

FIRST AID



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DEFINITION

First aid consists of the immediate attention given to a sick, injured or injured person at the scene of the event, before being transferred to a healthcare center or hospital.

OBJECTIVE

To try to get the victim back on their feet, acting in the best possible way to try to preserve life, avoid complications and help their recovery.

HOW DO WE ACT?

1. Assess risks at the scene
2. Assess the victim's overall condition quickly
3. According to the analysis, activate the Emergency System
4. Assist the victim according to needs.

VITAL SIGNS

DEFINITION

They are the signs or reactions that a living human being presents that reveal the basic functions of the body.

They are the **EXTERNAL MANIFESTATION** of vital functions, capable of being easily perceived by the senses of the examiner, or with the help of simple instruments (thermometer, sphygmomanometer)



OBJECTIVES

1. Check the patient's clinical status
2. Aid in diagnosis
3. Monitor the effect of medications and verify the response to treatments.

VITAL SIGNS



HEART RATE

It tells you how many times your heart beats per minute.

Bradycardia: < 60 beats per minute

Normal: 60 to 100 beats per minute

Tachycardia: > 100 beats per minute



TEMPERATURE

A measure that indicates the body's ability to generate and eliminate heat.

Hypothermia: < 36°C

Normal: 36°C to 37.5°C

Low-grade fever: 37.5°C to 38°C

Fever: > 38°C



BLOOD PRESSURE

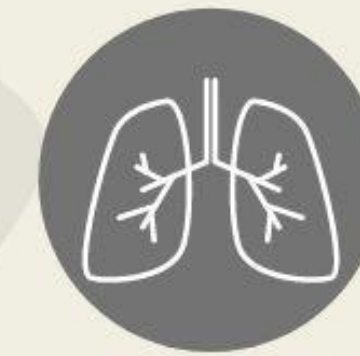
It is the force exerted by blood against the walls of the arteries.

Hypotension: < 90/60 mm/hg

Normal: 120/80 mm/hg

Pre-Hypertension: 130-139/85-89 mm/hg

Hypertension: > 140/90 mm/hg



RESPIRATORY RATE

It is the number of breaths a person takes per minute.

Bradypnea: < 12 breaths per minute

Normal: 12 to 18 breaths per minute

Tachypnea: >20 breaths per minute

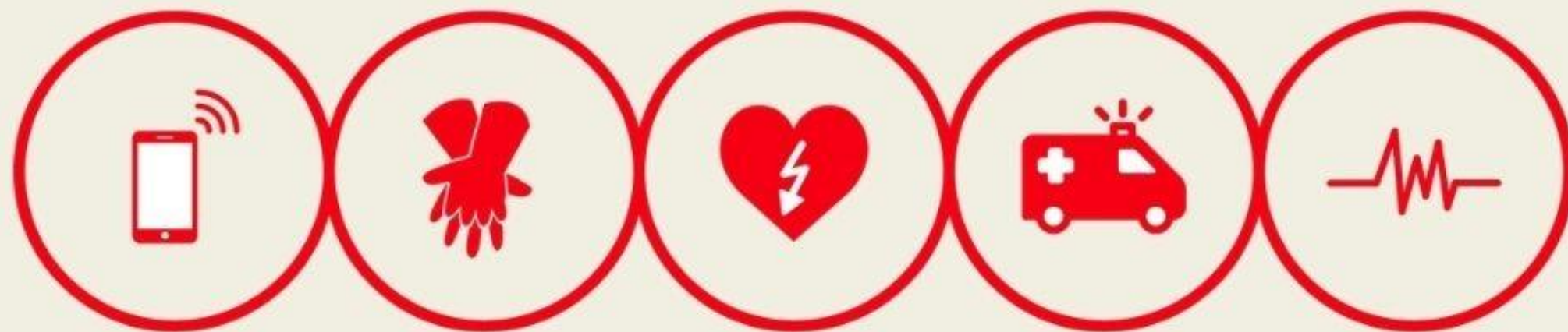
CPR

Cardio-Pulmonary Resuscitation

It is a technique that is put into practice when a person suddenly stops breathing, with the AIM of restoring the breathing capacity and the activity of the individual's heart. Its purpose is to ensure that the person's blood flow does not stop even when they are not breathing.

Beginning of the Chain of Survival

The chain of survival is the set of actions aimed at saving the lives of people who are in cardiorespiratory arrest.



What should be reported to the emergency service?

