



# **BASIC FIRST AID TECHNIQUES**

*Indian Red Cross Society*



# **SECTIONS**

**A.1**

Aims of First Aid

**A.2**

First Aid and the  
Law

**A.3**

Dealing with  
Emergencies

**A.5**

Resuscitation  
(Basic CPR)

**A.6**

Recovery Position

# FIRST AID

1

What is First Aid

2

Aims of First Aid

3

First Aid and Law

4

Consent and Privacy



# WHAT IS FIRST AID?

- First aid is the initial assistance or treatment provided to an injured or sick person before professional medical care is available.
- During disasters or civil strife, when immediate medical care may be unavailable, first aid becomes crucial in providing urgent care and transporting individuals to the nearest healthcare facility.



# AIMS OF FIRST AID



**1**

to preserve  
life

**2**

to prevent the  
worsening of  
one's medical  
condition

**3**

to promote  
recovery

**4**

to help to ensure safe  
transportation to the  
nearest healthcare  
facility.

# FIRST AID AND LAW



## **GOOD SAMARITAN**

Good Samaritan refers to someone who voluntarily provides basic first aid in an emergency to an injured person.



## **LEGAL PROTECTION**

The Indian Good Samaritan and Bystanders Protection Guidelines offer legal protection to Good Samaritans who provide aid in emergencies

# CONSENT OF THE PERSON IN NEED

- When administering first aid to a conscious person, their consent must be obtained before providing care
- If the person refuses help, the first aider should stay nearby, inform the police, and contact emergency services.



# RESPECTING THEIR PRIVACY

- Respecting personal privacy is crucial during first aid. The first aider also needs to take steps to maintain confidentiality
- First aiders should keep crowds away, use screens if necessary, and cover exposed body parts with blankets or sheets to maintain privacy.



# HOW TO DEAL WITH AN EMERGENCY

1

Keep The Surroundings safe

2

Condition of the patient



3

Ask for help

4

Give first aid as soon as possible



- 
- Analyze the situation and check whether is it safe to go or not
  - Then make sure the injured person is safe from traffic, fire and cables
  - If you are safe then protect the injured person
  - Call the police immediately if there is any danger on the accident scene
  - **Always wash hands before and after contact to protect yourself from infection by blood of injured person**
- 

## What to do incase of road accidents?

- Place a warning sign about 30 metres away from accident and alert the traffic accordingly
- Ensure the handbrakes are applied to avoid misconduct
- Smoking is forbidden close to the accident scene for patient safety
- **Keep the injured person at the accident scene as moving them could potentially make the injury worse.**



**EVALUATE THE  
CONDITION OF  
THE SICK OR  
INJURED  
PERSON**



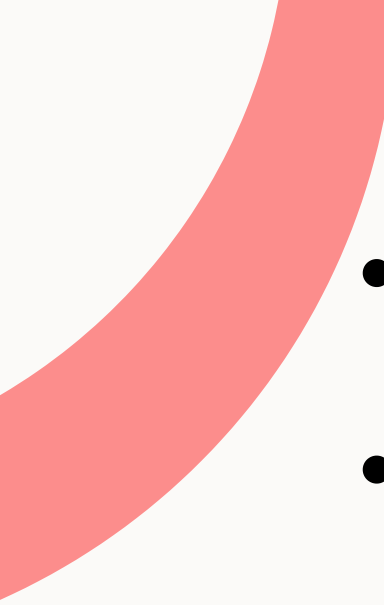

- Make sure it is safe to do so.
- Check if the person is conscious and is breathing normally.



- If this is not present then it is life-threatening for the patient.
- You may or may not know if the person is suffering from internal bleeding but it poses a great danger to life since the blood is not seen.



**ASK FOR  
HELP**



- 
- Now you would be clear whether immediate help is required or not.
  - When you need assistance, ask someone nearby to call the ambulance and tell you when help will arrive.
  - If you call, be ready with :
    - Location
    - Person's phone number
    - What happened
    - Injuries occurred to the person
    - Assistance required
  - Keep yourself calm and respond to their questions.
  - Be cautious but find another way to get the injured individual to the hospital if an ambulance is not available
- 

# **PROVIDING FIRST AID AND THE PROCESSES**



- 
- Try to protect the patient from heat and cold .
  - Give First Aid as mentioned above in the modules
- 

# WHEN NOT TO GIVE FOOD

**1**

Severely  
Injured

**2**

Feeling  
nausea

**3**

Becoming  
sleepy

**4**

Falling  
unconscious

# EXCEPTIONS

- Low body temperature
- Low blood sugar
- Dehydration
- Heat Exhaustion
- Heatstroke

# HOW TO SUPPORT?

Follow these simple tips:

- Tell the injured person your name
- Explain how you are going to help him and listen to his problem
- Reassure him that everything is fine
- Show concern and kindness

# WHEN TO STOP?

- For this, start CPR as it is an essential part of first aid since it can save lives.
- Stop performing CPR when:
  1. If the person is breathing.
  2. If assistance is provided by a doctor or someone with first aid training.
  3. If you're too exhausted to go on.
  4. If it becomes risky for you to continue helping

# WHAT IS RESUSCITATION (BASIC CPR)?

- REVIVING SOMEONE WHO IS UNCONSCIOUS AND/OR NOT BREATHING OR NOT BREATHING NORMALLY
- IN CPR, CHEST COMPRESSIONS AND RESCUE BREATHINGS ARE PERFORMED TO RESTORE CIRCULATION



## CPR TECHNIQUES

- COMPRESSION-ONLY CPR RECOMMENDED FOR UNTRAINED FIRST AID PROVIDERS.
- COMPRESSION WITH BREATHS RECOMMENDED FOR PROFESSIONALS TREATING ADULTS.
- COMPRESSIONS WITH BREATHS RECOMMENDED FOR BABIES AND CHILDREN UNDER ONE YEAR

# SIGNS OF CARDIAC ARREST



1

Sudden  
Collapse

2

Loss of  
Consciousness

3

Absence of  
Breathing

4

Absence of  
Pulse

## Observing Responsiveness and Consciousness

- Unconsciousness is defined as the inability to respond to stimuli like sound or pain.
- Unconscious individuals do not respond to loud sounds or shaking.

