

Lesson No: 4

FIRST AID

Q: You should not keep checking if the bleeding has stopped. Why?

A: We should not keep checking if the bleeding has stopped because this may damage or dislodge the clot that is forming and cause bleeding to resume.

Q: Why is it necessary to keep soap away from the wound?

A: It is necessary to keep soap away from the wound as the chemicals in a soap may cause irritation and itching.

Q: How is an antibiotic cream or ointment good in healing the wound?

A: An antibiotic cream or ointment is good in healing the wound because it helps keep the wound moist. They can help body's natural healing process work fast.

Q: What should you do if you are allergic to adhesive material used in most bandages?

A: If you are allergic to adhesive material used in most bandages, switch to adhesive free dressings or sterile gauze held in place with paper tape, gauze roll or a loosely applied elastic bandage.

Q: When do you need to see a doctor?

A: You need to see a doctor if the wound is not healing or you notice any redness, increasing pain, drainage, warmth or swelling.

Q: What should your first aid kit consist of?

A: Our first aid kit should consist of:

- First aid box
- Band-Aids
- Elastic bandages
- Gauze and Adhesive tape
- Antiseptic wipes
- Safety pins and tweezers
- Scissors
- Latex gloves
- Calamine lotion
- Clinical thermometer
- Analgesic tablets