

## Further Reading

### Safety and First Aid.

#### Burns

Burns are caused by dry heat such as hot charcoal ,hot metal and flames.The major cause of burns are fire outbreaks.Kerosene lamps,candles ,cigarettes, matches,open fires,leaking gas cylinders and faulty electrical wiring can cause fire outbreaks.

#### Scalds.

They are caused by hot liquids /Moist heat.This include hot fats,hot water,tea,milk or porridge.

#### Cuts.

They are caused by sharp objects such as knives,broken glass or sharp edges of objects.Cuts cause bleeding.

#### Fractures.

Fractures refer to broken bones .They are caused by falls,road accidents or a heavy blow.There are two kinds of a fracture.Simple fracture and a compound fracture.

#### Sprains.

A sprain is a tearing or stretching of ligaments in a joint,especially the wrist or the ankle.It is as a result of a sudden or unexpected wrenching movement at the joint,that pulls the bones within the joint apart and tears the tissues surrounding the joint.

#### Shock.

Shock is a condition of weak rapid pulse ,quick shallow irregular breaths ,cold heavy sweating ,confusion or loss of consciousness.

Shock is caused by electricity, receiving unexpected bad or good news,severe pain,loss of blood,severe diarrhoea,vomiting and allergy.

#### Fainting.

It occurs because of a temporary,inadequate supply of blood to the brain,the person feels dizzy and loses consciousness.

#### Choking.

Choking is caused by an object ,such as food ,getting stuck in the throat or air passage .This makes breathing difficult.

#### Drowning.

Drowning is caused by water left in basins ,bathtubs,karais and buckets,especially of young children. Swimming pools ,dams and water pools can also cause drowning.

Drowning people struggle to breathe but water enters the airways.

#### Poisoning.

Poisons are substances that can cause temporary or permanent damage to the body when taken in sufficient quantities. Poisons may be swallowed,inhaled,absorbed through the skin,splashed into the eye,or injected.

Poisons include toxic substances such as herbicides, Insecticides, Pesticides, Certain household bleaches and detergents ,gases, expired medication, among others.

### Snake bites.

Snake bites are caused by poisonous snakes that inject the poison present in its fangs into the bitten part of the body, the pain should be stopped from spreading through the whole body.

## Safety measures for prevention of common accidents in the locality.

- Repair broken furniture.
- Do not leave fires unattended.
- Wipe spills immediately occur to prevent falls and fractures.
- Ensure proper sanitation.
- Turn off the main gas tap completely after use to prevent gas leak.
- Maintain neatness.
- Do not store chemicals near food.
- Provide safe grounds.
- Clear bushes.
- Repair loose rags/carpets and potholes in the floor.
- Children should not be left unattended at home.

Accidents are unpredictable, but preventive measures can significantly reduce their occurrence. Here are some key safety measures for different environments:

### 1. Road Safety:

- Follow traffic rules and speed limits.
- Use pedestrian crossings and walkways.
- Wear seat belts and helmets.
- Avoid using mobile phones while driving.

### 2. Home Safety:

- Keep floors dry to prevent slips and falls.
- Store sharp objects and chemicals safely.
- Install smoke detectors and fire extinguishers.
- Keep electrical appliances in good condition.

### 3. Workplace Safety:

- Follow safety protocols and wear protective gear.
- Keep emergency exits clear and accessible.
- Report hazards and unsafe conditions immediately.
- Stay trained on first aid and fire safety procedures.

### 4. Public Place Safety:

- Be aware of surroundings and avoid risky areas.
- Keep valuables secure to prevent theft.

- Use handrails on stairs and escalators.
- Follow safety signs and guidelines in public spaces.

By adopting these safety measures, we can create a safer environment for everyone and significantly reduce the chances of accidents. Prevention is always better than cure!

## First aid Kit.

First aid is defined as the immediate/first help /emergency care or treatment given to a victim of sudden illness or injury before the arrival of a doctor, ambulance or appropriate medication.

A container where a collection of selected items are stored for use in giving first aid.

First aid kits are essential in every home and school. It must be kept in schools, workplaces, cars, public transport vehicles, sports and leisure facilities.

### Reasons for First aid.

- Save life.
- Relieve pain.
- Promote recovery.