# AVPU SCALE

- An acronym for "Alert, Voice, Pain, Unresponsiveness."
- Measures and records a patient's responsiveness and level of consciousness.
- Based on the patient's eye opening, verbal response, and motor responses.

A

Alert

V

Responding  
to Voice

P

Responding  
to Pain

U

Unresponsiveness

# Checking Responsiveness, Breathing, and Pulse

- Alert state: Person who looks around, speaks, responds clearly to questions, feels touch, and moves or walks around.
- Responsive to voice: Person opens eyes and responds to simple questions and commands.
- Responsive to pain: Pinching the person to check for response.
- Unconscious state: No response to any stimuli, indicating unconsciousness

## Importance of Prompt Assessment

- Checking consciousness should only take a few seconds and not delay checking for breathing.



# Observing Breathing:

- Airway blockage reasons: Sagging tongue, saliva in the throat, foreign objects.
- Turning an unconscious person on their back to unblock the airway.
- Technique: For clearing the airway by lifting the chin and pressing the forehead.
- Observing breathing by listening, feeling, and looking for chest movement, breathing sounds, and air from nose or mouth.



# Clearing the Airway

- If the chest fails to rise, assume the airway is not fully open.
- Clearing the airway by removing visible obstructions with fingers.
- Avoid searching for hidden obstructions or pushing objects further down the throat.
- Do not insert fingers in a closed mouth.



# Observing the Pulse

- During emergencies, it is difficult to feel the pulse at the wrist.
- Technique: Placing fingertips gently on the voice box and sliding down into the hollow.
- Resuscitation guidelines prioritize starting CPR without checking the pulse.



**RESUSCITATION  
OF A PERSON  
WHO IS NOT  
BREATHING OR  
NOT BREATHING  
NORMALLY**



# **SAFETY FIRST AND CALL FOR HELP:**

**1**

Before helping someone, it is important to make sure that you, the person in need, and any nearby people are safe. If you are alone, shout or call for help, but remember not to leave the person without assistance.



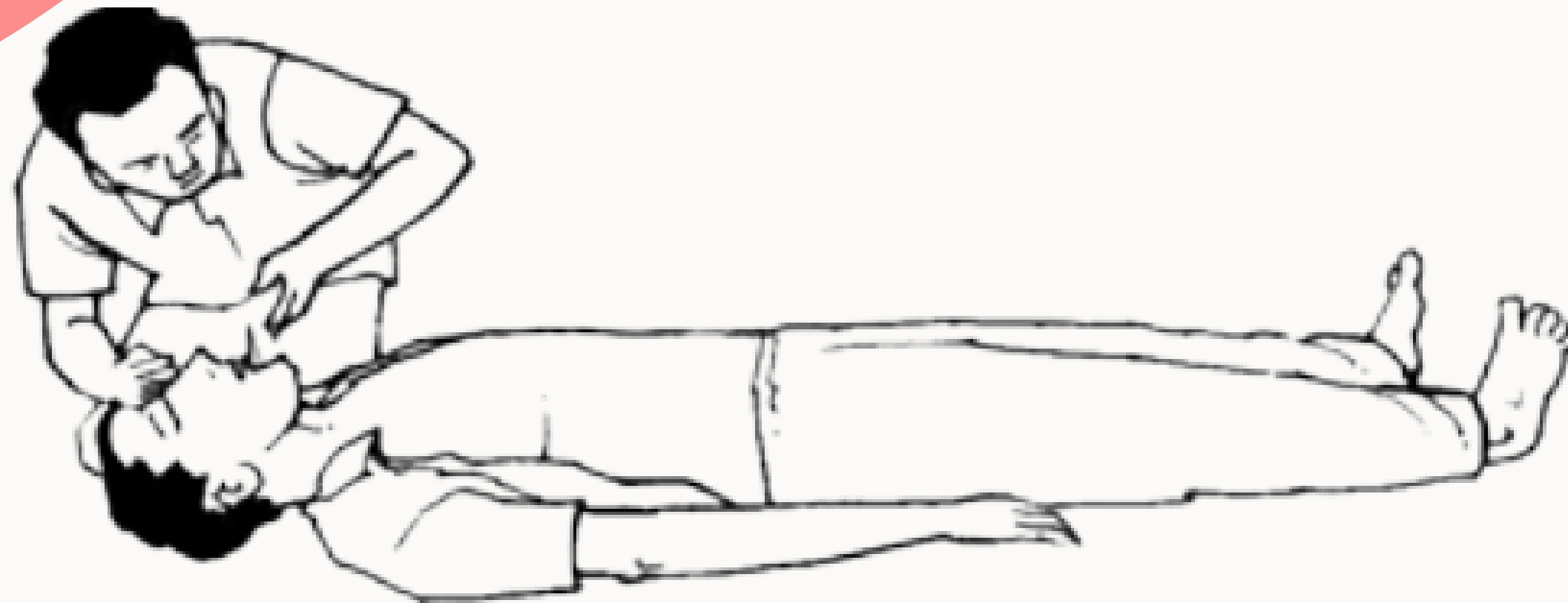
**2**

Ask someone nearby to get help or arrange for urgent transportation to the nearest healthcare facility. Make sure the bystander comes back to you and confirms that help has been arranged.

