



# WOUNDS AND INJURIES

*Indian Red Cross Society*



# SECTIONS

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Small cuts and  
abrasions

**D.3**

Head injuries

**D.4**

Chest injuries

**D.5**

Abdominal  
Injuries

**D.6**

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varicose veins

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Crush Injuries

**D.9**

Shock

# SMALL CUTS AND ABRASIONS

1

Observation

2

What should I do?

3

Hygiene



# OBSERVATION

You will observe the injured person in pain and he/she might be having :

**01**

The skin /tissue is damaged

**02**

Bleeding through open skin

**03**

Discolored skin

**WHAT SHOULD  
I DO IN THIS  
SITUATION?**



**1**

**Press on the wound with a clean cloth/bandage**



**2**

**Rinse with clean water until all the dirt is removed**

**If the wound/ bleeding is large do not waste time cleaning it , first priority is to stop bleeding**

**3**

**Cover with a clean cloth and Use adhesive strips to close a clean cut otherwise use a bandage**

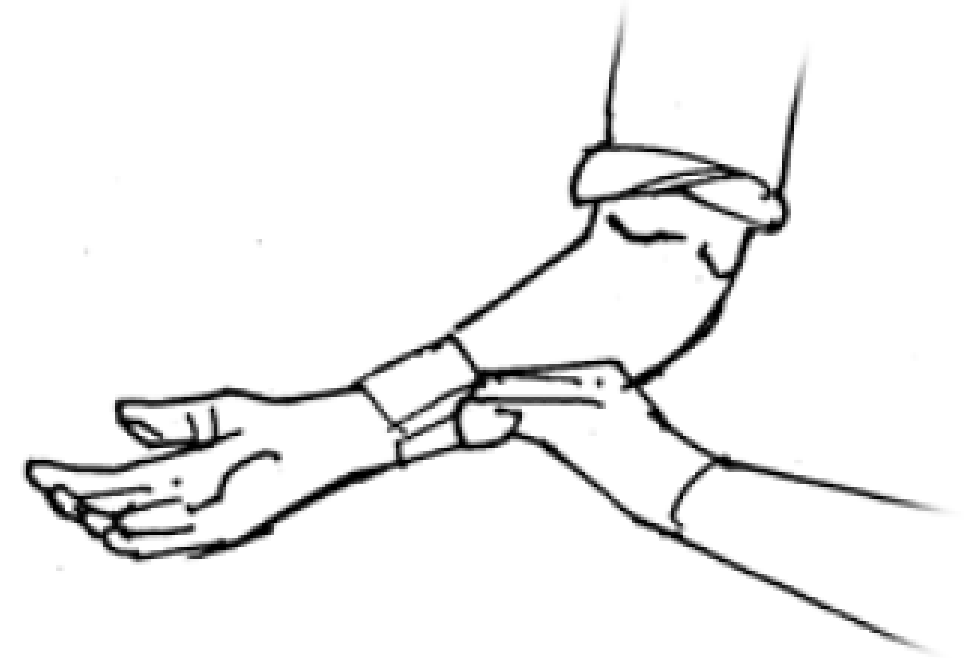


**4**

**Do not apply the bandage too tightly if there is swelling or numbness**



**5** Advise the injured person to keep the wound dry after getting wet and the wound should be regularly cleaned.



**6** If a dressing needs to be changed then do not tear it off instead use saline water and it would come off easily





# WHAT TO DO IN CASE OF INFECTION?



- If there is an infection always refer to a doctor

## Indications:

1. Pain that is getting worse
2. Swelling, hot or red skin around the wound
3. The wound shows discharge, or
4. The person having a fever or feeling unwell

# HYGIENE



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- Wash your hands before and after taking care of patient
  - Maintain hygiene by washing hands with soap and water or an alcohol based sanitizer
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# HEAD INJURIES

