

JOB ROLE: GENERAL DUTY ASSISTANT

Sector- Health Care

(Qualification Pack Code: HSS/Q5101)



PSS Central Institute of Vocational Education
Shymala Hills, Bhopal – 462013 , Madhya Pradesh, India

www.psscive.ac.in

UNIT 4: FIRST- AID

Session 1:

Principles and Rules of First- Aid

Content

Title	Slide No.
Session Objectives	4
First Aid	5
Principles of First Aid	6
Rules of First Aid	7
Health Emergency	8
Health and Safety Risks at Workplace	9
Types of Hazards	10
Summary	11

Session Objectives

The student will be able to

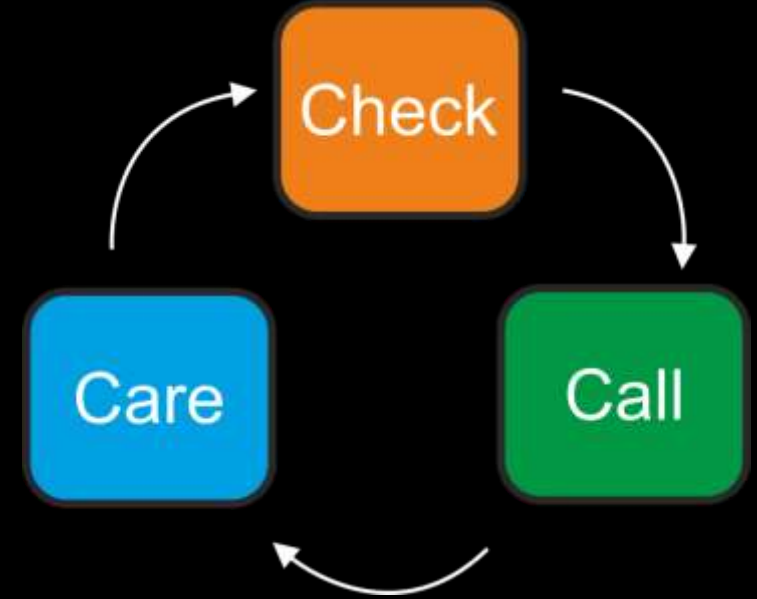
- Describe Principles of First Aid
- Explain Rules of First Aid
- Enlist Health Emergency and hazards at workplace
- Differentiate Types of Hazards

Principles of First Aid

The basic principles of first aid are to:-

1. Preserve life.
2. Ensure protection of the casualty from further harm.
3. Provide pain relief.
4. Prevent the condition from becoming worsening.

Rules of First Aid



- **Check** : Find out what has happened, and then what is wrong with the person. Comfort the victim and arrange shelter.
- **Call** : Arrange for professional medical aid.
- **Care**: Help the victim, preferably without moving him or her.

Health Emergency

Situation of **danger** or **risk to health** due to sudden illness or accident and require immediate help.

These are:-

- (i) Electric Shock
- (ii) Breathing Difficulty
- (iii) Burns
- (iv) Bleeding,
- (v) Injury
- (vi) Fracture
- (vii) Heart Attack

Health and Safety Risks at Workplace

Risk Factor at Work-The probability of a person to experience an adverse health effect if exposed to a hazard are considered the risk factors at work.



Types of Hazards

S. No.	Hazards	Examples
1	Biological	Bacteria, virus, insects, plant, birds, animals
2	Chemical	Acid, poison , cleaning agents
3	Radiation	Radioactive substance
4	Physical	Slippery surface, falling objects, mishandling, tools, equipments, noise, pressure, bullying
5	Ergonomic	Improper workstation layout, wrong posture
6	Psychosocial	Violence, stress, conflict, discrimination
7	Safety	Accident, slipping, collision, breakdown

Summary

- First aid is the assistance or aid or treatment given to a patient in emergency situation before arrival of medical staff to reduce pain and discomfort.
- Rules of first aid are check, call and care.
- Health emergency such as injury, accident or attack and hazards of biological, chemical and physical nature at workplace needs first aid.

Assignment

1. Visit a hospital or institute and find out First Aid measure adopted.
2. Write the principles and rules of First Aid.



Thank You

Presented By
Mrs. Sudha Tiwari
Mr. Rahul Deshmukh

Contact us

Joint Director

PSS Central Institute of Vocational Education
Shyamla Hills, Bhopal – 462013 , Madhya Pradesh, INDIA

E-mail: jdpsscive@gmail.com
Tel. +91 755 2660691, 2704100, 2660391, 2660564
Fax +91 755 2660481
Website: www.psscive.ac.in