# SECURE AN OPEN AIRWAY:

1

If the person is not already on their back, gently turn them onto their back. Kneel beside them and use your index and middle fingers to lift their chin forward, while using your other hand to press their forehead backward, ensuring their airway is clear.



# 2

Check if the person is breathing by watching for chest or abdominal movement, listening for breathing sounds, and feeling for air from their nose or mouth.

If their chest doesn't rise, it may indicate a blocked airway. Carefully use your covered fingers to remove any visible obstructions by sweeping them inside the person's mouth and throat.

# 3

Do not try to find hidden obstructions or push objects further down the throat. If the person starts breathing again, put them in the recovery position. If they still don't breathe, start CPR (Cardiopulmonary Resuscitation) right away.

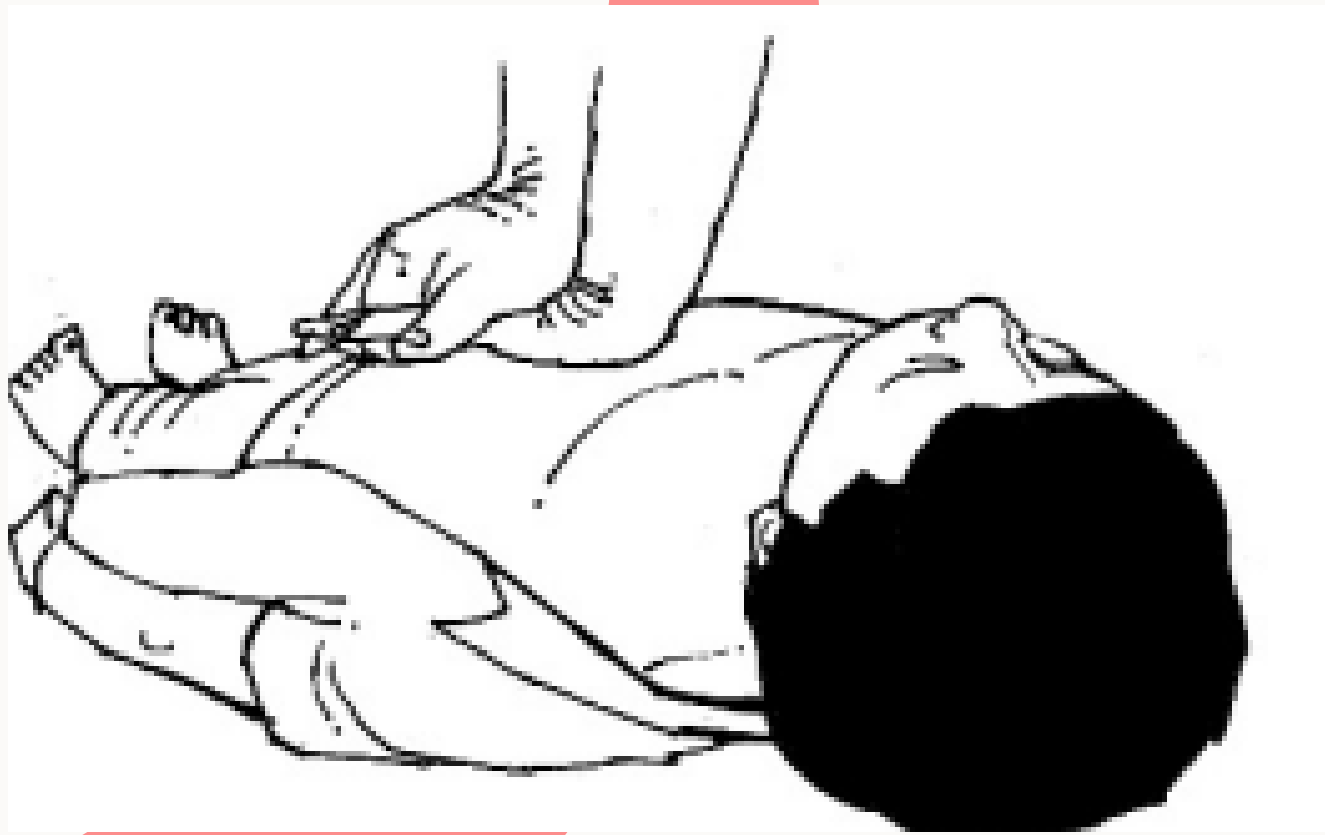


# CPR: HOW TO GIVE CHEST COMPRESSIONS:



**1** If the person is not already on a hard surface, move them to one. Kneel beside them, next to their upper arm. Place the heel of one hand in the center of their chest.

**2** Place the heel of your other hand on top of the first hand, and lock your fingers together without pressing on their ribs or upper stomach. Ensure that your shoulders are directly above their chest.



**3**

Push down about 5-6 centimeters with outstretched arms. Release the pressure and let the chest fully recoil without leaning on it.

**4**

Make sure each compression and release has equal duration, allowing the chest to rise fully. Keep your hands in place on the breastbone without shifting or lifting. Give 30 chest compressions at a rate of 100-120 compressions per minute.

# CPR: HOW TO GIVE RESCUE BREATHS

1

To provide rescue breaths in CPR, tilt the person's head back by placing one hand on their forehead and the other on their chin to lift it. Pinch their nose shut and seal your mouth over theirs. Give a one-second breath and check if their chest rises.

