

## **Basic First Aid**



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**Basic First Aid** seeks to equip first aiders with the basic skills needed to effectively manage an emergency situation before the arrival of emergency care providers. The manual describes the most up-to-date basic first aid techniques for use in situations where there are limited or no resources available. It outlines step-by-step processes for a first aider to follow and administer to an ill or injured person before the arrival of emergency medical care on the accident scene or before transporting the casualty to a medical facility. Drawing on evidence-based practice and careful research into various emergency cases, this manual provides practical examples and methods to allow the first aider to provide the right kind of assistance in a medical emergency.

**Contents:**

**Unit 1 General principles of first aid**
• What it means to be a first aider
• Key points to remember as a first aider
• How to protect against infection
• Four main steps to deal with an emergency
**Unit 2 Basic life support**
• Unconsciousness
• What to do when a casualty is not breathing
• Cardiopulmonary resuscitation (CPR)
• Choking
• Fainting
**Unit 3 Injuries**
• Wounds
• Bleeding
• Shock
• Burns
• Broken and dislocated limbs
• Injuries to the head, neck and back
• Bites
• Poisonings
**Unit 4 Medical conditions**
• Stroke
• Heart attack
• Fits
**Unit 5 Community health conditions**
• Malaria
• Diarrhoea
• Cholera
• Rashes

**Unit 6 Emergency childbirth**
**Unit 7 Moving a casualty**
• What a first aider needs to remember
• How to lift a casualty
• What is the most appropriate technique to use?
• Appendix 1 First aid materials
• Index

**Key Benefits:**

* User-friendly; accessible language
* Numerous illustrations