

First Aid:-Many deaths and impact of injuries can be prevented with First Aid if casualties are treated immediately. First aid is the initial care given to an injured person. Mostly, this timely care prior to the arrival of the medical help means the difference between life and death. It must start immediately when the injury or illness occurs and continue until medical help arrives or the casualty recovers.

Aims of First Aid

1. To save life
2. To protect the casualty from getting more harm
3. To reduce pain and priorities of casualty treatment.

GOLDEN RULES OF FIRST AID

1. Reach the site of accident as early as possible.
2. Do not waste time asking unnecessary questions
3. Find out the cause of injury.
4. Do first things first quickly, quietly and without fuss or panic.
5. Give artificial respiration if breathing has stopped-every second counts.
6. Stop any bleeding.
7. Guard against or treat for shock by moving the casualty as little as possible and handling him gently.
8. Do not attempt too much-do the minimum that is essential to save life and prevent the condition from worsening.
9. Reassure the casualty and those around and so help to lessen anxiety
10. Do not allow people to crowd round as fresh air is essential.
11. Do not remove clothes unnecessarily.
12. Arrange for the removal of the casualty to the care of a Doctor or hospital as soon as possible.

First Aid tips to execute in case of a road accident

The first aid in emergency situations involves techniques that enhance the preparedness and trigger immediate response to health emergencies. Evidence suggests that after a road crash or any other accident if life-saving measures are immediately applied by anyone on the accident site victims stand a greater chance of survival and also a reduction in the adverse consequences of their injuries. The victim needs to be stabilized before the arrival of emergency medical help, and here's how you can do it:

1. Approach the victims in a calm and composed manner. Discourage other helping citizens from handling the victims in a brashly as this can cause further damage. Shift the patient away from oncoming traffic, broken glass, leaking car fluids or any other hazardous material.
2. Inform the nearest medical centre or police station.
3. Any victim with breathing difficulty, unconsciousness or damaged airway should be sent to the nearest hospital at the earliest – such victims should be given utmost care & greater priority over other victims.
4. Immobilize the cervical spine by using two wooden blocks on either side of the neck (do not disturb the spine and head by shaking them). Shaking the head & neck while shifting the victim may cause major damage and paralyze the patient completely.
5. Do not try to remove the helmet until the victim reaches the hospital.
6. Bleeding can be stemmed by applying continuous pressure to the open wound with a cloth, or tying the cloth gently around the injury.
7. Inspect the limbs of the victim for any fractures, broken bone or other damage while being careful to not apply any undue pressure or force. Secure the broken limb by tying a small stick to either side of the limb with a cloth.
8. If the victim is in shock or is pale, loosen any tight clothing and wrap a blanket around him. Rest his legs on a raised platform, or even on your knees.
9. Finally, make certain that the victim has a pulse until he reaches the nearest medical facility.

It is the moral responsibility of every citizen to offer help and rescue victims of any accident he or she happens to come across.

Shifting of Casualty to Hospital:-

1. Make sure that the patient should be carried on firm board of stretcher, so that the spines remains in stable.
2. Ensure while shifting the patients back, neck and airway need to be protected from further injury.
3. If the patient is unconscious, gently place cloth or towel under the neck so that the neck does not sag against ground.
4. During transportation keep a close watch on whether the patient's airway is clear, whether the patient is breathing and whether you can feel the pulse in the patient.

Wounds:-

The job of first-aider is to remove or reduce the problems that hamper healing such as dirt, infection, movement, etc. Leave the wound undisturbed. Clean the wound by washing them with

running water. If there are splinters, thorns and pieces of glass inside the wound remove them with a pair of tweezers so as to avoid infection.

Bleeding

Small cuts:

- Clean the wound of debris
- Apply an adhesive bandage
- Consult (or recommend consulting) a healthcare provider

Large cuts/bleeding:

- Call 108
 - Use a clean cloth or bandage to apply direct pressure to the wound
 - Lie down with legs elevated (or assist the bleeding person into this position)
- Always wear protective gloves when handling someone else's blood

Profuse Bleeding:-

The easiest way to stop bleeding is to apply direct pressure on the wound. This can be done with any clean folded cloth. Lean on the wound with the heel of the hand instead of your fingers.

Bleeding from Nose:-

Bleeding from nose could also mean a head injury. If the patient is conscious and can sit up, ask him to pinch his nose and breathe through his mouth. If he can lean forward, then that could prevent blood from going to his wind pipe choking him. If the patient is unconscious he should lie with the face to one side, for the blood to come out easily, so that there is no choking.

Bleeding from Ear:-

The Bleeding from ears mean either injury to the ear alone or serious head injury. Avoid putting anything in the ears to stop bleeding as this could further damage the eardrum. Get the patients to lie down with the injured ear facing into down.

Dislocated Joints/Broken Bone:-

A fracture or dislocation can be confirmed if there is obvious deformity, abnormal mobility, if the limb cannot be moved at all and if a grating feeling is there. First aid for all fractures and dislocations must aim to reduce movement, which will give relief from pain. Splinting should be done with caution.