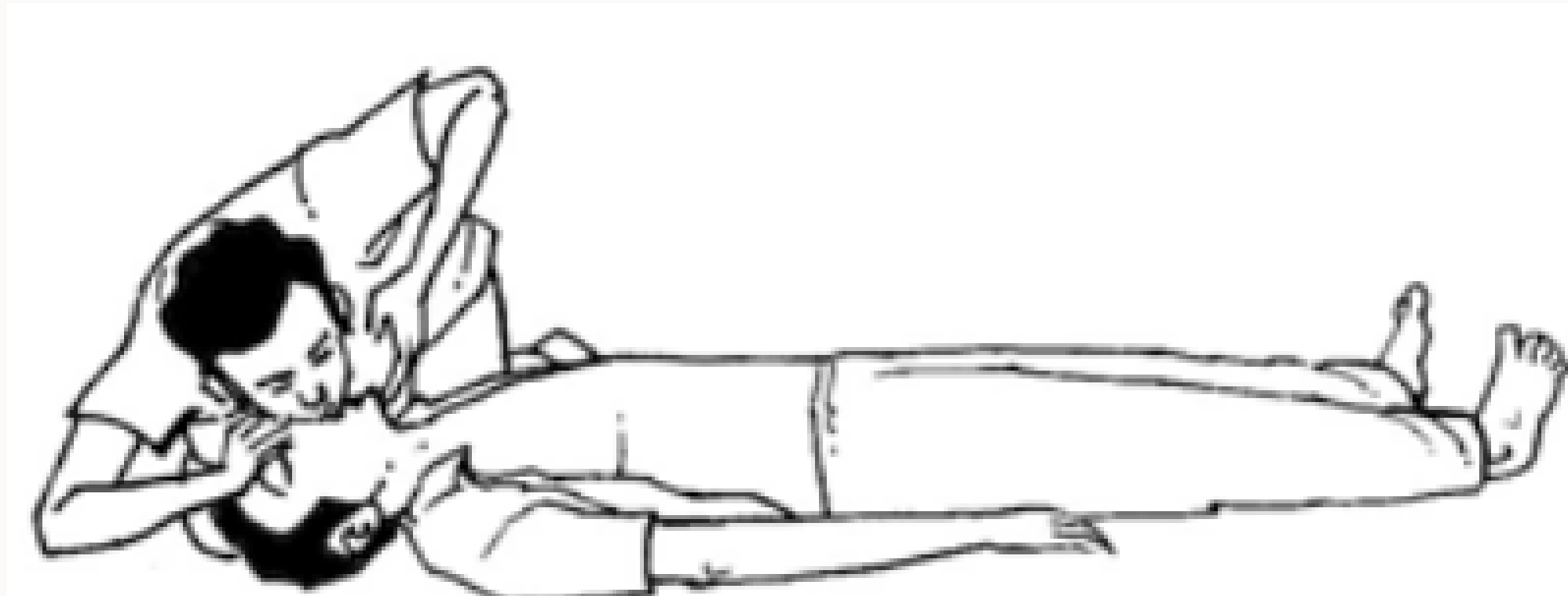


2

If the chest doesn't rise, check for obstructions and adjust head tilt and chin lift. Try to blow air into their mouth no more than twice before resuming chest compressions.

**3**

Alternate with other trained rescuers every two minutes and avoid interruptions. Continue until the person wakes up, help arrives, you become exhausted, or the area becomes unsafe.



# HYGIENE

- Wash your hands with soap and water after providing care to the person.
- If soap is unavailable, use ash as an alternative handwashing method.
- Alcohol-based sanitizers can also be used if available.



**RESUSCITATION OF  
BABY/CHILD (LESS  
THAN ONE YEAR  
OLD) WHO IS NOT  
BREATHING OR  
NOT BREATHING  
NORMALLY**



# FIRST AID AND CALL FOR HELP

- 1** Ensure your own safety before providing help. Shout or call for help if you are alone but do not leave the person unattended.
- 2** Ask a bystander to seek help or arrange urgent transport to the nearest healthcare facility. Have the bystander return to you to confirm help has been secured.

# HOW TO SECURE AN OPEN AIRWAY OF A BABY/CHILD

3

Lay the baby/child down on a floor or hard and safe surface. Move the baby's/child's head backward and lift its chin slightly to clear the airways.

4

Establish a clear airway immediately, prioritizing unblocking the breathing passage over concerns about spinal injury.

Check for breathing by observing chest/abdominal movement, listening to breathing sounds, and feeling air coming out of the nose or mouth.

