Module 3: Individual Peacekeeping Personnel

Lesson 3.12

Basic First Aid in the Field
Relevance

- Timely medical emergency response important for survival
- First Aid is applicable to everyday life
Learning Outcomes

Learners will:

- Define Basic First Aid
- Explain actions to take as first responder to a medical emergency
- Describe key First Aid responses
Lesson Overview

1. Basic First Aid
2. The Chain of Survival
3. First One to Respond to a Medical Emergency
4. Actions Before First Aid Response
5. Key First Aid Responses
1. What is Basic First Aid?

- **Immediate care** given to an injured or suddenly ill person
- Does **NOT** take the place of proper medical treatment
- Legal considerations – consent, trained personnel, peculiarities of the injured/ill person
2. The Chain of Survival

- In order for a person to survive:
  - Early Inform/Call for Help
  - Early First Aid/CPR YOU
  - Early Medical On Scene
  - Early Advanced Care (Hospital)
3. If You are the First to Respond to a Medical Emergency Incident...

- Remain calm, do not panic
- Assess situation
- First Aid – permission, implied consent
- Call for help
- Stabilize situation
4. Actions Before First Aid Response

- Scene Survey
- Initial Assessment
- Victim Assessment
- First Aid Response
Scene Survey

- Hazards
- Cause
- Number of victims
Initial Assessment

A = Airway Open?
(Head-tilt/chin-lift)

B = Breathing?
(Look, listen, feel)

C = Circulation?
(Check for signs of circulation)
Victim Assessment Sequence

If victim is **RESPONSIVE**
- Ask what injuries or difficulties
- Check and provide First Aid

If victim is **UNRESPONSIVE**
- Observe for obvious signs of injury or illness – check from head to toe
- Provide First Aid/CPR
## 5. Key First Aid Responses

<table>
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<th>First Aid Responses to…</th>
<th>Bleeding</th>
<th>Shock</th>
<th>Burns</th>
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<tbody>
<tr>
<td>Choking</td>
<td>Fractures and dislocation</td>
<td>Heart attack</td>
<td>Wounds</td>
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<tr>
<td>Amputation</td>
<td>Spinal injuries</td>
<td>Stroke</td>
<td>Bites and stings</td>
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</tbody>
</table>
Summary of Key Messages

- First Aid
- Actions to take as first responder to a medical emergency
- Key First Aid responses
Questions
Learning Activity

Learning Evaluation