1

Nose

2

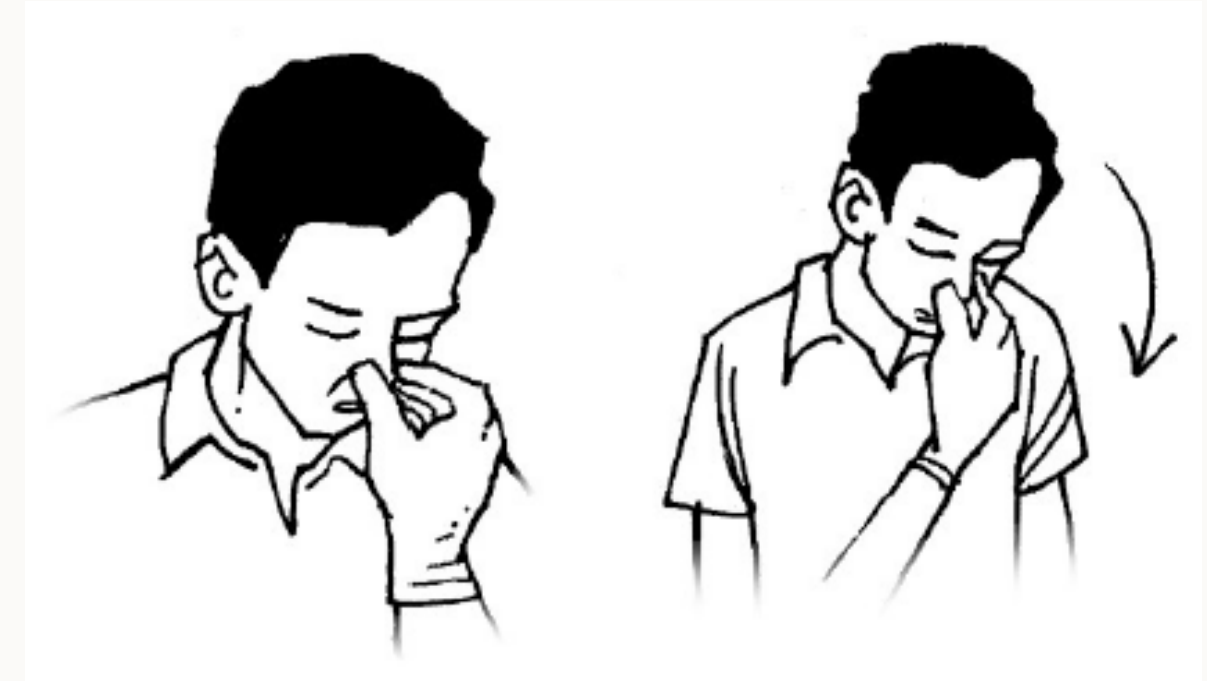
Gums



# **NOSE BLEED**

- Ask the person to hold their nose with their fingers.
- To prevent children from swallowing blood, instruct them to lean forward and breathe through their mouths.

- Hold the nose in place for 10 to 15 minutes. If necessary, take care of them.
- Seek medical attention if the bleeding doesn't stop within 20 minutes or if the nose was impacted forcefully.
- Additionally, get assistance if the person appears pale, drowsy, or passes out.



# GUMS BLEEDING

- Rinse the mouth with water or saline solution.
- Put a thick cotton ball in the bleeding area and bite on it.
- Take the person to a healthcare facility for further assistance



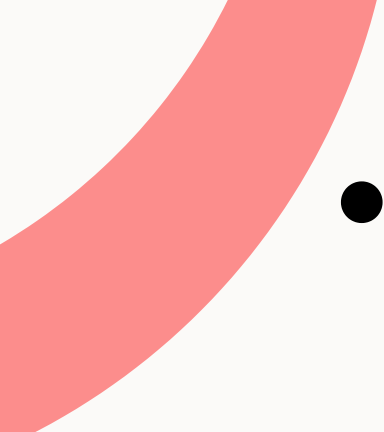

# CHEST INJURIES





- In case of chest injury do the following:
- Help the injured person sit up halfway and apply pressure to stop bleeding.
- Any open chest wounds should not be covered, and airtight dressings should not be used.