Fracture:-

In case of a fracture do not apply direct pressure; instead use a splint, combined with as gentle pressure bandage. It is safer not to give the patient anything to eat and drink. This is to protect the patient from vomiting in case he needs anesthesia and surgery, or has a head injury. If the wound on the arm or the leg is bleeding profusely, it can be raised. This reduces the blood flow to the wounded area.

Burns

Burns are one of the most common household injuries, especially among children. The term “burn” means more than the burning sensation associated with this injury. Burns are characterized by severe skin damage that causes the affected skin cells to die. Most people can recover from burns without serious health consequences, depending on the cause and degree of injury. More serious burns require immediate emergency medical care to prevent complications and death.

There are three primary types of burns: first-, second-, and third-degree. Each degree is based on the severity of damage to the skin, with first-degree being the most minor and third-degree being the most severe. Damage includes:

- First –degree burn: red, no blistered skin
- Second-degree burn: blisters and some thickening of the skin
- Third-degree burn : widespread thickness with a white, leathery appearance. There are also fourth-degree burns. This type of burn includes all of the symptoms of a third-degree burn and also extends beyond the skin into tendons and bones.

Road Accidents:-Road Accidents have emerged as an important public health issue which needs to be tackled by a multi-disciplinary approach. The number of fatal and disabling road accident happening is increasing day by day and is a real public health challenge. The road accidents are happening most often due to the reckless and speedy driving of the vehicles, not obeying or following traffic rules, drunk and driving.

Accident victims & Management:-

1. The importance of the “Golden Hour” in giving adequate treatment to the accident victim in saving the injured should be highlighted to both the health personals and the community.
2. Provision of medical care/first aid care facilities on highways and busy roads.

3. Provision of ambulances and trained health personals in shifting and transporting the injured person to nearby hospitals for treatment.
4. Awareness creation among all sections of the society to treat accident victims with sympathy and without fear so that the morbidity and mortality can be reduced.

Road Accidents & First Aid:-

Many deaths and impact of injuries can be prevented with first aid if casualties are treated immediately.

The basic aims of first aid are

1. To save life,
2. To protect the casualty from getting more harm,
3. To reduce pain and priorities of casualty treatment.

Immediate requirements in a RTA situation are as follows.

Critical 4 min

One of the most common causes of a road accident death is due to loss of oxygen supply. This is mostly caused by a blocked airway. Normally it takes less than 4 min for a blocked airway to cause death.

The “golden hour”

The first hour after the trauma is called the “golden hour.”. If proper first aid is given, road accident victims have a greater chance of survival and a reduction in the severity of their injuries.

To sum up, the road traffic injury prevention can be achieved by

1. Avoiding over speeding and following speed limits
2. Avoiding drunken driving
3. Use of helmets by two-wheeler drivers
4. Use of seat belts and child restraints in cars
5. Improving visibility, appropriate headlights and road lightings
6. Obeying traffic rules.

ROAD SAFETY

The security wing always emphasis on the road safety of institute community as well as students, to ensure it the security wing has been

displaying road safety slogans at main entrance IN/OUT gate of the institute as well as the security wing deploying a traffic security guard in the most accident prone in the institute. The dedicated traffic security guard performing his duty by putting on his traffic white cap and traffic reflector jacket and guiding & instructing to the community, students, vendors and visitors about safe drive, slow drive, use helmet, keep left, do not over speed, do not over drive, stop, look and active. For better road safety, the security wing has already been instructed to all the security personnel's to ensure road safety of their respective duty place and duty area. In view of the students, staff and visitors life safety, the following personnel safety measures should be adopt by each & every motor riders in the campus. The measures are as follows:-

- a).Speed limit of any powered vehicle within the campus is 20 km/hour.
- b).Persons below the age of 18 years is not permitted to drive powered vehicles.
- c).Always wears Helmet, while you are driving.
- d).Always Keep the left.
- e) Use horn in turning.
- f).Do not over speed your vehicles
- g).Tipple raiding is not permitted in the campus.
- h). Do not drive the vehicles without proper license and papers.
- i).Do not drives the vehicles in alcoholism condition.
- f).Do not uses your Mobile Phones while driving.

What to do in the case of:

Theft

In progress:

- Intimate to the security staff as soon as possible.
- Tell the nearby security person about what is happening
- Provide a description of the person(s) committing the crime

- Tell the security staff the direction of travel if the person starts to leave

If already completed:

- Report the incident to the security office and lodge FIR in the Police station.
- Gather as much information as possible about the stolen items
- Cancel credit cards and checks if they are missing.

Most theft in the campus can be prevented if desirable items are properly secured. Take these steps to reduce the likelihood of theft:

- Do not leave valuables (laptop computers, purses, and cell phones, etc.) in unsecured offices or classrooms, even for a few minutes
- If you leave valuables in your car, lock them in the trunk
- Keep a record of credit card numbers and contact information so that you can cancel accounts quickly in the event of theft
- Keep a record of the make, model, and serial numbers of all electronic equipment and keep the list somewhere safe
- When going out, do not leave windows open, even just a few inches
- Use quality locks on bicycles that resist cutting from bolt cutters or wire cutters
- Follow departmental safety and security procedures
- Report suspicious activity to security immediately
- If burglarized, do not touch/handle anything in the area until after police have come and gone, so you don't destroy possible evidence