

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## Chapter 3. Introduction to First Aid Part 1. Principles of First Aid

# **Chapter 3 • Introduction to First Aid**

### Part 1 • Principles of First Aid

(What every health-science student should know before touching an injured person)

## 1 Why Learn First Aid?

- First minutes save lives. Bleeding, blocked airways, and cardiac arrest can turn fatal in seconds to minutes.
- **Bridges the gap.** Trained responders or doctors may be 5–20 minutes away—first aid keeps the casualty alive and stable until then.
- Adds value to every profession. Whether you become a physiotherapist, nurse, or fitness coach, first-aid skills make you a safer practitioner and a more responsible citizen.

### 2 Aims and Objectives of First Aid

Think 3 P + 3 R—easy to remember and covers everything.

Aim	Plain-Language Meaning	Typical Actions
P 1 - Preserve life	Keep the person alive and breathing.	Open airway, give rescue breaths or CPR, stop severe bleeding.
P 2 - Prevent further harm	Stop the situation or injury from getting worse.	Remove dangers (fire, traffic); stabilize fractures; do not move the spine unnecessarily.
P 3 - Promote recovery	Give simple care that speeds healing.	Clean and dress a wound, apply ice to reduce swelling, reassure to lower anxiety.
R 1 - Relieve pain	Reduce suffering while you wait for help.	Position of comfort, cold compress, gentle support of injured limb.
R 2 - Reassure the casualty	Keep them calm; panic worsens shock.	Speak clearly, explain what you are doing, stay at eye level.
R 3 - Refer or arrange transport	Get professional help as soon as possible.	Call EMS (dial <b>112</b> in India), guide ambulance, hand- over details to paramedics.

Key Rule: "Do the most good, do no further harm."

Act only within your training level—nothing more, but never less.

#### 3 The "DR A B C D" Action Plan

A universal mental checklist before any first-aid action.

- 1. **D Danger**: Is the scene safe for you and the casualty?
- 2. R Response: Tap shoulders, shout "Are you okay?"
- 3. A Airway: Tilt head-lift chin (unless spinal injury) to clear airway.
- 4. **B Breathing**: Look, listen, feel for normal breathing 10 s.
- 5.  $\bf C$   $\bf Circulation$ : If not breathing, start chest compressions 100-120 min $^{-1}$ . Control major bleeding.
- 6. **D Defibrillation / Doctor**: Attach AED if available; call professional help.

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### 4 Legal Considerations in Providing First Aid

Topic	What It Means for You	Indian Context & Examples
Consent	Ask before touching if the person is conscious: "I am trained in first aid; can I help you?"	If unconscious, the law assumes "implied consent."
Good Samaritan protection	Laws shield helpers acting in good faith from legal harassment.	Govt. of India (2016) Good Samaritan guidelines: you are <b>not liable</b> for hospital costs or court appearances if you provide reasonable aid.
Duty of care	Once you start, stay until a higher medical authority takes over or you are too exhausted.	For healthcare students, abandoning a casualty mid-care can be considered negligence.
Scope of practice	Give only the aid you are trained for; don't attempt surgery or IV injections.	CPR, bleeding control, splinting are acceptable; administering prescription drugs is <b>not</b> .
Record & report	Note time of incident, what you observed, what you did—hand this to EMS.	Simple written note or smartphone voice memo suffices.
Confidentiality	Respect privacy; share details only with medical personnel.	Do not post photos or names on social media.

**Tip:** Carry a personal first-aid kit and a copy of the Good Samaritan guidelines in your bag or phone; they give confidence to act quickly.

## 5 Common Ethical Dilemmas—What Would You Do?

- 1. Bystander filming instead of helping: Politely ask them to call an ambulance and guide traffic.
- 2. **Bleeding stranger vs. risk of HIV:** Wear gloves if possible; severe bleeding takes priority—Good Samaritan law protects you.
- 3. **Child with injury but parent refuses care:** If life-threatening, call EMS; life preservation overrides parental refusal in emergencies.

#### 6 Quick Self-Check Questions

- 1. Name the three Ps of first aid.
- 2. If a casualty is unconscious and breathing, what is your next position and why?
- 3. List two actions that could make you legally liable even under Good Samaritan protection.
- Explain "implied consent" in one sentence.
- 5. What phone number connects to emergency medical services across India?

Answers: (1) Preserve life, Prevent further harm, Promote recovery. (2) Recovery (side-lying) position to keep airway clear. (3) Abandoning care midway; performing invasive procedure beyond training. (4) The law assumes an unconscious person would want life-saving help. (5) Dial **112**.

### 7 Key Take-Home Points

- Stay safe, act fast, call help. Your safety ensures you can help others.
- Follow DR A B C D every time—practice until it's automatic.
- Know your legal shield and limits. Consent, Good Samaritan law, and scope of practice protect you if you act responsibly.

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.





WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

• **Simple measures save lives.** Open an airway, stop bleeding, reassure—that alone can double survival odds.

**Next step:** Practise these principles in the skills lab: simulate finding an unconscious classmate, run through DR A B C D, and document the incident in a mock report form.

© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.