

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 2:

Identify Facilities, Equipment and Materials for First Aid

Content

Title	Slide No.
Session Objectives	4
First Aid Facilities	5
First Aid Room	6-8
First Aid Kit	9-10
Medications and Materials in First Aid kit	11
Drugs for Common Ailments	12
First Aid Articles	13
Summary	14

Session Objectives

The student will be able to:-

- **Describe First Aid Facilities**
- **Explain First Aid Room**
- **Prepare First Aid Kit**
- **Enlist Drugs for Common Ailments**

First Aid Facilities



- Consists of supplies and equipment's to stabilize patient's condition en-route.
- Should be easily available and located at points convenient to workers.
- Should be provided by all employer to their employees.
- Includes First Aid room, First Aid kit, health centre and First Aid equipment.

First Aid Room

Facilities at First Aid Room should include: -

- Name plate with Symbol of -FIRST AID
- Proper lighting and ventilation
- Table and Chair
- First Aid kit
- Examination Lamp
- **Sink and wash basin with cold and hot water**
- Container for Sharp Equipment

Cont...

First Aid Room

- Sterilizer
- Stretcher
- Medical examination Couch
- Cupboards for storing medicines, dressings and linen
- Electric Power Point
- Suitable Seating
- Container for soiled dressing and Medical waste
- A portable Screen

Cont...

First Aid Room

- Telephone and Directory of Emergency phone Number
- Toilet facilities
- Work bench and dressing trolley
- Oxygen cylinder
- Resuscitation equipment

First Aid Kit

- Band-aids of all sizes.
- 4" by 4" gauze pads
- 4" by 4" dressing bandages
- 2" dressing rolls or crepe bandage
- Medical tape.
- Cotton balls.
- Safety pins.
- Alcohol pads or isopropyl alcohol



• **Cont...**

First Aid Kit

- Antimicrobial hand wipes
- Hydrogen Peroxide.
- Sterile water bottle.
- Eye flushing solution bottle with an eye cup.
- Ace bandage
- Arm sling.
- Chemical ice pack.

Medications and Materials in First Aid kit

- Antibiotic Ointment
- Medicated sunburn spray or cream.
- Calamine lotion.
- Insect sting relief pads.
- Tablet Tylenol (Acetaminophen) as pain and fever reducer.
- Tablet Advil (Ibuprofen) –as anti-inflammatory

Drugs for Common Ailments

Ailments	Drugs
Allergies	Tablet Cetrizine
Headache	Tablet Saridon, Aspirin
Heartburn/ Acidity	Tablet/Syrup Digene
Nasal Congestion	Vaporub for rubbing on nose and chest
Cough and Cold	Tablet for cough and cold or syrup
Fever/Flu	Paracetamol (also as General Pain Killer)
Constipation	Isabgol Husk (with hot milk/water)
Sprains and Strains	Tablet Flexon /Combiflam (as anti-inflammatory painkillers)

First Aid Articles

- Chemical hot pack Thermometer - oral and rectal (for kids).
- Tweezers.
- Scissors.
- Torch.
- Nail clippers.
- Jack knife.
- Clean string for various purposes.
- Sterile gloves

Summary

- First Aid facilities includes First Aid room, First Aid kit, health centre and First Aid equipment.
- Facilities at First Aid Room should include all articles, tool, equipment for carrying out First - Aid.
- First –Aid kit has bandages, spirit, cotton, scissor, thermometer, gloves, water bottle etc.
- Drugs for common ailments are paracetamol, combiflam, cetirizine, digene, vaporub.



Assignment

1. Prepare a First Aid box with all equipment and material .
2. Enlist the drugs used for common ailments.
3. Enumerate articles in first aid kit.
4. Identify facilities, equipment and material of first aid box.



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