



What Is This Module About?

What do you do when someone you know meets an accident? How do you immediately treat a person who has been bitten by a dog or who has broken a bone? What can you use to help ease the pain of someone who has sprained his ankle?

This module is about giving first aid or immediate treatment to a sick or injured person. Knowing first aid is very important in saving lives especially during accidents. In giving first aid, you must be quick and careful because a victim's life may be in danger.

This module is divided into two lessons:

Lesson 1 – *Nosebleeds, Swallowing Objects, Poisoning and Dog Bites*

Lesson 2 – *Sprains, Dislocations and Fractures*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ describe common accidents and injuries that need first aid;
- ◆ explain the different procedures in giving first aid; and
- ◆ demonstrate proper ways of giving first aid for common accidents and injuries.



Let's See What You Already Know

Before you start studying this module, take this simple test first to find out what you already know about the topic.

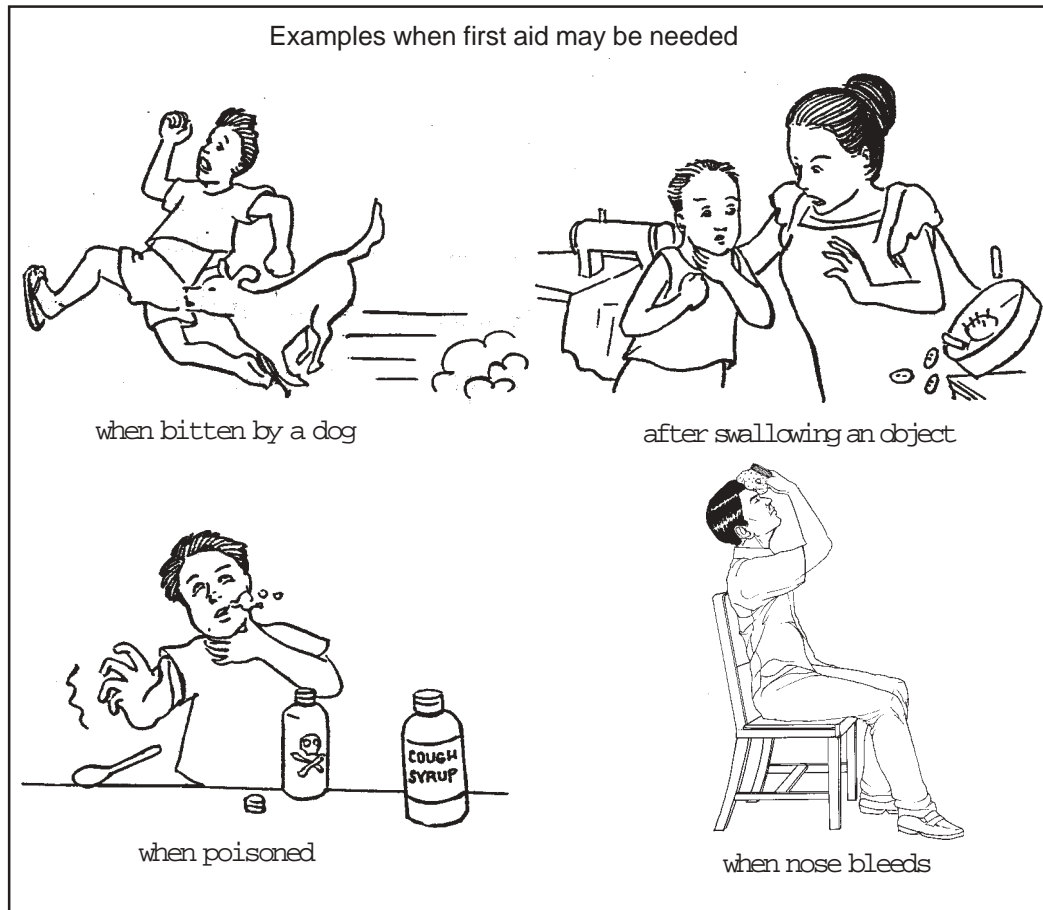
In the blanks provided, write **True** if the statement is true, and write **False** if it is false.

- _____ 1. A sudden twist or pulling of the bone causes a dislocated joint.
- _____ 2. An X-ray can show how serious a fracture is.
- _____ 3. A rolled newspaper or a piece of cardboard can be used in making a splint.
- _____ 4. Objects that are lodged in the throat should be pulled out using the fingers.
- _____ 5. A dog that has bitten a person should be killed immediately.
- _____ 6. A person who has swallowed gas or petroleum should be made to vomit.
- _____ 7. Keeping the sprained part elevated above the level of your heart will help reduce the swelling.
- _____ 8. The splint used in any kind of fracture should be tight.
- _____ 9. A person with a broken bone should not be made to move.
- _____ 10. One way of stopping a nosebleed is to put ice or a cold towel on the forehead.

Compare your answers with those in the *Answer Key* on pages 32–33.

LESSON 1

Nosebleeds, Swallowing Objects, Poisoning and Dog Bites



Accidents happen at any time and at any place. How can you be sure that you are safe inside or outside your house? Study the pictures on the left. What do you see in them? If you happen to get injured and there is no doctor around, what should you do?