- Address of the incident where medical assistance should go.
- Type of incident and injuries.
- Number of people involved.
- Existence of risks for third parties.
- Procedures initiated (CPR, maneuvers, positioning, etc.)



CPR Technique

1. Adopt an upright posture, the shoulders should be aligned on top of the victim's sternum; perform the compression, loading the weight of the body on the straight arms so that the sternum lowers 5 to 6 cms.
IMPORTANT: Do not bend the elbows.

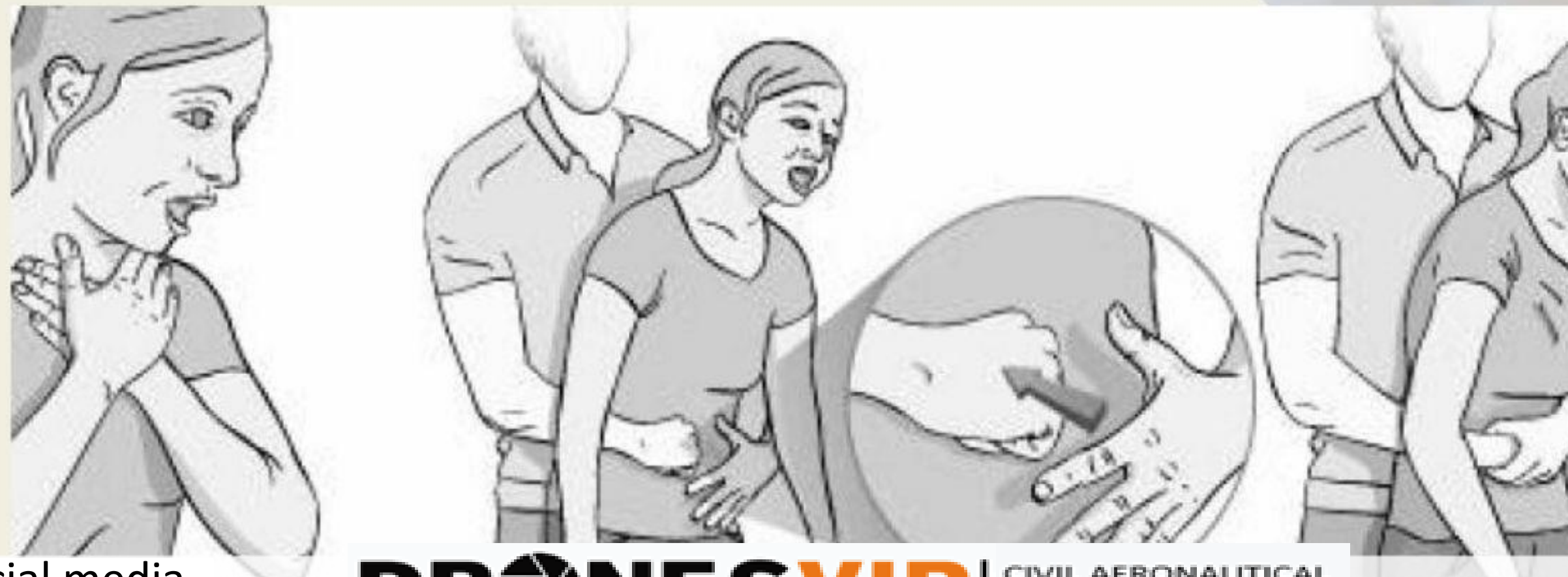
2. Perform 30 uninterrupted compressions. Repeat 5 cycles (at a rate of 100 to 120 compressions per minute). Reevaluate, if there is no response, continue with them until assistance arrives.

HEIMLICH MANEUVER

When an adult has an obstruction of their airway, due to a foreign body, and cannot breathe, they usually put their hands on their neck and redden their face and neck.

THE IMPORTANT THING IS TO ACT QUICKLY.

1. Grab the person from behind and under the arms.
2. Place your closed fist 4 fingers above your belly button, just at the midline of your abdomen, and then place your other hand over your fist.
3. Recline your body forward and apply a centered back and up abdominal pressure to press on your abdomen and diaphragm (artificial cough).
4. Continue the maneuver until the unclogging is achieved.

