

Importance of first aid



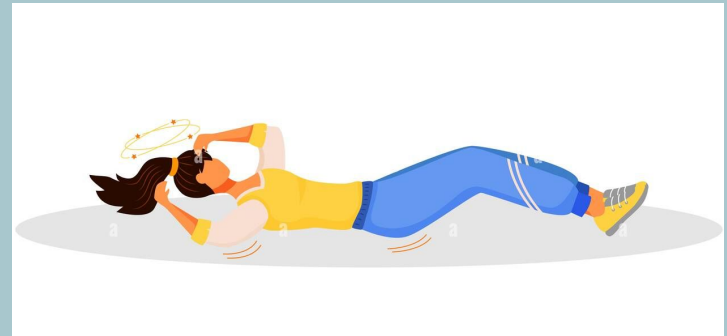
- First aid classes should be mandatory for all students.
- This can include specific training or equipment to be available in the workplace (such as an automated external defibrillator). The provision of specialist first aid cover at public gatherings, or mandatory first aid training within schools. First aid, however, does not necessarily require any particular equipment or prior knowledge, and can involve improvisation with materials available at the time, often by untrained people.

Causes of first aid

We usually use first aids when a person show any abnormal symptoms like **unconsciousness**:

What is unconsciousness?

Unconsciousness is the state in which a person is unable to respond to stimuli and appears to be asleep. They may be unconscious for a few seconds — as in fainting — or for longer periods of time.



What are indicators that a person may become unconscious?

Symptoms that may indicate that unconsciousness is about to occur include:

- sudden inability to respond
 - slurred speech
 - a rapid heart rate
 - confusion
- dizziness or lightheadedness



What causes unconsciousness?

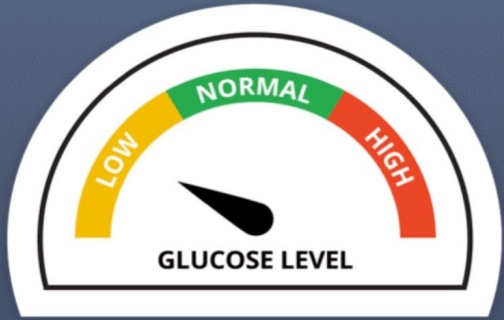
Unconsciousness can be brought on by a major illness or injury, or complications from drug use or alcohol misuse.

Common causes of unconsciousness include:

- a car accident
- severe blood loss
- a blow to the chest or head
- a drug overdose
- alcohol poisoning



What causes unconsciousness?



A person may become temporarily unconscious, or faint, when sudden changes occur within the body.

Common causes of temporary unconsciousness include:

- low blood sugar
- low blood pressure
 - dehydration
- problems with the heart's rhythm
 - straining
 - hyperventilating



Steps of first aid

- Call **112**
- Evaluate consciousness
- Open the airways
- Evaluate breathing
 - 2 breaths
- 30 compressions



Solutions



It may make the difference between life and death for the recipient or may be the difference between someone having a recovery to full health as against having permanent damage.

THANKS FOR YOUR ATTENTION!

