Lesson 6
What are the most important first-aid practices to know?
Part 1

First-aid is to deliver immediate assistance, of any form, to a sick or injured person, pending the arrival of a professional. The actions for all types of first-aid situations are as follows:

Secure the accident scene and the involved people: protect

The rescue must ensure the safety of the victim or any other person present on the scene until professional help arrives. He/she must remove in any manner possible, any dangers or threats. This action is a pre-requisite for the continuation of first-aid. However the rescuer cannot carry it out unless he/she can ensure his/her personal security during this action.

Examine the victim to assess his condition. The rescuer should:

- Present himself and explain to the victim what he will be doing. This will reassure the victim and get the victim’s authorization to help.
- Check first if the victim is conscious and breathing normally.
- Ask the victim and/or any witnesses what happened to him and what he is feeling
- Ask for help: alert professional services using the national emergency number of the country or through any other means possible. They should know at a minimum the nature of the emergency, the detailed location of the victim, the means to contact you, and number of victims. In case the medical dispatchers are able to provide telephone instructions, follow those instructions to the letter.

Provide first-aid as described below for the 4 most life-threatening situations

Note: in order to be able to provide effective first-aid it is recommended for everyone to attend a Red Cross or other first-aid courses.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Signs</th>
<th>Key actions (after protecting assessing and alerting)</th>
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<tbody>
<tr>
<td>The victim is choking: This is most often caused for adults by food that blocks the passage of air</td>
<td>1st case: The victim cannot talk, cannot shout, cannot cough and cannot make a noise Keeps his/her mouth open Put his hands on his neck</td>
<td>Keep victim in the initial position (standing or seated) Position yourself on the side and behind the victim Hold the chest with one hand Tilt the victim forward Give 1 to 5 vigorous claps on the back between the two shoulder blades with the heel of the open hand If the victim still cannot breathe, talk or cough: Stay behind the victim and keep the victim in the same forward position Put your fist on the victim's abdomen above the navel and below the rib cage Place the second hand on your fist Pull strongly back and up 1 to 5 times Repeat the back slaps and the abdomen thrusts until the victim can speak, cough or breathe or until he/she becomes unconscious In case of pregnant or obese victim, press back on the chest instead of pressing back and up on the abdomen</td>
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<tr>
<td>The victim is suffering from a visible abundant bleeding</td>
<td>Blood soaks linen or paper handkerchief in a few seconds and does not stop spontaneously. Bleeding due to a scratch, scrape or abrasion of the skin is not considered life-threatening.</td>
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<tr>
<td>The victim is unconscious and breathing normally</td>
<td>Try to wake the victim up by talking to her, asking her to respond, open her eyes, or squeeze your hand. If she does not respond, tap on her shoulder. If the victim does not move or respond, immediately call for help or send someone to call for help if possible. Place the victim down on her back if not already in that position. Tilt the head of the victim back to ensure opening of the airways. Lean over the victim with your head close to the victim’s head and check for respiration while keeping the victim’s head tilted back: Feel the victim’s exhaled air on your cheek. Listen to the sounds of respiration. Look at the chest and abdomen of the victim to see if it rises. The victim that does not respond or move but is breathing normally is an unconscious victim: Turn the victim on her side in the recovery position to prevent the victim from swallowing any liquids that may come out of her mouth: Limit movements of the spine as much as possible while turning the victim. There should be no pressure on the chest. Should be as lateral as possible. Should allow the flow of liquids to the outside: open the mouth. Should allow monitoring the respiration of the victim: Protect the victim from cold or heat. Monitor the victim to make sure she is still breathing.</td>
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<tr>
<td>The victim is unconscious and not breathing (assuming an automatic external defibrillator is NOT available)</td>
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