**FIRST AID BOX;**

A first aid kit is a collection of supplies and equipment that is used to give medical treatment.it includes gloves, gauze roll and pads, elastic bandages, emergency blanket, adhesive tape safety pins, thermometer, scissors, tweezers, antiseptic wipes etc..

**BASIC KNOWLEDGE OF FIRST AID :**

**IMPORTANCE:**

It is important for both you as individual and for community. It enables you to assist persons who become injured in the event of an accident or emergency situation until help arrives. If an accident happens in the workplace like at home or at the public place, being a helpless to an emergency situation can potentially worsen the situation.

**FOR CARDIC ASSIST:**

If heart is no longer pumping blood and CPR is not performed, that person may die.

According to American Heart Association and American Red Cross 2019 guidelines the steps to take when a cardiac arrest is suspected are:

* Call 911 or the medical alert system for the locale
* Immediately start chest compressions. Compress hard and fast in the center of the chest, allowing recoil between compressions.
* If you are trained, use chest compressions and rescue breathing.
* An AED (Automated external defibrillator) should be applied and used. But it is essential not to delay chest compressions, so finding one should be commended to someone else while you are doing chest compression.

**FOR BLEEDING:**

There are steps to take if you are faced with BLEEDING right now:

* Cover the wound with gauze or cloth and apply direct pressure to stop bleeding. Do not remove the cloth apply more layers if needed.
* Elevate the injured part if possible.

**FOR BURN:**

The first step to treating burn is to stop the burning process. Chemicals need to be cleaned off. Electricity needs to be turned off. Heat needs to be cooled down with running water. No matter what caused the burns or how bad they are, stopping the burn comes before the treating burn.

For serious burns, call 911.

Take these first aid steps:

* Flush the burn area with cool running water for few minutes.
* Do not use ice.
* Apply light gauze bandage.
* Do not apply ointment, butter, or oily remedies to the burn.
* Take IBUPROFEN or ACETAMINOPHEN for pain if needed.
* Do not break any blisters that may have formed.

**FOR FRACTURE:**

Take these steps for a suspected fracture:

* Do not try to straighten it.
* Stabilize the limb using a splint and padding to keep it immobile.
* Put a cold pack on the injury. Do not place ice directly on skin.
* Elevate the extremity.
* Give anti-inflammatory drugs like IBUPROFEN or NAPROXEN.

**FOR SPRAIN**

The symptoms of sprain are almost same as that of broken bone.

When in doubt, first aid of sprain should be the same as broken bones.

* Immobilize the limb.
* Apply a cold pack.
* Elevate it and take anti-inflammatory drugs.

See your doctor for further diagnosis and treatment.

**FOR NOSEBLEEDS:**

Most of us have had a bloody nose at some time in our lives. It simply means bleeding from the inside of the nose due to trauma.

There is following steps to stop blood:

* Lean forward, do not back.
* Pinch nose just below the bridge. Do not pinch the nostrils closed by pinching lower.
* Check after five minutes to see if bleeding has stopped, if not continue pinching and check after another ten minutes.
* You can apply a cold pack to the bridge of the nose while pinching.