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- Encourage the injured individual and reassure them.
  - Encourage them to place their hand over the wound and lean towards the side that is hurt.
  - Place them on their side if they pass out but are still breathing.
  - Give CPR if they stop breathing.
  - Make arrangements for emergency transport to the local hospital.
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# ABDOMINAL INJURIES



- If there is abdominal bleeding, apply firm pressure to stop it.
- Put a bandage made of fresh cotton over the wound.
- To stop the wound from opening, adjust the victim's position.



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- If intestines come out, don't touch them and simply cover them with a fresh plastic bag or pad.
  - Don't provide the injured person food or liquids.
  - Put the person in the recovery position if they pass out but are still breathing.
  - CPR should be given if the person stops breathing.
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# **BLEEDING FROM VARICOSE VEINS**



If there's bleeding from a varicose vein:

- Ask the person to lie down on the floor.
- Raise and support the affected leg to slow down the bleeding.
- Apply direct pressure to the bleeding site.
- Put a bandage on the wound.



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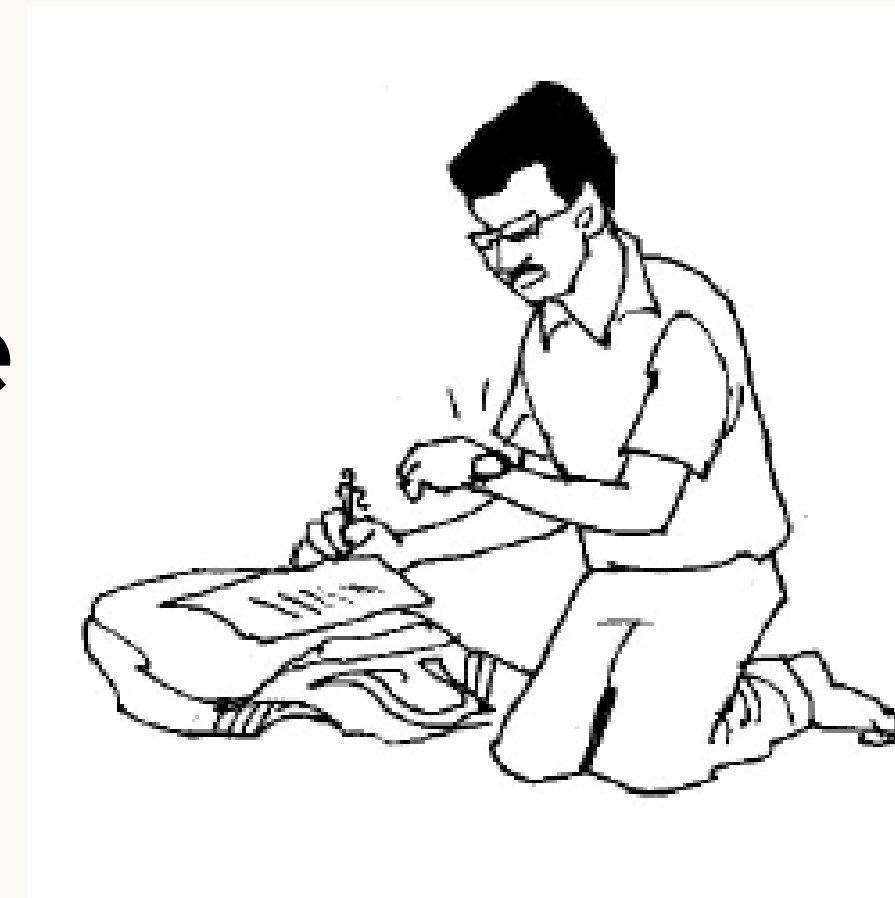
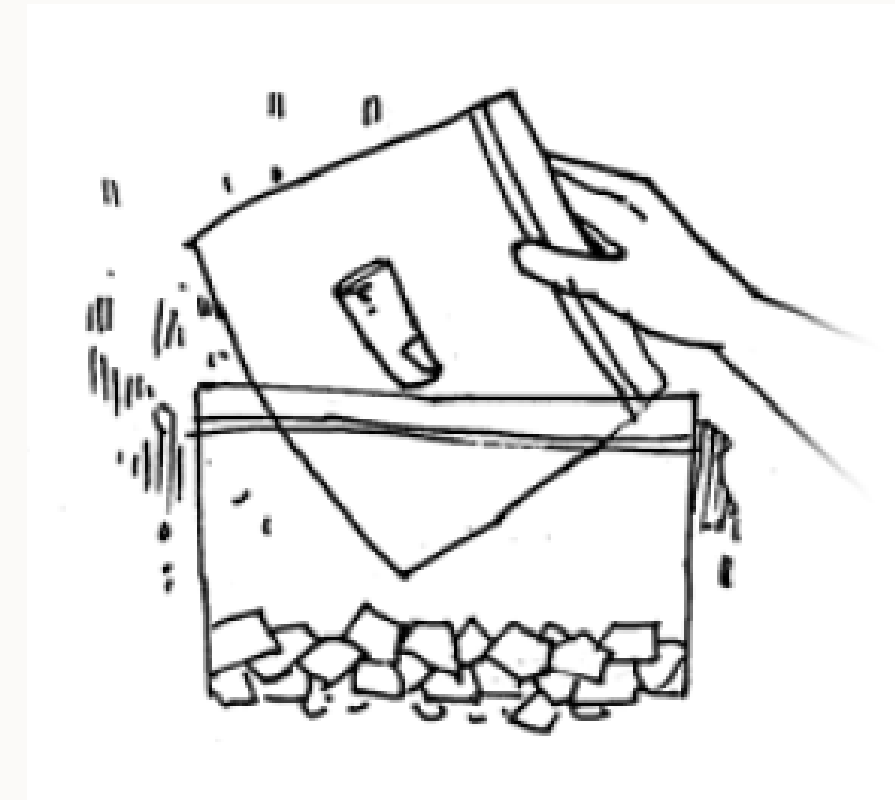
# AMPUTATION



