

First aid and its Application in Emergency

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ABSTRACT

“First Aid” refer primary aid. An emergency can come about any hour of the day. Lack of first aid awareness might create a situation of panic which can be circumvented with proper knowledge. Such situations result into an awareness about the first aid techniques and its correct usage. A layman having basic knowledge of first aid techniques can minimize the ill effects and trauma experienced by an individual. First aid treatments can vary depending on the type of the circumstances. Appropriate first aid treatment given at the right time can significantly alter the outcomes and save the lives of many people across the globe. The aim of this article is to review the objectives of first aid and its applications. It imparts knowledge regarding different first aid treatments such as cardiopulmonary resuscitation (CPR), free airways, minimizing external bleeding that can be carried out in diverse scenarios. Providing first aid can help alleviate an individual’s suffering, stabilize their condition as well as increase the chances of survival in case of emergencies.

Key words: First Aid, emergency, awareness, techniques, treatment.

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