'cravat' (French for necktie) because it is sometimes folded to the shape of a long narrow band, for certain uses.

Crepe bandages



This reusable crepe bandage is 100% cotton crepe and is used as a light support for minor sprains, strains and compression. Rolled up with one or two elasticated claw grips (depending on the width) for securing without the need for sticky tape and pins. Just place one side of the claws on the bandage and pull to stretch and press the other side in - the elastic will recoil slightly and the claws will grip securely. Great to have in your kit as can be used for a

multitude of things - holding on ice packs - using as a compressive bandage on any limb - holding a dressing pad in place over a wound, and many more.

Non- Adhesive



Non Adhesive (Low Adherent) Dressings only have one side with a shiny film to stop the wound from sticking to it. This will prevent the wound from opening up or hurting when you remove the dressing. You will need to apply the correct side to the wound. Melolin is the very well known brand of dressing pad, but for a more economical Dressing Pad look at the boxes of 25 Steropads or the 100 Relipads. All of these dressing pads are individually wrapped and sterile. Secured using Microporous, Hypoallergenic or dressing retention tape.

Disposable Gloves



Disposable gloves are often chosen for routine laboratory work because they are cheap and convenient. Latex gloves are fully effective only against water-based solutions and are almost transparent to many organic solvents. Nitrile disposable gloves may give more protection in certain cases.

Adhesive tape



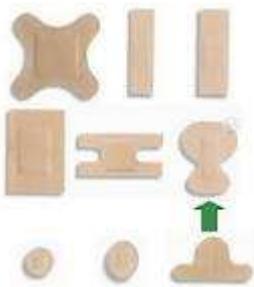
Natural adhesives like beeswax, resin and bitumen have been used for a long time. The ancient Egyptians used glue made from animal skin and bones for woodworking. Medieval monks used egg white to bind gold leaves to their illuminated manuscripts. The 19th century saw the advent of rubber and pyroxylin cements.

Resuscitation Masks



Be prepared in an emergency; ensure you have a resuscitation mask on site. This resuscitation mask easily conforms to facial contours and is easy to clean.

Adhesive Strips



Easy Adhesive Strips are a bandage that incorporates the power of Silverlon® with the addition of a Silverlon® wound contact layer. Easy Ag®/Silverlon® Silver Adhesive Strips are currently manufactured for medical professionals and consumers in the following size: 1" x 3".

Easy Antimicrobial Silver Adhesive Strips and Bandages can be used for virtually any outdoor activity including hiking, biking, camping, and fishing. The silver coated nylon fabric provides the safest and most effective protection for burns, cuts, abrasions, blisters, skin rashes, animal bites, and insect bites. Because of the powerful Antibacterial / Antimicrobial Protection that Easy Ag® Adhesive Strips and Bandages provide, anyone who is active outdoors should certainly carry this product for primary First Aid.

Medications in first aid kits

The First Aid in the Workplace Code of Practice advises that first aid kits for workplaces should not contain medications. First aid is defined as the provision of emergency treatment and life support for people suffering injury or illness. The dispensing of medication does not generally fall within this definition. It is recommended that medicines are not kept in a first aid kit. If you keep medicines for yourself or your family, such as paracetamol and aspirin for pain relief, they should be kept secure and out of reach of children.

Storing your first aid kit

Storage suggestions include:

- Keep the first aid kit in a dry, cool location.
- Make sure the first aid kit is easily accessible and that everyone in the family knows where it is.
- Some items, such as solutions, may have use-by dates. Check regularly and replace when necessary.

- If an item is used from the first aid kit, promptly replace it.

Learn how to use your first aid kit

A first aid kit won't help if you don't know how to use its contents. Buy a book on basic first aid to read about how to use the contents of the kit or, better still, participate in a first aid course.

Conclusion

First aid is the help that you give an injured person until qualified medical personnel can administer treatment. In other words, think of first aid as aid given first before actual medical treatment. The type of first aid required by an individual depends upon his or her injuries, and you determine what those injuries are by carefully and quickly evaluating the person. This evaluation and the administration of first aid follows a sequence that deals with the most life-threatening problems first breathing and heartbeat, followed by bleeding; then other health problems shock, broken bones, burns, and head injuries. In the following lesson, you will learn life-saving techniques that you can use in a dire emergency

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