Elementary first aid procedures: General wood: Industrial Technology

In this activity you will learn about simple first aid procedures.

This material addresses aspects of the following syllabus outcomes:

4.1.1 A student identifies and applies fundamental OH&S principles when working with materials, tools and machines.
5.1.1 A student identifies, assesses and manages the risks and OH&S issues associated with the use of a range of materials, hand tools, machine tools and processes.

Extract from: Years 7–10 Industrial Technology Syllabus © Board of Studies NSW 2003.

Elementary first aid procedures

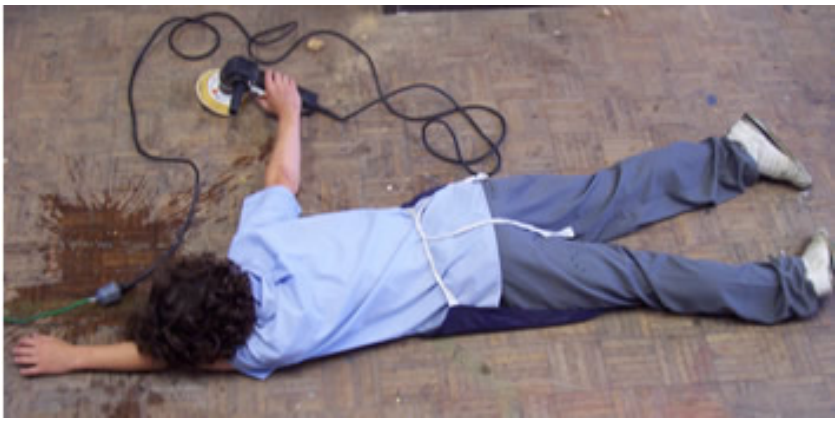
First aid is the immediate care of a person who has been injured or has suddenly taken ill. It is intended to prevent further injury, illness and in extreme cases death and to relieve pain until medical aid can be obtained.

The main objectives of first aid are:

- to control conditions that might endanger life
- to prevent further injury
- to relieve pain, prevent contamination, and treat for shock
- to make the patient as comfortable as possible.

In the event of an accident or illness the first person(s) at the scene should react quickly and in a calm and reassuring manner. They should immediately call for medical treatment, indicating if possible the nature of the injury or illness.

The injured person should not be moved except when they are in clear danger of further injury or death. Do not attempt to administer first aid unless you have had proper training although there are some elementary things you can do which may save the injured person's life.



Some emergencies are listed below with the appropriate treatments. Read them carefully then complete the activity.

Heavy bleeding

Heavy bleeding is caused by injury to one or more large blood vessels.

- Lay the patient down.
- Control bleeding by applying firm pressure directly over the wound with a clean handkerchief, cloth, or your hand. Avoid direct contact with blood.
- If the injury is on an arm or leg, elevate the limb above the level of the heart. Keep direct pressure on the wound for at least five minutes. If direct pressure does not work, use a pressure point. A tourniquet should not be applied unless amputation or death is certain.
- An ambulance should be called as soon as possible for any serious bleeding.

Shock

Shock usually accompanies severe injury. The signs of shock include less colour in the face, a cold and clammy skin, weakness, nausea or vomiting, shallow breathing, and a rapid pulse that may be too faint to be felt at the wrist. The following procedures for the treatment of shock should be followed:

- If possible correct the cause of the shock, for example, control bleeding.
- Keep the patient lying down. If there are no other problems, for example, a head injury, elevate the patient's feet.
- Keep the patient's airway open. If he or she is about to vomit, turn the head to the side.
- Keep the patient at body temperature or warm enough to avoid chilling.

Electric shock

Turn off the current. Do not touch the victim until he or she is separated from the power source. Begin mouth-to-mouth resuscitation if respiration has ceased.

Fainting

Simple fainting can usually be ended quickly by laying the victim down.

Burns

For flame and scald burns treat by covering burn in cold water.

For chemical burns, flush area with cold water immediately.

Activity

Insert a tick (✓) in the true or false column in the table below to check your knowledge on being able to recognise appropriate first aid procedures.

Scenario and treatment	**True ?**	**False ?**
A student who has been cut badly with a chisel should just wash the wound until bleeding stops.		
If a student faints in class they should just be slapped to make them come out of it.		
When a student is electrocuted with a faulty power tool, you should turn off the current. They should not be touched until they are separated from the power source. If they aren't breathing then you should begin mouth-to-mouth resuscitation.		
Someone who goes into shock should be shaken vigorously to make them snap out of it.		
A student who has been burned by a piece of hot metal, should be treated by covering the burn in cold water.		