### Contents of a First Aid Kit.

- Sterile dressings (adhesive dressings, plasters, eye pads and gauze pads)-They cover wounds, prevent infections from entering it and help blood clotting process.
- Clean drinking water - To swallow medicine.
- Cotton wool- Clean wounds, absorb discharge, hold medicine in position.
- Bandages-Hold dressing in position over wounds, to control bleeding, to support and immobilise injuries, and to reduce swelling.
- Painkillers-To relieve pain.
- Disposable gloves-To protect hands from contact with body fluids thereby preventing infections.
- Safety pins and clips-To secure bandages or dressing.
- Scissors-For cutting dead skin, bandages and dressing.
- Surgical blades-Cutting bandages, Shaving injured areas. -Trimming torn areas.
- Tweezers-Holding and removing splinters.
- Creams e.g calamine cream and ointments -For relief of sunburns, itchy bites, heat-spots or other skin irritations.
- Antiseptic/surgical spirit. -Prevent infection.

## Management of Common Accidents.

### Management of Burns and Scalds.

- Remove the casualty from the source of the burn.
- Dip the injured part in cold water to relieve pain and prevent formation of blisters. -Apply ointment/ petroleum jelly to minor burns.
- Do not break the blisters if any. This will make the injured part painful and open it for contamination.
- In case of severe burns, cover the area with sterile dressings.
- Give painkillers.

- In case of severe burns and the casualty is conscious, give cold water/milk to drink at frequent intervals to reduce dehydration as a result of burnt tissue. Reassure the patient.
- Seek medical attention.

### **Management of Cuts.**

- Wear gloves for protection.
- Clean using cotton wool and antiseptic/salt solution to prevent infection.
- Dress after drying. Cover with plaster for minor cuts.
- For deep cuts, press with a pad of cotton wool or clean hands. wear gloves to prevent infection. raise the wounded part of the limb to reduce bleeding. tie with folded cloth above the wound, loosen after a few minutes to ensure supply of blood to the injured part. Take the casualty for medical attention and anti-tetanus injection.

### **Management of Fractures**

- Do not attempt to move a casualty with a fracture. Put a splint on the broken part.
- Do not push back a broken bone
- Do not massage as it is painful.
- Move the patient using a stretcher.
- Seek medical attention.

### **Management of Sprains**

- In sprain management RICE treatment is used.
  - R for Rest,
  - I for Ice,
  - C for Compress, and
  - E for Elevate.
- Place the injured part in cold water /crushed ice cubes in a plastic paper bag. administer cold treatment for 12 hours.
- Keep the limb raised to slow down blood flow into the joint, therefore reduce bleeding.
- Give pain killers.
- After 24 hours give a hot treatment by placing the sprained part in moderately hot water several times daily.
- Seek medical attention for serious sprains.

### **Management of Shock.**

- Let the casualty sit comfortably.
- Treat the cause of shock.
- Reassure the person.
- Give a warm/hot drink if the casualty is conscious.
- Seek medical assistance.

### Management of Suffocation.

- Remove casualty to place of fresh air.
- Remove the source of blockage.
- Reassure the patient .
- Seek medical attention.

### Management of Fainting.

- Loosen all tight around the neck and waist.
- Place the person in a well ventilated area/under the shade.
- Lay the person with the head lower than the rest of the body to allow blood to move to the brain.
- Avoid overcrowding.
- Seek medical attention.

### Management of Choking

- In case of a child, hold him/her facing down by the legs and pat gently on the upper part until the food/object can be ejected out.
- If an adult, let him lean forward and backwards. hit the casualty with the palm severally between shoulder blades until The object pops out.
- Stand behind the casualty and with both hands ,hold above the navel and below the chest.press the belly with strong several jerks .The compression in the lungs will force the object to pop out of the throat.

### Management of Drowning.

- Assess the situation and rescue the person or call for help.
- Check on Air passage ,Breathing and blood Circulation.
- If the casualty is not breathing offer mouth -to-mouth resuscitation.
- Get water out of victims chest while offering mouth -mouth resuscitation.use Arm lift method or Chest pressure Arm lift method.
- keep the person warm.
- Treat for shock.
- seek medical assistance.

### Management of Poisoning.

- Check around for any suspicious container,stains on the lips of the victim or colour of vomit and burning sensation.
- Do not induce vomiting if the victim has a burning sensation,the substance is likely corrosive.give plenty of water to dilute the poison.
- For acidic poison ,neutralise with alkaline solution i.e milk of magnesia.
- For alkaline poison ,neutralise by taking an acid like fruit juice and seek medical assistance quickly,
- If it's clear No corrosive substance was taken,induce vomiting.
- Seek medical advice.

### Management of Snake bites.

- Wipe the injured part to remove the poison that is in the skin.
- Tie the cloth above the bite.
- Make cuts around the bite and squeezing out as much blood as possible.
- Make casualty lie down with the injured part lowermost.
- Reassure/calm down the casualty.
- Avoid unnecessary movements. Take the casualty to hospital