

## FIRST AID & CPR TRAINING

By Telana Steenkamp



*Whether you need it for Work, Home or Play. Book a course now.*

Global, millions of people die each year as a result of accidents or serious injury. Unfortunately many of those deaths could have been prevented had first aid been administered at the scene immediately, before the emergency services arrived. First aid, or emergency first aid is the care that is given to an injured or sick person prior to treatment by medically trained personnel.

The aim of first aid is to prevent a deterioration of the patient's situation, to aid recovery, and to preserve life. Technically, it is not classed as medical treatment and should not be compared to what a trained medical professional might do. First aid is a combination of some simple procedures, plus the application of common sense.



### AIMS OF FIRST AID:

- **To preserve life** - this is the main aim of first aid; to save lives. This includes the life of the first aider, the casualty (the victim, the injured/sick person,) and bystanders.
- **To prevent further harm** - the patient must be kept stable and his/her condition must not worsen before medical services arrive. This may include moving the patient out of harm's way, applying first aid techniques, keeping him/her warm and dry, applying pressure to wounds to stop bleeding, etc.
- **Promote recovery** - this may include applying a plater (bandage) to a small wound; anything that may help in the recovery process.

### WHAT ARE THE VITAL FIRST AID SKILLS?

**ABC (and sometimes D)** The most common term referred to in first aid is ABC, which stands for Airway, Breathing, and Circulation and D stands for Deadly bleeding or Defibrillation.

- **Airway** - the first aider needs to make sure the casualty's airway is clear.
- **Breathing** - when the first aider has determined that the airway is not obstructed, he/she must determine the casualty's adequacy, and if necessary, provide rescue breathing.
- **Circulation** - if the casualty is not breathing, the first aider should go straight for chest compression and rescue breathing.
- **Deadly bleeding or Defibrillation** - Some organizations have this fourth step, while others include this as part of circulation.



### CALLING THE EMERGENCY SERVICES:

When dealing with a life threatening emergency, the numbers to dial are:

- 10177** - From a landline- or pay-phone.
- 112** - From your cell phone

Calling these numbers you will get through to the emergency call dispatch-center in the area you are calling from.

You can call these numbers for ANY life-threatening emergency- needing an Ambulance, Fire Department, Rescue Units or even the Police.



## TRUSTED INJURY TREATMENT THAT ARE DEAD WRONG

Today, Ann LaBelle admits that it was a stupid thing to do. But when she jumped off her boyfriend's motorcycle and burned her inner leg on the tailpipe, she didn't know how to treat the injury. "It burned a hole right through my jeans, about the size of a fifty-cent piece." Her boyfriend's mother suggested she clean the area and put butter on it. For the next several days, LaBelle repeated the process. "It kept getting redder and redder, and it really hurt." Two weeks later, when the burn wasn't healing, and she developed a 104 degree fever, LaBelle went to the hospital. There she was given antibiotics to fight the infection. But they didn't help. About a month later, she underwent surgery to close up the wound.

LaBelle made an all-too-common mistake—she relied on an old wives' tale. First-aid treatment has evolved, and many of our mothers' remedies are no longer recommended.

How to evaluate and maintain the ABC of a patient depends on how well trained the first aider is. As soon as ABC has been secured, the first aider can then focus on any additional treatment.

## TRAINING COURSE: First Aid Level 1

**Duration:** 2 Days

**SAQA Details:** Unit Standard 119567 – Level 1  
Credit 5

This course is for persons required to assess the emergency situation and providing basic Life Support and basic First Aid in order to stabilise patients prior to transfer to the emergency services.

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## HELPDESK CONTACT DETAILS

### LabourNet Solutions

LabourNet Helpdesk: 0861 522 638

Email Us: [support@labournet.com](mailto:support@labournet.com)

[www.labournet.com](http://www.labournet.com)

