

## 5. Hygiene and Hand Washing

### General Hygiene Notes

When dealing with ill or injured persons it is important to keep the risk of infection between yourself and the sick or injured person to a minimum:

If possible, wash your hands with soap and water (40-60 seconds) before and definitely after you take care of an ill or injured person. Alternatively, you can also use ash to wash your hands. Alcohol-based hand sanitizers can also be used, if the hands are not visibly soiled (20-30 seconds).

Avoid direct contact with blood or body fluids.

Use gloves if there is blood or other body fluids like urine or vomit. You can also use a clean plastic bag to cover the hands as shown in figure 5.1.

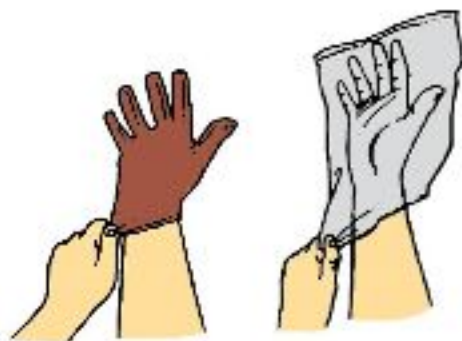


Figure 5.1

If no gloves or plastic bags are available you can:

Instruct the sick or injured person as to what he can do himself.

Try to avoid contact with blood or body fluids as much as possible when you give first aid.

You may decide not to give help if you cannot ensure avoiding contact with blood or body fluids.

It is good to have gloves in your first aid kit.

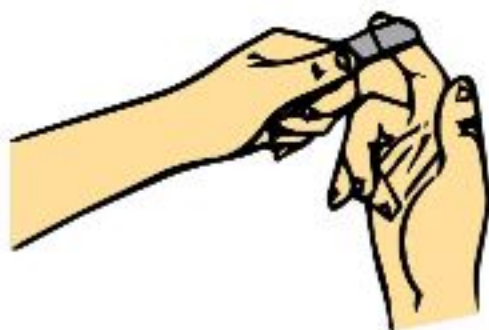


Figure 4.2

Use a sticking plaster, bandage or clean cloth to protect any cuts, grazes, or wounds you may have yourself. Infections may spread through breaks in your skin as shown in figure 5.2.

Wear shoes to protect your feet from infection.

Use lots of clean water to rinse out any blood or other body fluid that splashes into your eyes or mouth, straight away.

Dispose of used materials appropriately and clean up any blood spills because it can cause infection to others.

Be very careful with sharp objects. They should be disposed of with care (e.g. in a sharp container plastic box) so that they form no danger to others.

Dispose of any soiled bandages carefully. Put them in a plastic bag or bin and then burn or bury them.

Be careful not to use dirty or contaminated materials to treat ill or injured persons as these can pass on diseases from one person to another.

You can sterilize material by placing it for 10 minutes in boiling water or running it through a flame a few times.



## 4. Universal Precaution

It is important to always check the scene and ensure your safety first. Remember that dialling emergency number for ambulance and other related services is one of the most important steps you can take to save another's life.

### Your Safety Always Comes

First S – STOP (stop, think, act)

A – Assess (scene, hazard, and risk)

F – Find (FA kit, AED)

E – Exposure Protection (Gloves, barrier)

1. Your safety is first, so leave the scene if you are at risk.
2. While helping the victim, protect yourself from transmission of possible diseases/infections

☒y Use preventive breathing barriers / personal protective equipment (PPE) when available.

☒y Try to cover your own cuts, sores, wounds, and any skin conditions with a proper bandage before responding.

3. Use disposable gloves to avoid direct contact with blood / bodily fluids. In absence of gloves plastic bags or thick pad of cloths can be used as barrier in between.
4. Washing your hands properly is extremely important. Always use soap and water after removing your gloves/barrier.
5. If you suspect that a victim has suffered a spinal or neck injury, do not move or shake the victim.

○○○○



Always react to what you see – you are not a doctor, so do not try to diagnose

**Airway**

- Preserve
- Protect
- Prevent

**CHECK RESPONSE:** By shouting or asking their name (if you know it) or just ask, "Hello, how are you?" (in the language you know) from a distance. If casualty doesn't respond then go closer and tap/shake (not a trauma casualty)/pinch their shoulder or any part of their body as shown in Figure 6.2.



Figure 6.2

The casualty is unconscious if they do not show any eye movement, voice, or response to voice or pain.

Checking if a casualty is conscious or unconscious should only take a few seconds and you should not delay checking for breathing.

**How to observe breathing?**

The airway may be narrowed or blocked making breathing noisy or impossible.

It is essential to establish a clear airway immediately. Unblocking the breathing passage takes priority over concerns about a potential spinal injury.