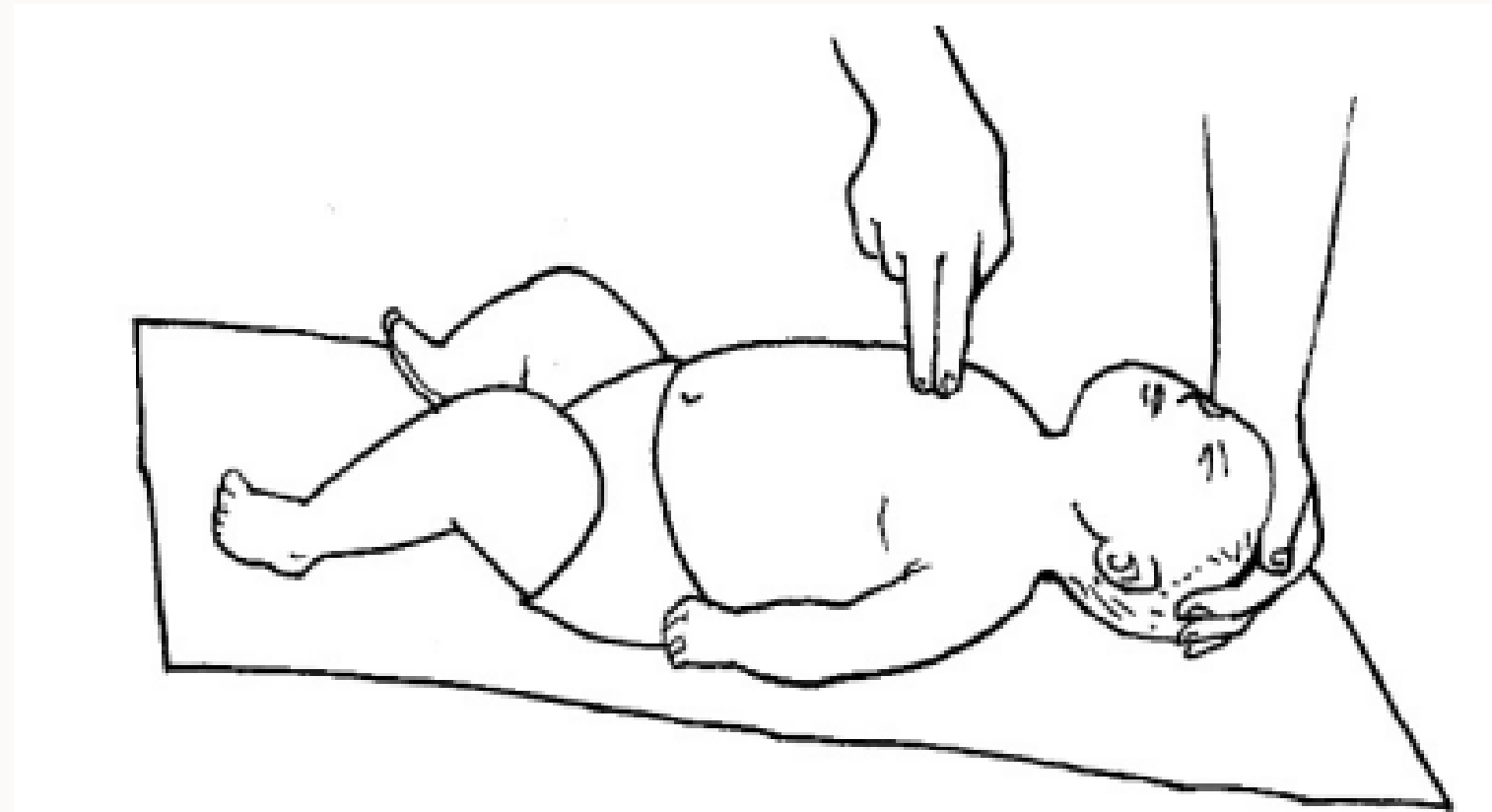
If the baby still does not breathe, begin CPR immediately.



# CPR: HOW TO GIVE CHEST COMPRESSIONS ON A BABY/CHILD

5

Place three fingers on the center of the baby's/child's chest on the breastbone (sternum). Use the two remaining fingers (middle and index) to compress the chest up to one-third of its depth.



# 6

Do not use the base or palm of your hand, and only use one hand. Repeat compressions 30 times at a rate of 100-120 per minute. Release pressure completely between compressions without removing your fingers from the chest. Ensure the chest rises before pressing down again.



If there is no breathing, locate proper hand position and start pushing down on the breastbone. Give 30 compressions.

# CPR: HOW TO GIVE RESCUE BREATHS ON A BABY/CHILD

**7**

Move the baby's/child's head backward and lift its chin slightly. Cover the baby's/child's nose and mouth with your mouth and gently puff into their lungs until you see the chest rise





8

Pause between rescue breaths to let the air flow back out. Remember that it takes less than a full breath to fill a baby's lungs.

Check if the baby's/child's chest rises; if not, remove any visible items blocking the airway and ensure proper head tilt and chin lift.

If the chest does not rise, begin another series of 30 chest compressions before attempting to puff air into the mouth again.

9



# HYGIENE

- Always wash your hands with soap and water after taking care of a person.
- If soap is unavailable, ash can be used as an alternative handwashing method.
- Alcohol-based sanitizers can also be used for hand hygiene, if available.



# RECOVERY POSITION

**1**

**WHAT IS RECOVERY POSITION**

**2**

**PUTTING A PERSON IN RECOVERY  
POSITION**



# WHAT IS RECOVERY POSITION?

- The recovery position is a part of first aid treatment used in case of an unconscious but breathing casualty.
- In an unconscious person, the muscles relax, causing the tongue to obstruct the airway.
- This risk is eliminated by tilting the head back and lifting the chin.
- Unblocking the breathing passage takes priority over concerns about a potential spinal injury.

# **PUTTING SOMEONE IN RECOVERY POSITION**

- Ensure safety of yourself, the person who needs help, and bystanders
- Do not leave the person unattended, and call for help if alone. Ask a bystander to arrange for transport to the nearest healthcare facility.



