

Basic First Aid Procedures

This playbook outlines the critical steps in administering basic first aid, including performing CPR, treating wounds, and managing common injuries.

Step 1: **Assess Scene**

Ensure the scene is safe for you and the injured person. Check for any potential danger such as fire, falling objects, or live electrical wires and remove them if possible or keep a safe distance.

Step 2: **Call for Help**

Dial emergency services immediately if the situation is severe and requires professional medical attention. Remember to provide clear and precise information about your location and the nature of the injuries.

Step 3: **Perform CPR**

If the person is unresponsive and not breathing, begin CPR. Start with chest compressions at a rate of 100 to 120 compressions per minute, followed by rescue breaths if you're trained. Continue until emergency services arrive.

Step 4: **Treat Wounds**

For bleeding wounds, apply steady pressure with a clean cloth or bandage. Elevate the wound above the heart, if possible, to slow

bleeding. Cover the wound with a sterile dressing after the bleeding stops.

Step 5: Handle Burns

For minor burns, cool the area under running water for several minutes. Cover the burn with a sterile, non-adhesive bandage or clean cloth. Do not apply creams, ointments, or ice.

Step 6: Immobilize Injuries

If you suspect a broken bone or sprain, immobilize the affected area with a splint or sling. Avoid moving the person unless necessary and wait for emergency services to arrive.

Step 7: Monitor Responsiveness

Continue to monitor the injured person's responsiveness and vital signs, such as breathing and pulse, while waiting for professional help to arrive. Keep them comfortable and calm.

General Notes

Consent

Before administering aid, try to get consent from the injured person if they are conscious and capable of making decisions. If they are a minor, consent from a guardian or parent is ideal.

First Aid Training

To effectively perform these steps, proper first aid training from a certified organization is recommended. It ensures that you can provide accurate and safe assistance.

Universal Precautions

Always use personal protective equipment like gloves when available to protect yourself from bloodborne pathogens or other infectious materials.

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