

School of Hospitality

Course Code : BSCH3004

Course Name: Housekeeping Management

UNIT -3 Control Services & safety Topic 3: First Aid

Topic outcome:

- 1: To understand the term “First Aid”
2. To understand principal of first aid
3. Interpret the steps to take in case of accident to deal with casualty

GALGOTIAS

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FIRST AID

The initial assistance or treatment given to a casualty for any injury or sudden illness before arrival of an ambulance, doctor, or any qualified person is called as FIRST AID.

The casualty is likely to be in the need of secondary aid.



Principles of First Aid

- ☼ Act calmly and logically.
- ☼ Be in control - both of himself or herself and the problem.
- ☼ Be gentle but firm, speak to the casualty kindly but purposefully.
- ☼ Build up trust through talking to the casualty throughout the examination and treatment.
- ☼ Avoid giving any misleading information.
- ☼ Never leave the casualty alone and continue to talk to him/her until the ambulance or doctor arrives.
- ☼ Continuously reassure the casualty.

Principles of First Aid (Cont.)

- ⚙ Send the casualty to a hospital or doctor by the quickest means of transport.
- ⚙ Always inform the police about serious accidents
- ⚙ Inform relatives of the casualty.



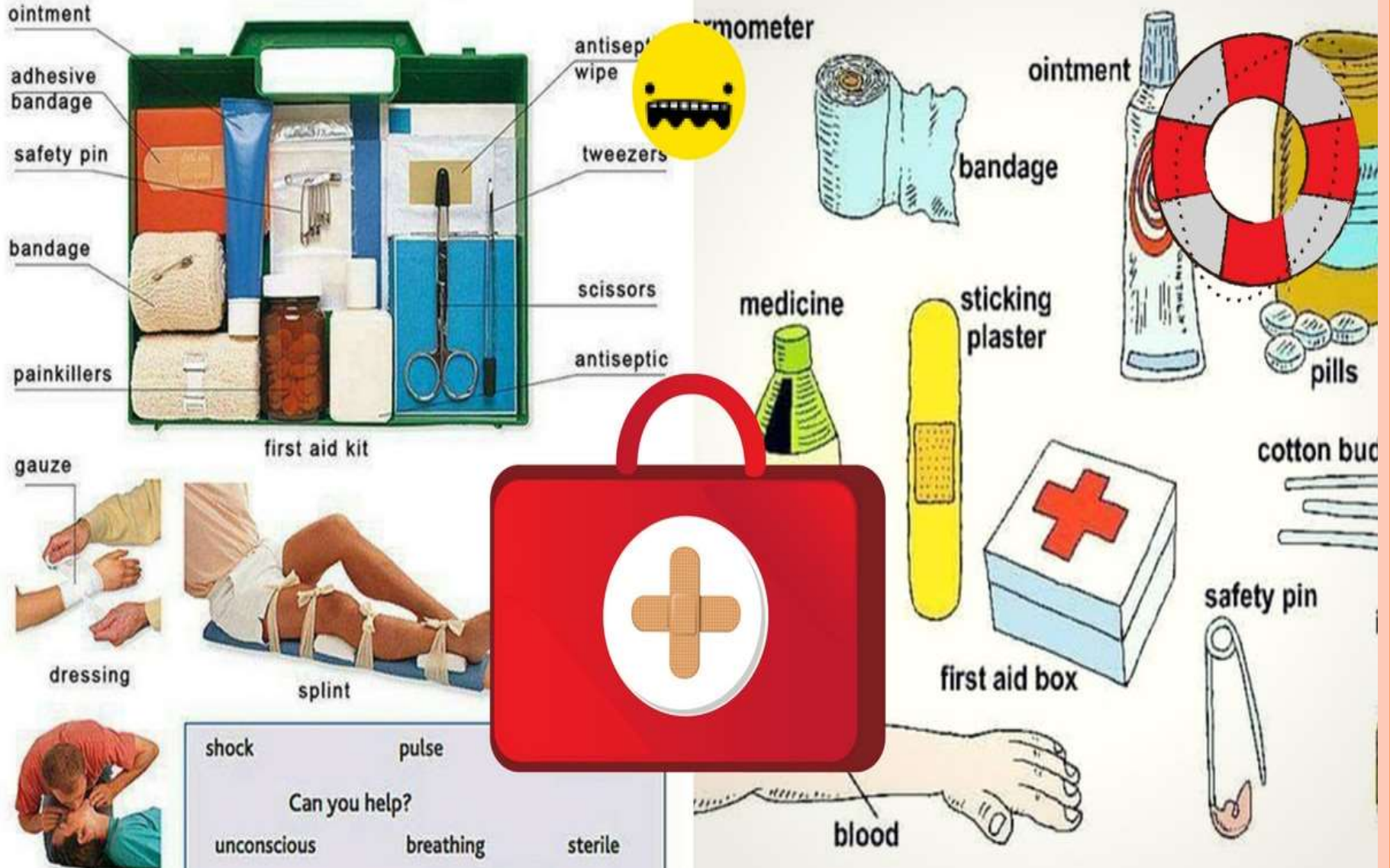
DO NOT DO.....

