

# Emergency care

## Objective

### Preserve Life

Preserving life is the primary objective of doing first aid. This involves making sure that the injury is not a life-threatening one for the individual. Someone who is trained in first aid should check for vital life signs as well, to see if an injury is life-threatening. These signs include evidence of breathing, movement, responsiveness, heart rate, and any bad external injuries.

### Prevent Injuries from Getting Worse

To prevent the injuries from getting worse, a first aider should not attempt to move the patient if they are currently bleeding or have suffered a fracture.

### Relieve Pain

First aid is there to reduce suffering for the patient, by making sure they are as comfortable as possible. This can involve giving them pain medication, elevating wounds, as well as ice packs.

### Aid Recovery

First aid helps a person heal their wounds, both in the short term and long term. Aiding recovery involves putting pressure on a bleed and wound bandages.

### Protect the Unconscious

Unconscious persons are vulnerable and require more protection. Start off by identifying and clearing away any potential hazards from the person. This is to avoid greater harm to the unconscious person and prevent harm to the first aider.

### Bringing safe zone

Bring the patient safe and if any difficulties then it should be hospitalised



Certificate will be provided to each participant upon successful completion of the course .  
Registration fees : Rs. 50/- only

## EMERGENCY CARE FOR INJURE PERSON

An Add-on (offline mode) course offered by the Department of B.P.Ed. Garhbeta College



## Course Coordinators & Internal Resource Persons

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## External Resource Person

## Course design

### Introductory Topics (3 hours)

- ❖ Aims of first aid & the role of a first aider
- ❖ Incident management
- ❖ Communicating with a patient
- ❖ Contents of a first aid kit

### Lifesaving Skills (10 hours)

- ❖ Primary survey
- ❖ The recovery position / safe airway position
- ❖ The chain of survival
- ❖ Using an Automated External Defibrillator (AED)
- ❖ Choking

### Injuries (10 hours)

- ❖ Major haemorrhage
- ❖ Recognition and treatment of shock
- ❖ Burns & scalds
- ❖ Fractures (broken bones)
- ❖ Minor injuries

### Medical Conditions (10 hours)

- ❖ Heart attack and angina
- ❖ Asthma
- ❖ Seizures and Epilepsy
- ❖ Diabetic emergencies (low and high blood sugar levels)

