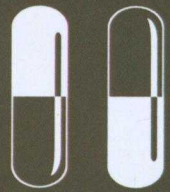
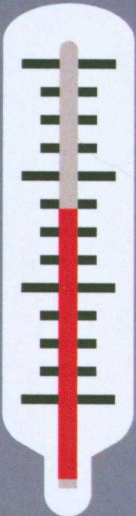
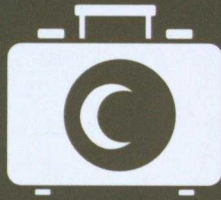
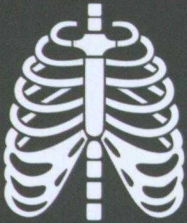
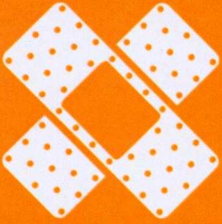


FIRST AID

A Guide for Physical
& Health Educators



Muhamad Nur Fariduddin Abdul Aziz

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PREFACE

This guidebook embarks on a journey to understand the fundamental of first aid and the underlying principles for each disease, disorder, condition and effective management. Understanding first aid can be challenging. When most people think of first aid, they think of a method to render simple aid such as placing a bandage on an open wound. Nevertheless, the prevalence of many types of diseases, disorders, and conditions has contributed to expanding first aid knowledge. Going through the journey and guiding and teaching innumerable students from universities and industries, my empathy and concern have moved me to write this book to provide students with a compact and informative guide and knowledge.

This book provides the fundamentals of first aid. Readers will be presented with the basic understanding of first aid and its application, together with the theory of certain diseases, conditions and disorders, signs and symptoms, patient management and essential practice. Several diagrams and pictures were included to assist readers relevant to their needs to aid with the understanding.

After completing this book, readers will be able to:

- Acquire the fundamental knowledge of first aid.
- Differentiate the cause, signs and symptoms of a specific disease, disorder, or condition together with the best management for the patient.
- Execute the action by rendering first aid skills necessarily.

CHAPTER

1 PRINCIPLES AND PRACTICE OF FIRST AID

INTRODUCTION

First aid is a vital initial step for providing an effective and rapid intervention that can help reduce injury and suffering and improve survival chances. Taking immediate action and applying correct and appropriate first aid measures make a difference. In addition, having a high quality, evidence-based first aid education available to people worldwide contributes to building safer and healthier communities by preventing and reducing risks in daily emergency and disaster situations.

DEFINITION OF FIRST AID

First aid is the immediate assistance provided to a sick or injured person until professional help arrives. It is concerned with physical injury or illness and other initial care, including psychosocial support for people suffering from emotional distress caused by experiencing or witnessing a traumatic event. First aid interventions seek to “preserve life, alleviate suffering, prevent further illness or injury and promote recovery”.