DO NOT.

1. Allow crowd to form around the casualty.
2. Do too much, remember that doctor will be coming.
3. Put any unclean dressing or cloth over the casualty.
4. Touch a wound with your fingers.
5. Move a patient unnecessarily.
6. Risk burning a patient by using unwrapped hot water or other heated object.
7. Remove his clothing unnecessarily.
8. Attempt a precise diagnosis.
9. Forget to send for a physician.



THE FIRST AID BOX



FIRST AID PROCEDURE (CPR)

FIRST AID CPR

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6



- Two techniques to know for first aid include CPR (Cardio-pulmonary resuscitation) and Holger Neilson method of artificial respiration
- CPR: This procedure is carried out on a person whose respiration has ceased. A constant supply of oxygen is vital for the brain and if breathing stops, blood oxygen levels will be affected as all tissues get oxygen through blood circulation.
- ABC of artificial respiration
- A for Airways: Clear Airway
- B for Breathing: Restore Breathing
- C for Circulation: Restore Circulations



HOLGER NEILSON METHOD OF ARTIFICIAL RESPIRATION

In this method of administering artificial respiration

1. The patient is turned face downwards with the head turned to one side
2. Kneel down at the patient's head and place both the hands over the shoulder blades.
3. Pressure should be exerted here by slowly rocking forward
4. For an adult, the pressure weight may be about 13.6 kg.
5. As the pressure is released by rocking backwards, the patient's arms are raised by the elbows to expand the chest.
6. The process is repeated until the doctor or an ambulance arrives.



Artificial Respiration कृत्रिम श्वास क्रिया

Holger-Nielsen Method होलज़र-नीलसन विधि

Position Of Casualty And Operator रोगी और श्वास फालक की अवस्था



First Movement (Count One-Two) प्रथम चाल (एक-दो गिनती करें)



Second Movement (Count Three) द्वितीय चाल (गिनती करें-तीन)



Third Movement (Count Four-Five) तृतीय चाल (चार-पांच की गिनती करें)



Holger-Nielsen Method (for Children) होलज़र-नीलसन विधि (बच्चों के लिये)



First Movement प्रथम चाल

Force Should Be From Fingers Only शक्ति केवल हथ की उंगलियों से ही लगाई जाय



Second Movement द्वितीय चाल



First Movement प्रथम चाल

For Children Under 5 Years 5 साल से कम आयु वाले बच्चों के लिये



Second Movement द्वितीय चाल

Schafer's Method शेफर विधि



Second Movement द्वितीय चाल



First Movement प्रथम चाल

Silvester's Method Of Artificial Respiration सिलवेस्टर विधि

Initial Position of The Casualty रोगी की प्रारम्भिक अवस्था



First Movement प्रथम चाल



Second Movement द्वितीय चाल

Obtain A Helper To Press The Casualty's Lower Jaw So That The Chin Is Jutting Out. एक सहायक की सहायता से रोगी के निचले जबड़े को दबाने वाले दिशा में टोके (चिक्का) निकाली दें।



REFERENCES

- **Hotel Housekeeping Operations & Managements (G.Raghubalan & Smritee Raghubalan) — Oxford Publication**
- **IHM notes site (://www.ihmnotessite.net/5-Housekeeping)**