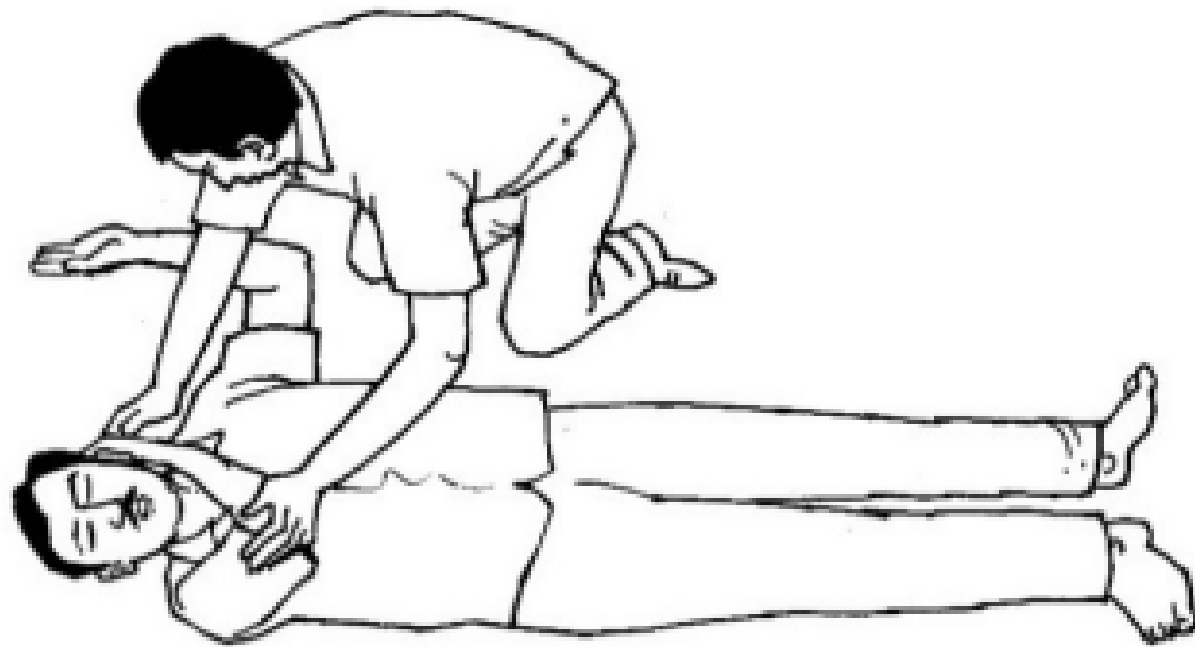
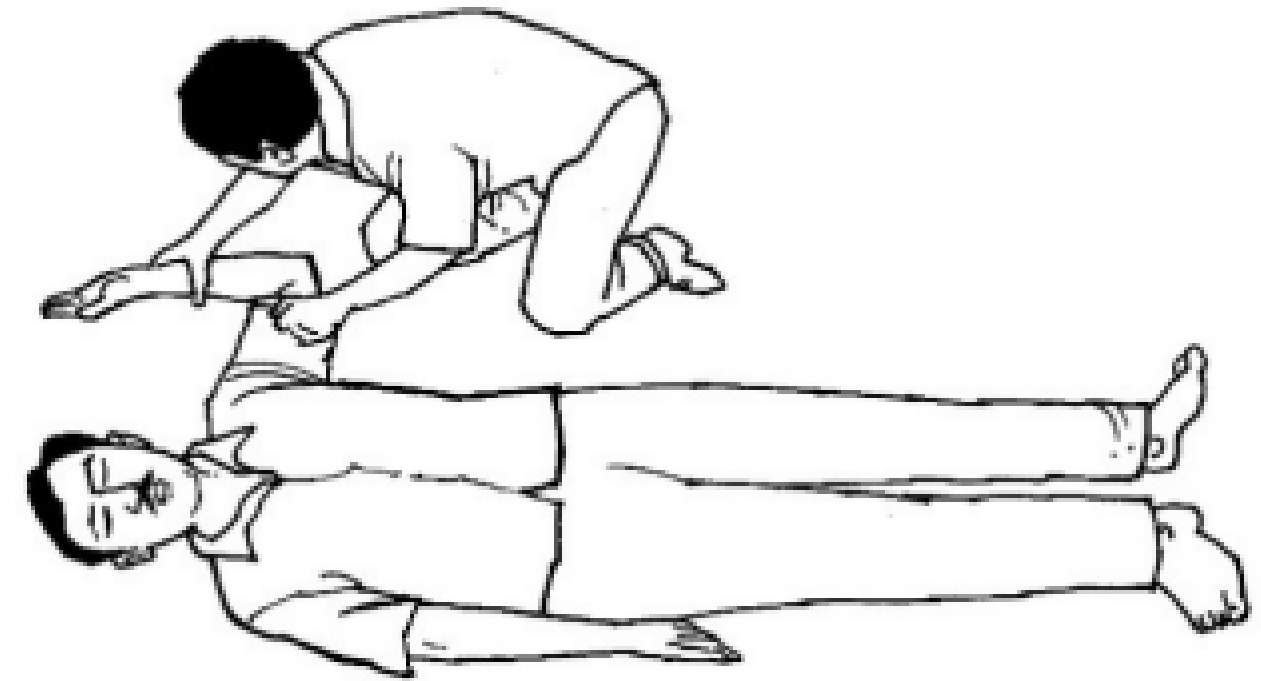
**1** Place the person on the floor if not already there, and remove their spectacles if needed.

