Contents

Chapter 1: Introduction **1**

- History *1*
- Rules of First Aid *4*
- Do's and Dont's 5
- First Aid Kit *5*

Chapter 2: Body Structure and Functions **9**

- Skeletal System *9*

Chapter 3: Examination of Patient **17**

- Head *17*
- Neck *17*
- Arms *17*
- Chest *18*
- Abdomen *18*
- Pelvis *18*
- Spine *18*
- Legs *18*

Chapter 4: Positioning of Casualty **19**

- Recovery Position *19*
- Prone Position *20*
- Positioning in Shock *20*
- Fowler's Position *20*
- Dorsal Recumbent Position *21*

Chapter 5: Cardiac Arrest **22**

- Definition *22*
- Signs of Cardiac Arrest *22*

Chapter 6: Shock **24**

- Effects of Shock *24*
- Causes of Shock *24*
- Types of Shock *25*
- Signs and Symptoms of Shock *26*

Chapter 7: Resuscitation **29**

- ABC of CPR (Steps) *30*
- Step–A (Airway) *30*
- Step–B (Breathing) *31*
- Step–C (Heart Compression) *32*
- Checking Effectiveness of Heart Compressions *35*

Chapter 8: Drowning **36**
- ❖ Effects of Drowning *36*
- ❖ Preventive Measures for Drowning *37*

Chapter 9: Respiratory Emergencies **39**
- ❖ Asphyxia *39*
- ❖ Airway Obstruction *41*
- ❖ Suffocation *42*
- ❖ Choking *43*
- ❖ Asthma *44*

Chapter 10: Fracture Dislocation and Muscular Injuries **46**
- ❖ Fracture *46*
- ❖ Splints *47*
- ❖ Sling *48*
- ❖ Management of Specific Fractures *49*
- ❖ Injuries to Muscles and Joints *55*
- ❖ Cramp *56*
- ❖ Stitch *57*
- ❖ Sprain *57*
- ❖ Strain *57*

Chapter 11: Spinal Injuries **59**
- ❖ Fracture of Neck *61*

Chapter 12: Rescue and Transportation of Casualty **63**
- ❖ General Principles of Transportation *63*
- ❖ Methods *63*

Chapter 13: Burns, Heat and Cold Injuries **72**
- ❖ Burns *72*
- ❖ Electric Burns *75*
- ❖ Effects of Heat *76*
- ❖ Heat Stroke *77*
- ❖ Heat Exhaustion *77*
- ❖ Sunburn *78*
- ❖ Effects of Cold *79*

Chapter 14: Poison, Stings and Bites **83**
- ❖ Definition *83*
- ❖ Effects of Poison *83*
- ❖ Types of Poison *84*
- ❖ Bites *89*
- ❖ Dog Bite *91*
- ❖ Stings *92*

Chapter 15: Bleeding and Wounds **94**
- ❖ Bleeding *94*
- ❖ Wounds *102*

Chapter 16: Bandaging **104**
- Purposes *104*
- Rules for Applying Bandages *104*
- Types of Bandages *105*

Chapter 17: Nuclear Warfare **119**
- Nuclear War *119*
- Effects of Flash Light *119*
- Effects of Heat *120*
- Effects of Blast Waves *121*
- Effects of Nuclear Radiation *122*
- Psychological Effects *123*

Chapter 18: Chemical Warfare **125**
- Peculiarities of War Gases *125*
- Methods of Delivery *125*
- Types of Chemical Agents *126*
- Chemical Safety Rule *131*
- Recognition of Chemical Casualties *132*

Chapter 19: Biological Warfare **134**
- Mode of Delivery of Biological Weapons *134*
- Size of Biological Warfare Agents *135*
- Routes of Entry in the Human Beings *135*
- Diagnosis *135*
- Treatment *136*
- Defence Against Biological Attack *137*

Chapter 20: Disaster Management **138**
- Definition *138*
- Characteristics *138*
- Types of Disasters *139*
- Principles of Disaster Planning *139*
- Prediction and Prevention of Disaster *140*
- Aims of Disaster Management *140*
- Role in Disaster Management *141*
- Supplies and Equipment *141*
- Records and Identification of Casualties *141*
- Public Information System/Center *141*
- Community Measures *142*
- Rehabilitation *143*

Chapter 21: Stroke **144**
- Causes of Stroke *144*
- Types of Stroke *144*
- Signs and Symptoms of Stroke *145*
- Signs and Symptoms of Mini Stroke *146*
- Early Warning Signs of Stroke *146*

- ❖ Warning Signs and Symptoms of Stroke *147*
- ❖ Diagnosis of Stroke *147*
- ❖ First Aid in Stroke *148*
- ❖ Prevention of Stroke *149*

Chapter 22: Facing Violence **150**
- ❖ How to Face Violent Attacker *150*

Chapter 23: First Aid in Mental Health **152**
- ❖ Causes of Suicide *152*
- ❖ Depressive Disorder *154*

Index *157*