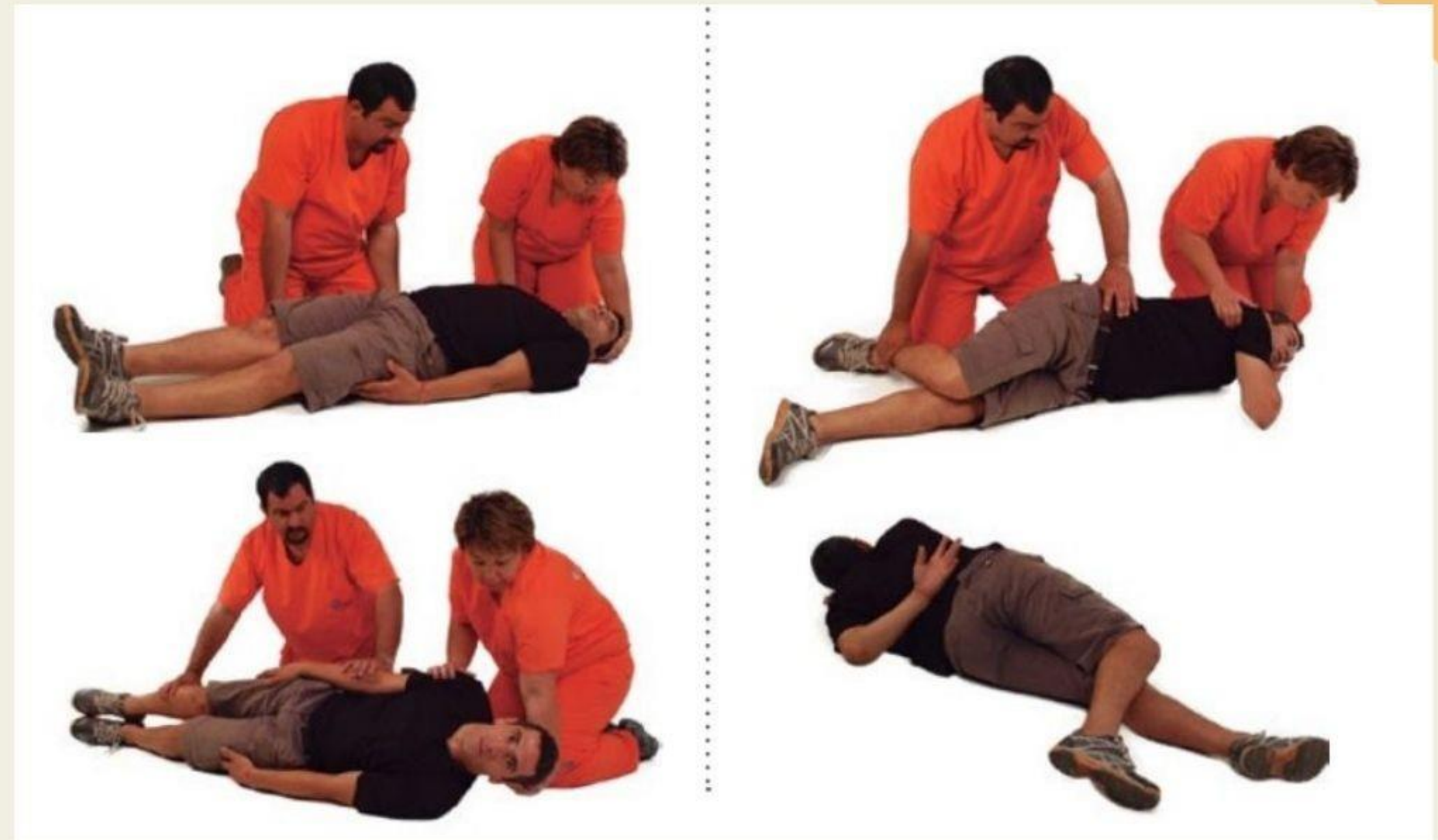


Victim Safety Position

Whenever an unconscious victim recovers spontaneously or after first aid, he or she must be placed in an appropriate position that avoids obstruction of the airway by aspiration of accumulated secretions, blood or vomit; lateral safety position.

The idea is to place the victim on his side (lateral decubitus)

1. Kneel next to the victim who is on their back (ventral decubitus) proceeding to extend the upper and lower limbs.
2. Place the victim's arm closest to you at right angles to the body, with the elbow bent and the palm facing up.



DO NOT MOBILIZE IN CASE OF SEVERE TRAUMA OR MULTIPLE TRAUMA. MOBILIZATION CAN AGGRAVATE SOME INJURIES



THANKS

DRONESVIP | CIVIL AERONAUTICAL
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