**2** Kneel beside the person.

**3** Straighten their legs.



**4** Position their nearest arm at a right angle to their body with the palm facing up.

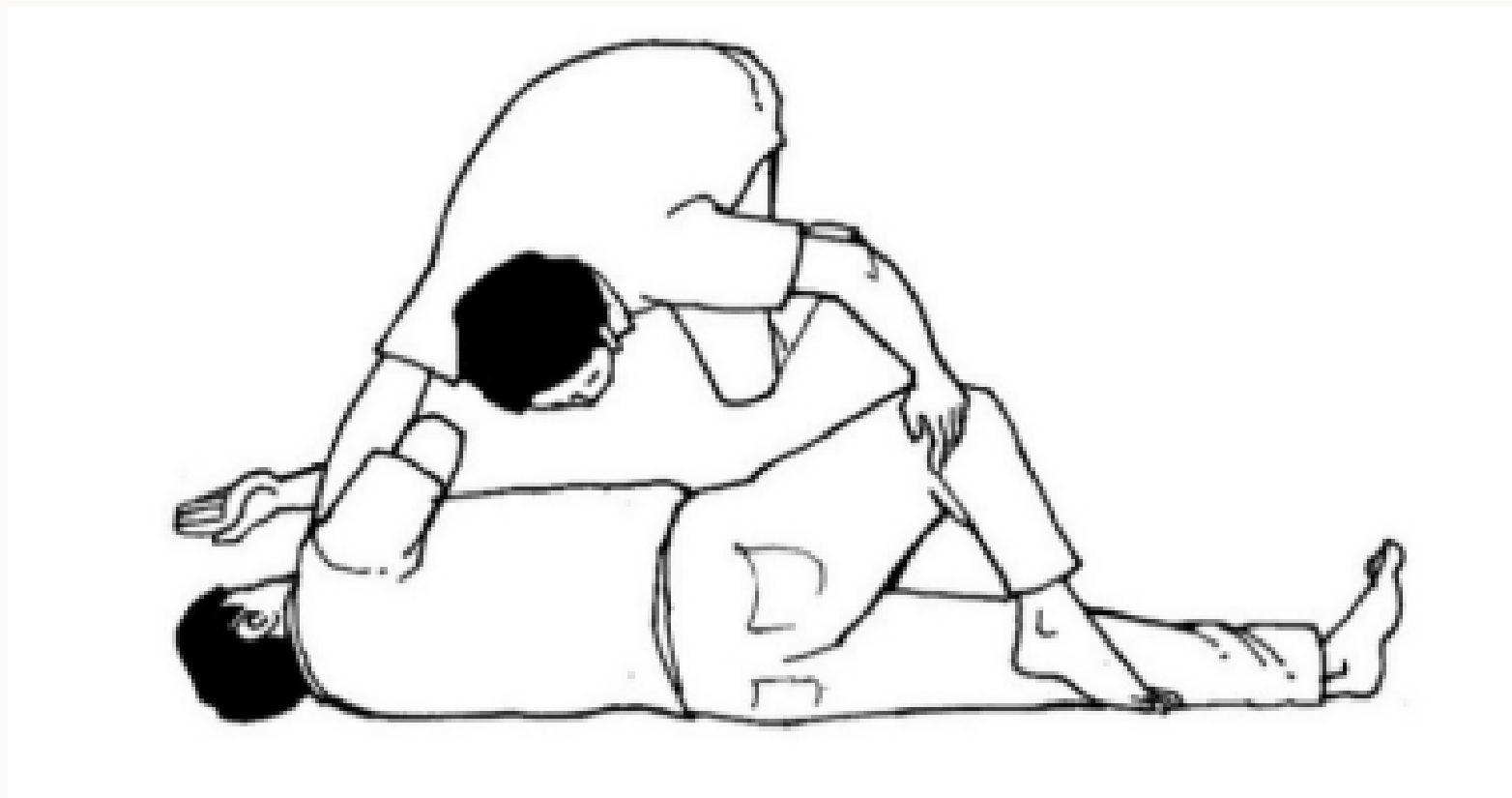


**5** Place their other arm across their chest, with the back of the hand against their cheek.

**6** Hold the leg on the opposite side under the knee.

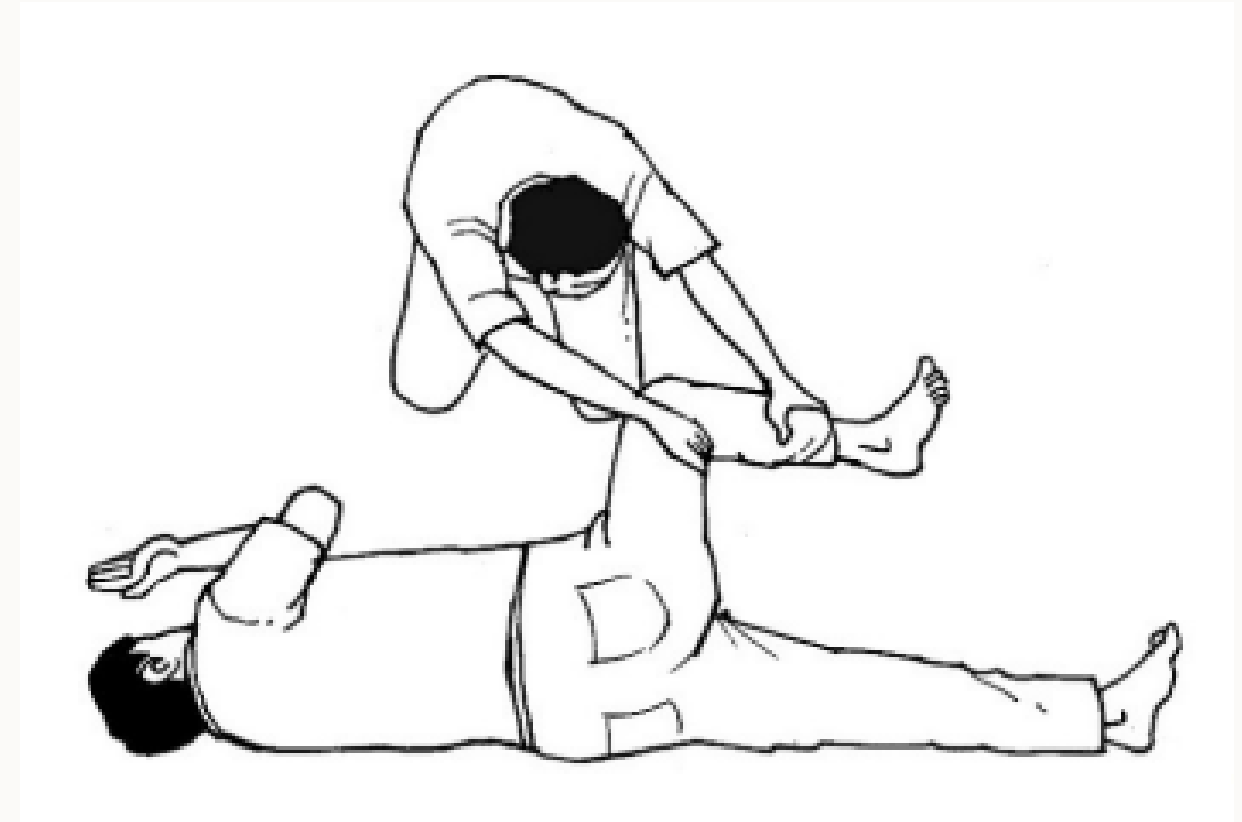


**7** Raise and pull the leg towards you.



8

