



Central Health Board

of Khoja Shia Ithna-Asheri Supreme Council

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CHB NEWS BULLETIN



FIRST AID (A SERIES OF TUTORIALS)

INTRODUCTION:

This is going to be a series of Ten presentations teaching the basics of First Aid and addressing some common Emergencies that you may encounter in your daily life and therefore be prepared if the time arises. A few words before we do begin the tutorial.

DOING YOUR BEST.

First Aid is the First and Basic help given to a casualty. First aid is not an exact science and is open to human error. Even with appropriate treatment and however hard you may try, some casualty may not respond as you may have hoped. Some conditions are inevitably fatal even with the best medical help. If you do your best, your conscience can be clear. One does not need expensive equipment or expertise training. Anyone can save a Life.

YOUR RESPONSIBILITIES.

The First aider's responsibilities are clearly defined. They are;

- To assess a situation quickly and clearly and summon help.
- To protect casualty and bystanders from possible danger.
- To abide by the golden rule "First do no harm" to the casualty.
- To ensure that he himself does not get injured or infected.

Please note that over the course of the following weeks the First Aid tutorial that you will learn will be helpful and may even help save a life, but it is still NOT a replacement for practical First Aid Classes taught by a registered person.

Tutorial No. 1: Approaching a Casualty

Step 1. Assess the situation

- Take control of your feelings, don't act impulsively
- Look for danger; is there any risk to you or the casualty?
- Put your safety first. If possible remove danger from casualty or casualty from danger.
- If it is unsafe, call for emergency help and wait for it to arrive.

Step 2. Assess the casualties

- Is the casualty visibly conscious? A quiet casualty may be an indication that the person is unconscious. Quiet casualties should always be your first priority.

Step 3. Check Response

- Does the casualty respond to your voice or stimulation? Ask a question “What happened?” or give a command, such as “Open your eyes”. Speak loudly and clearly.
- Gently shake the casualty’s shoulder.
- If there is a response, then leave casualty in position found and seek help if needed.
- If there is no response, shout for help and proceed to step 4.

Step 4. Open Airway; Check Breathing

- Place one hand on the casualty’s forehead and gently tilt his head back.
- Pick out any obvious obstructions from the mouth.
- Place a finger under the casualty’s chin and lift the chin.
- If you suspect a spine injury then do not tilt the head. Open the airway by gently lifting the jaw (jaw thrust)

Step 5. Check Breathing

- Look, listen, feel. Look for chest movement. Listen for sounds of breathing. Feel for breath on your cheek. Do this for no more than 10 seconds.
- If casualty is not breathing, send helper to call for ambulance.
- Begin Rescue Breathing. **(COVERED IN TUTORIAL No.2)**
- If he is breathing – check for life threatening conditions such as severe bleeding. Place in Recovery Position. **(COVERED IN TUTORIAL No.3)**

“Community’s health – CHB’s priority”