Are you ready for any emergency incident? What if, in the middle of the road before going to school you saw someone got panting then got loss of consciousness, do you know what to do? What if, while you are waiting at the canteen someone got slip off and broke his leg, do you know how to take care of this?

First aid is a simple, fast and immediate care that can be done to any person who needed it anytime; to prevent victim’s condition from becoming worse and helps to preserve life. This is just a temporary treatment that can be given until the medical assistance came.

They say “Prevention is better than cure”, so readiness and preparedness can contribute to enhance the safety of the staff and students. First aid kit in the school is important, it ensures the safety of teachers and students. It is necessary for everyone to be aware of the basic first aid method.

First aid kit must have:

1. First Aid Manual
2. Elastic Bandage
3. Triangular Bandage
4. Sterile Gauze
5. Cotton
6. Tweezers
7. Disposable Gloves
8. Scissors
9. Safety Pins
10. Medical Tape
11. Thermometer
12. Antiseptic Solution
13. Soap
14. Irrigating Solution
15. Antibiotic Ointment
16. Burn Ointment
17. Splint
18. Oral Medicines
   a. Pain Reliever & Fever Medicine
   b. Anti-Allergy
   c. Antacid
   d. Anti-Diarrhea
   e. Oral Rehydration Sachet

Note:

☐ Know where to place the first aid kit.

☐ Always check for the expiration date of medicines.
Be familiar with emergency hotlines, it is better to post the emergency hotlines where can be easily seen.

Cuts and Scrapes

• Wash the wound with soap so it can lessen the infection.
• Stop the bleeding by putting pressure with a gauze pad or clean cloth. Keep a pressure for a few minutes.
• Clean the wound with irrigating solution then apply antiseptic solution.
• Cover the wound with sterile gauze while waiting for medical assistance.

Nose Bleeds

• Lean the head slightly forward, the blood does not run down to the throat.
• Gently press the nostril with a tissue or cloth then hold it for five minutes.
• Place ice pack over the nose bridge.
• Check to see if the bleeding has stopped, if not; call medical assistance or go to the nearest hospital.

Fractures

Broken bones or fracture is not a life threatening but do requires an immediate medical care. It can be a result from sports injury or accident.

• Stop any bleeding. Apply a pressure with gauze or cloth then elevate.
• Immobilize the injured part. If you suspect a broken bone in the limbs, immobilize the part with a splint or sling but if you suspect a head, neck or back injury DO NOT MOVE THE VICTIM help them stay as possible.
• Apply a cold compress over the affected area to lessen the swelling and slightly ease the pain.

• Place the victim into a comfortable position.

• Call for the medical assistance or go to the nearest emergency room.

Reference:
Kahandaan ay Kaligtasan Maging Disaster-Ready
“Disaster Pro” 3rd Edition
Page 88-89