- By directly pressing on the wound, you can stop the bleeding.
- Put a bandage made of fresh cotton over the wound.
- In a clean plastic bag, place the amputated body portion.



- Never put ice directly on the severed section; instead, if at all possible, place the bagged amputated part in an ice-filled container.
- Keep liquids and antiseptic products away from the amputation site.
- Indicate on the package the name of the victim and the time the amputation happened.



# CRUSH INJURY



## In case of a crush injury:

- Keep the victim's head as low as possible.
- Watch for changes in the victim's breathing and consciousness.
- If the victim stops breathing, start CPR.

# SHOCK



# Hypovolemic Shock:

- When someone loses a lot of blood, shock is most frequently caused.
- Both external and internal bleeding may cause this.
- Shock can also be brought on by other bodily fluids lost due to illnesses like diarrhoea or serious burns.

# **Cardiogenic Shock:**

- When the heart is unable to adequately pump blood, shock may occur.
- This can be a result of severe heart issues or a heart attack.



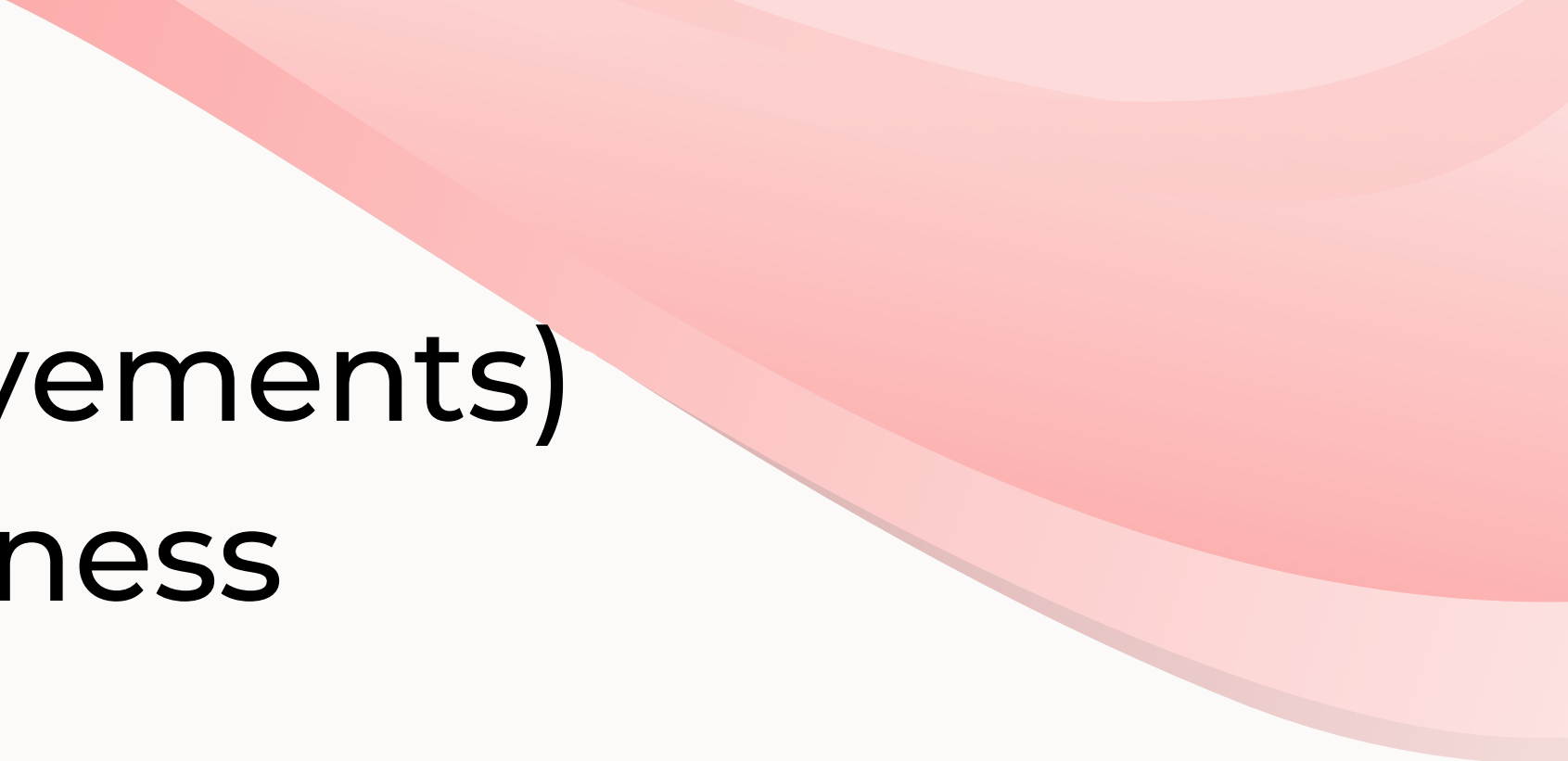
# **Additional Shock:**

- Additionally, severe infections, certain hormonal issues, low blood sugar, being too cold, lung injuries, severe allergies, drug overdoses, and spinal cord injuries can all result in shock.
- Keep in mind that shock is a dangerous condition that requires prompt medical attention

# **After Shock Development:**


## **Symptoms:**

- Rapid pulse (heart beating fast)
- Pale appearance and cold, clammy skin
- Rapid, shallow breathing
- Dizziness, weakness, and feeling faint
- Eyes appearing to stare
- Anxiety, restlessness, and agitation

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- Seizures (uncontrolled movements)
  - Confusion or unresponsiveness
  - Low or no urine output
  - Bluish lips and fingernails
  - Sweating
  - Nausea, vomiting, and feeling thirsty
  - Restlessness, aggression, and complaining of chest pain

# **Actions for someone in shock:**

- If they're awake, reassure and reassurance the person.
- If you notice any severe bleeding, stop it.
- Unless they have injuries to their head, chest, or abdomen, assist them in laying comfortably on their back. Turn them on their side if they are throwing up.
- If you don't think they have fractured bones or spinal injuries, lift and support their legs.

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- Adjust any restrictive garments.
  - Remove their damp clothing, then wrap them in a blanket to keep them warm. Do not rub their body or use hot water bottles or warm rugs.
  - Except in rare circumstances like low body temperature, low blood sugar, dehydration, or heat exhaustion when they are conscious, don't give them food or drink.
  - Observe how they are breathing and how conscious they are.