Basic first aid course
NTNU

Presentert av:
Midt-Norsk Sikkerhetsopplæring
What is first aid?
What would you do..

- Think safety, Stop traffic
- Take the lead
- Get an overview
- Call 1-1-3?
- Start treating victims?
AMK is the Norwegian 911 central.

- Is the patient awake?
- Does he/she breathe normally?
- Does the patient have any pain?

Guidance while waiting for the ambulance
The emergency dispatcher will give you guidance on how to administer first aid.
A – Airway
B – Breathing
”C – Circulation”
External bleeding

• Stop the bleeding! Be creative!
• Apply direct pressure to the wound! Use your hand, fingers, or a pad (clean cloth)
• Raise and support the injured limb
• Lay person down to prevent shock,
Internal bleeding

- Swelling
- Pain
- Discoloration
- Pale, cold
- Unconcios?
Poisoning symptoms

• Blurred vision.
• Confusion and disorientation.
• Difficulty breathing.
• Drooling.
• Excessive tearing.
• Fever.
• Low blood pressure (hypotension)
• Loss of muscle control and muscle twitching.
Poisoning - Treatment

– Call 1-1-3
– Keep the patient calm
– Do not stimulate for vomiting.
– Charcoal can be used
– Call poison control at 22 59 13 00 if non-lethal or very few symptoms, otherwise use 1-1-3.
Inhalasjon of gas

Laboratory Peer Pressure
Inhalasjon of gas

- Consider your own safety
- Call 113
- Get the patient to fresh air
- No physical activity
- Sitting upright by breathing difficulties
- Safe position by unconsciousness
- Cardiac pulmonary resuscitation
Allergic reactions

Symptoms:

• abdominal cramping or pain.
• pain or tightness in the chest.
• diarrhea.
• difficulty swallowing.
• dizziness (vertigo)
• fear or anxiety.
• flushing of the face.
• nausea or vomiting.
• Difficulty breathing.

Allergic reactions - Treatment:

• If the patient has own medications, ask him/her or get guidance for the emergency department
• Call 1-1-3
• Where on the A-B-C?
First aid of burn injuries

1. Cooling with cold water for a couple of minutes
2. Cooling with tempered water 20 minutes with a temp. Of approx 20 degrees.
Electrical accident first aid

• Turn off the electrical current
• Call 1-1-3
• If current can’t be turned of; use a non-conducting object to push the person away from the current
• Now; check airway, breathing and circulation, start first aid/CPR
• Give first aid for burns
• Prevent shock,
• Electrical injuries are often associated with explosions or falls, and you may not be able to notice them all.
Eye injuries

Treatment?
• Rinse with large doses of water
• Preferably bottles of eye rinse specially ment for eye injuries
• Call 1-1-3
Choking

• Caugh
• If they cannot clear the object themselves; support them leaning forward and give five back blows between sholderblades
• Check their mouth
• If unsuccessful try up to five abdominal trusts
Fractures and treatment

- Stop any bleeding.
- Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.
- Immobilize the injured area.
- Don't try to realign the bone or push a bone that's sticking out back in.
- Apply ice packs to limit swelling and help relieve pain. Don't apply ice directly to the skin.
- If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.
Medical illness
Epilepsy

**Symptoms:**
- unconsciousness
- Spasms
- Tongue bitten
- Hyperventilation
- Urination and soiling

**First aid:**
- Be aware of A-B
- Make sure the patient doesn’t hurt himself
- Call 113
Diabetes

Symptoms:

- Feeling hungry
- Double vision
- Headaches and dizziness
- Confused, disorientated, aggressive, anxiety
- Cold sweat
- Slurred speech
- Unconsciousness

First aid:

- Threatened A or B?
- Give something to eat (if awake)
- Call 113
Asthma

Symptoms

- Breathlessness
- Coughing with phlegm
- Using power to exhale
- Wheezing (squeaky sound when exhaling)
- Anxiety, restlessness
- Altered level of consciousness

First Aid:

- Let the patient stand or sit in a comfortably position.
- Calm the patient and loosen tight clothing.
- If the person has asthma medication, such as an inhaler, assist in using it.
- Call 113
What is a stroke?  
Symptoms?
Stroke Warning Signs and Symptoms

- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to Call 911
Heart attack

Symptoms
- Chest discomfort that feels like pressure, fullness, or a squeezing pain in the center of your chest
- Discomfort that extend beyond your chest to other parts of your upper body, such as one or both arms, back, neck,
- Cold sweats
- Nausea or vomiting
- Anxiety

Treatment
- Calm the patient
- Reduce stress
- Loosen tight clothing
- Make the patient sit with his back raised up
- If loss of consciousness, check A-B and start with CPR/AED if needed. (automatiserte ekstern Defibrillator)
"The chain that saves lifes"

Kjeden som redder liv
CPR with AED/Defibrillator

• A-Airway
• B-Breathing, (AED)
• 30 compressions
• 2 rescue breaths
Recovery position

- IF the patient is unconscious and breathing normally
- Check and re-check the A and B
Describe how you examine an unconscious colleague/student.

What are the essential criteria for surviving a cardiac arrest?

Describe how you would perform CPR on adults.

What should you not do when performing CPR or when you are using a defibrillator?

How do you treat fractures and sprains?

Describe the treatment of burn wounds. What are the complications of larger burn wounds?
When is a bleeding life-threatening? Describe first aid on treatment of major bleedings and list possible complications.

Describe the treatment of eyes and skin that have been exposed to chemical injury.

What is the immediate first aid treatment of persons exposed to potential poisoning by petroleum products, corrosive products or toxic products in either solid or liquid form?

How do you treat inhalation of toxic gas?

Describe the symptoms of heart attack and brain stroke. What should you do if you suspect that a colleague has a heart attack or a brain stroke?