To observe breathing, do the following:



Figure 6.3

1. If the casualty is unconscious and not on their back, turn them on the back.
2. Kneel beside the casualty.
3. GENTLY lift their chin forward (this should be avoided in a trauma patient) with the index and middle fingers of one hand while pressing the forehead backwards with the palm of the other. This maneuver will lift the tongue forward and clear the airway as shown in Figure 6.3.



Figure 6.4

4. After opening the casualty's airway, check if the casualty is breathing, as shown in Figure 6.4. Observe breathing by listening, feeling and looking. This should be done quickly (max.10 seconds). Place your cheek in front of the casualty's mouth (about 3-5 cm away) while looking down the chest (towards the feet).

You can also gently place your hand on the center of the casualty's chest. This allows you to observe whether the casualty is breathing in the following ways:

- look for chest/abdominal movement



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## Section A.

# 1. Basic First Aid (FA) Techniques

Though, all of us take some safety measures in our day to day lives but injuries and accidents can arise anywhere anytime and thus need immediate attention. For this reason, it is important to have knowledge and skills on First Aid so that you can be prepared to act if an accident has occurred.

Provision of immediate and effective first aid may reduce the severity of injury or illness and promote recovery.

It is not mandatory that every incident requiring first aid may be life threatening, however it is always advisable that more people know about basic first aid, better are the chances of saving a life.

Teachers play the crucial role of training their students in the latter's first aid practice. Hence, it is of paramount importance that teachers themselves

The training includes the principles of first aid, safety and security while responding in times of emergencies, recognizing when first aid needs to be given and thus imparting knowledge and skills to the students in providing first aid to those who need it.

### First Aid Can Be Given By

- Anyone
- Anytime
- Anywhere

Learning about safety, security, airway, breathing and to stop bleeding can save lives and reduce recovery time. Teachers who understand this can also teach the children that First Aid is not only about physical injuries but also about the psychological effects, which can help recovery through reassurance, support, and kindness.

### Why First Aid

- Be prepared to help
- Be confident to act quickly
- Know what to do - become a hero

know about first aid. They are expected to know and understand what actions are required to provide first aid to the injured and sick, how these actions are carried out and why are these actions so important for the casualty. This training will equip them to recognize the emergency conditions and respond accordingly.

Injuries resulting in death

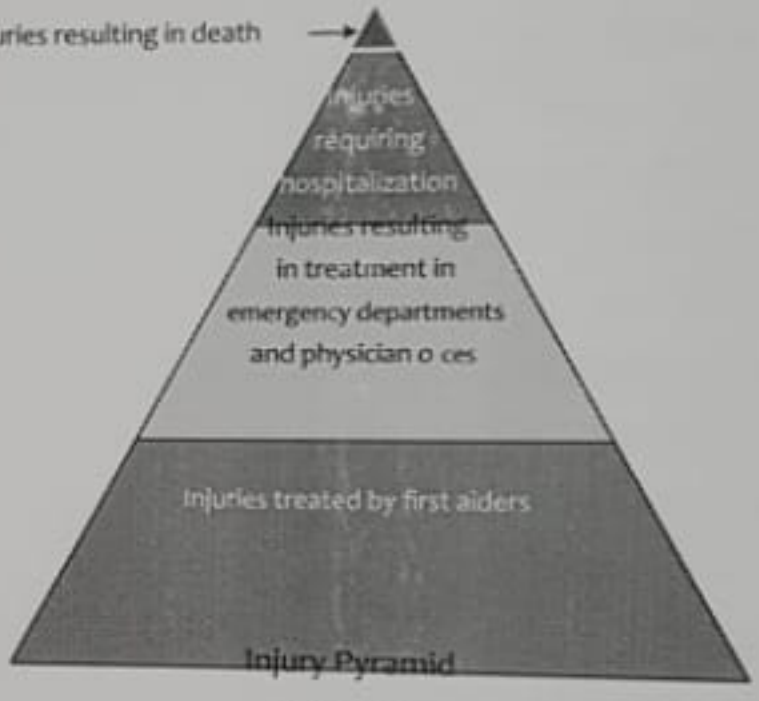


Figure 1.1

### Role of a First Aider

- P - Protect
- A - Assess
- C - Care
- T - Treat, Triage

**NB: Timely first aid can save life. First aid can be given by anyone, anywhere, anytime to an injured or sick person**

### First aid is not

- about treating a casualty or giving medication to anyone sick/injured
- about being a doctor and diagnosing the problem

Teachers need to learn the skills and methods required to teach first aid to the students. It can be an important component of the "School Safety Program" to not only train the teachers in first aid but also to equip them with the methods of teaching first aid. It will ensure that the teachers are suitably trained in conducting FA training for their students.

