

## **Module 1 Introduction to First Aid**

### **Unit 1: Why Learn First Aid?**

#### **Why Learn First Aid?**

This first module will introduce you to some basic first aid principles. But firstly, let us answer the question, why learn first aid?

Knowledge of basic first aid can make the difference between life and death. A glance at some statistics from around the world shows why:

- Every year, around 735,000 people suffer a heart attack in the USA
- Road traffic accidents are one of the top ten causes of death worldwide, in Europe around 30,000 people die from road traffic accidents each year
- Sudden cardiac arrest is the leading cause of death, but many people would not know how to recognize cardiac arrest or commence resuscitation

However, knowing basic first aid techniques can be lifesaving in the first few minutes of a medical emergency as the following inspirational video shows:

<https://www.youtube.com/watch?v=8BY1JSuATso&feature=youtu.be>

Finally, we believe first aid is an important life skill. A first aid qualification can help enhance your CV/resume and open new job opportunities.

We strongly recommend you attend a hands-on first aid training session from a local training provider. This online course does not replace a practical first aid training session.

## Unit 2: The Aims of First Aid

A simple way to remember the aims of first aid is to think of the “Three Ps”:

Preserve	 Preserve Life
Prevent	 Prevent Worsening
Promote	 Promote Recovery

A first aider has several roles and responsibilities in an emergency, but all first aiders should be aware of the key aims of first aid.

### **Preserve Life**

Your first aim is to preserve life by carrying out emergency first aid procedures. For example, opening a victim’s airway or performing cardiopulmonary resuscitation (CPR).

Preserving life should always be the overall aim of all first aiders. Remember though, this includes your own life! You should never put yourself or others in danger.

Therefore, the first stage in assessing a victim is to conduct a risk assessment and check for any dangers to yourself or bystanders.

If a situation is too dangerous to approach, you should stay back and call for professional help.

### **Prevent Deterioration**

The second aim of first aid is to prevent the victim’s condition from deteriorating any further. For example, asking a victim with a broken limb to stay still and padding around the injury will prevent the fracture from moving and causing further injury or pain.

In addition, this aim includes preventing further injuries. You should attempt to make the area as safe as possible and removing any potential dangers.

If removing danger is not possible you should attempt to remove the patient from the danger or call for specialist help.

### **Promote Recovery**

Finally, you can promote recovery by arranging prompt emergency medical help. In addition, simple first aid can significantly affect the long-term recovery of an injury. For example, quickly cooling a burn will reduce the risk of long-term scarring and will encourage early healing

## Unit 3: Incident Management

Incident management refers to the skills required to manage the scene of an emergency. First aiders may be 'first on scene' at an incident so need to know basic principles of incident management.

The main principle of incident management is that you are the most important person and your safety comes first!

Your first actions when coming across the scene of an incident should be to:

- Check for any dangers to yourself or bystanders
- Manage any dangers found (if safe to do so)
- Ensure continuing safety of yourself and bystanders

Think about the following situation:



Imagine you came across this situation, think about the following questions:

What would your first action be?

What dangers could there be in this situation?

How would you manage these dangers?

Which other emergency services would be required?

In some situations, it may be too dangerous for you approach the scene. In this situation you should remember that you are the most important person – stay back and call for professional assistance.

### **Calling for Emergency Help**

In many first aid situations, help from the emergency services will be required.

Ensure you know which number to call!

- United States: 911
- United Kingdom: 999
- European Union: 112
- Other countries

Give clear, precise information about:

- The location of the incident
- The number of victims / people involved
- The nature of their injuries
- In some cases, their age
- Any hazards at the incident (e.g: spilt fuel, fire, electricity)

If the area is remote/difficult to access, consider sending someone to meet the emergency services in a known location.

## Unit 4: Infection Control

As a first aider, it is important to have a good understanding of infection control. Infection control is important for two reasons:

- To protect yourself. Remember you are the most important person (think back to the incident management unit)
- To protect the victim

### Why is Infection Control Important?

Various diseases can be transmitted via blood and body fluids including HIV and Hepatitis B & C. The risk of infection can be reduced by following standard infection control precautions.

### Infection Control Precautions

**Hand Hygiene:** Wash your hands with soap and running water whenever possible. Ensure any cuts/open injuries to your hands are covered with waterproof plasters or dressings. Keep nails short if possible.

If soap and running water is not available, alcohol hand gel can be used. However, alcohol hand gel will not clean visibly dirty hands. In addition, some bugs will not be killed by alcohol hand gel.

**Personal Protective Equipment (PPE):** Always wear disposable latex or nitrile gloves when there is a risk of encountering bodily fluids. However, this is not always practical so, in an emergency, you can improvise and use anything to create a barrier. e.g: a plastic carrier bag

Personal Protective Equipment (PPE) also includes masks, aprons, and safety glasses. The purpose of PPE is to prevent blood and body fluids from reaching the first aider's skin, mucous membranes, or personal clothing. PPE must create an effective barrier between the exposed first aider and any blood or other body fluids.

**Clinical waste:** "Clinical waste" is waste which is contaminated with bodily fluids (for example a bloody dressing). This should be disposed of appropriately and not placed in general waste/rubbish. Normally this will involve being sealed in a separate bag and taken for incineration. You should always inform the ambulance crew of any clinical waste so it can be disposed of appropriately. Any used sharps should be placed in a sharps bin.

### **How to Wash Your Hands:**

[https://www.youtube.com/watch?v=3PmVJQUCm4E&feature=emb\\_title](https://www.youtube.com/watch?v=3PmVJQUCm4E&feature=emb_title)

## End of Module 1 Quiz

### Module 1 Quiz

Question #1: In a first aid situation, who is the most important person?

- a) The injured casualty
- b) Bystanders
- c) Yourself
- d) Other emergency services

Question #2: Which of these is NOT an aim of first aid?

- a) Preserve life
- b) Protect wounds
- c) Promote recovery
- d) Prevent deterioration

Question #3: What is the European universal emergency number?

- a) 112
- b) 111
- c) 911
- d) 999

Question #4: You must attend a formal first aid course before you can give first aid to a stranger.

- a) True
- b) False

Question #5: You arrive at the scene of a road traffic collision. What should you do first?

- a) Check for injured people
- b) Call the police
- c) Stop any wounds from bleeding
- d) Check for any dangers

Question #6: You should always put on gloves before approaching a casualty

- a) True
- b) False