Roll the person onto their side, ensuring their upper leg is at a right angle so that they don't roll onto their back.

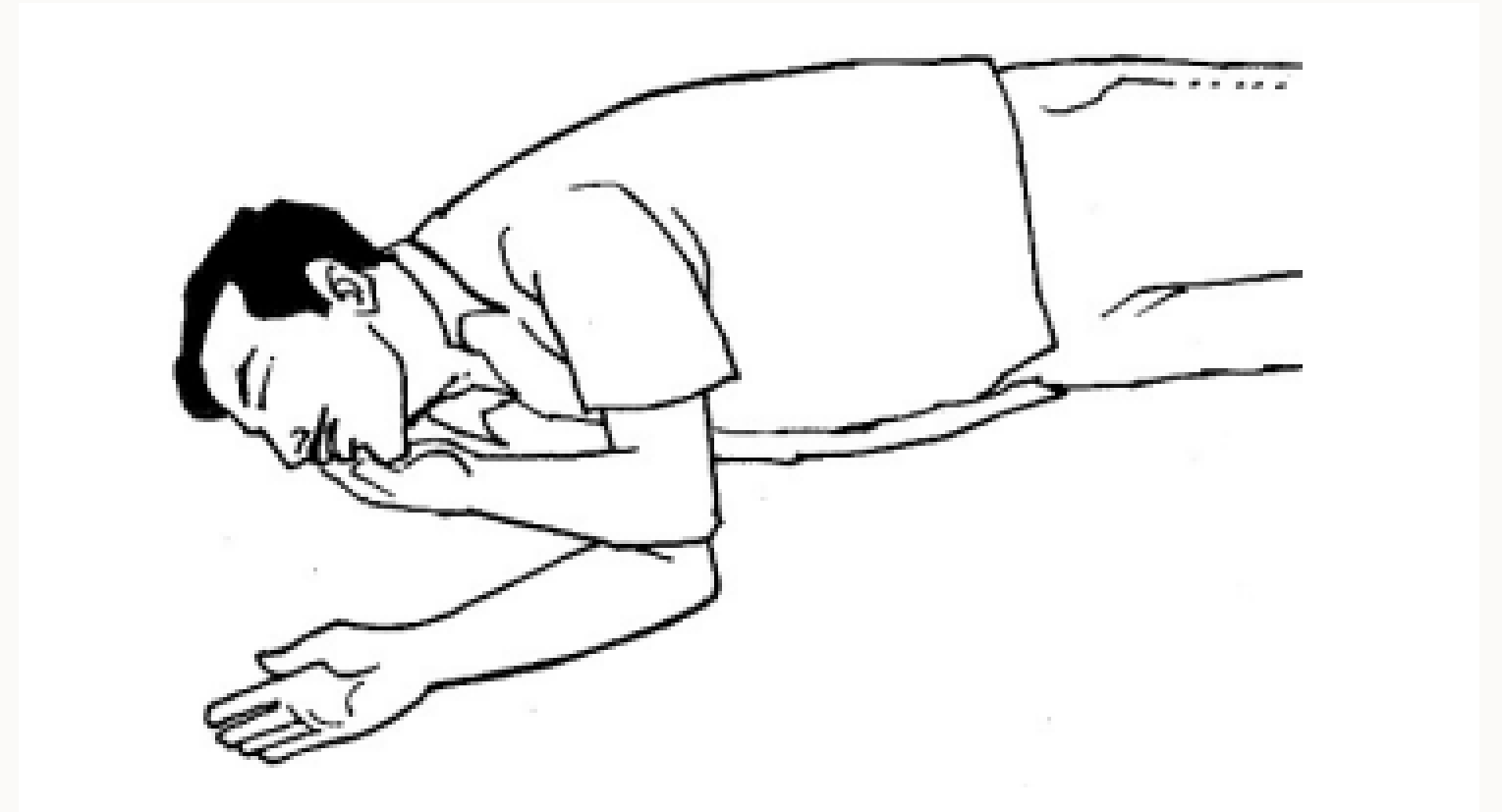


9

Tilt their head backward to keep the airway open.

Angle their mouth downward to prevent choking on fluids.

**10** Adjust the hand under the cheek to maintain the head position.



**11** Stay with the person, monitor their breathing, and seek further medical assistance if needed.

**12** This casualty lying position is commonly referred to in the 'recovery position'