First aid is an emergency care or treatment given to an ill or injured person before regular medical aid can be done. Be prepared to give first aid whenever an accident or an emergency may occur. Know what to do and what not to do to make your help effective. In other words, do only what is needed and avoid doing too much.

Now, would you like to know how to give first aid? Turn to the next page to find out how to give first aid for nosebleeds, swallowing objects, poisoning and dog bites.



Let's Read

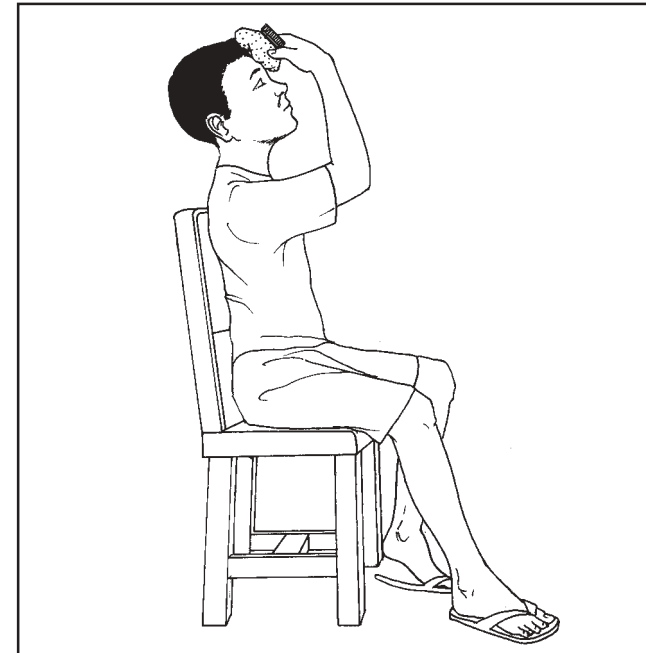
Nosebleed

It was a hot day. Jack had just arrived from the farm after helping his father harvesting the rice. Soon, he felt blood coming from his nose. Luckily, his Aunt Rosa was there. She was able to give him first aid treatment. "Aunt Rosa is like a gift from heaven," Jack thought to himself.

When Jack's nose stopped bleeding, he recalled what his Aunt Rosa did to stop the bleeding.

Here is the first aid that Aunt Rosa gave him to stop the nosebleed

1. She let him sit on a chair with his back leaning against it.
2. She tightly pinched his nose for ten minutes until the bleeding stopped.
3. She placed an icebag on his forehead. (If you have no icebag, you can use a cold towel.)
4. When the bleeding would not stop, she put a piece of cotton inside his nostrils. She left a small portion of the cotton hanging out. Then, she pinched his nose again the bleeding stopped.





Let's Think About This

Do you think you will be able to follow these steps? With your learning partner, practice how to give first aid for nosebleeds. Take turns in giving the first aid and make believe that you are the one who has a nosebleed. Request your Instructional Manager to observe you. Ask him or her for comments.

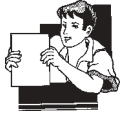


Let's Try This

These steps are not in order. Put them in the correct order by writing numbers in the blanks. Use “1” to mark the first step in stopping a nosebleed. Use “2” to mark the second step, and so on.

- _____ Place a cold or wet towel on the person's forehead.
- _____ Put a piece of cotton inside his nostrils if the bleeding does not stop.
- _____ Let him sit on a chair with his back leaning against it.
- _____ Pinch his nose tightly until it stops bleeding.

Compare your answers with those in the *Answer Key* on page 33.

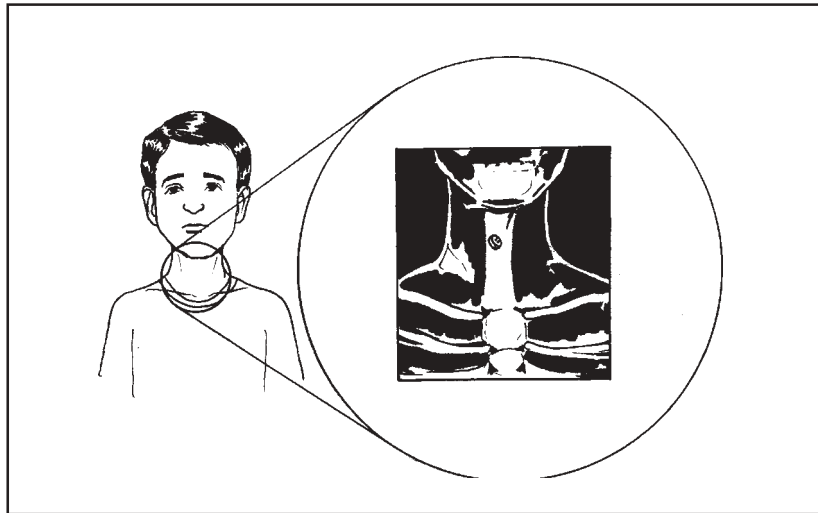


Let's Learn

Swallowing Objects

Did you ever swallow a button or a coin when you were still young? Ask your mother and father what they did to relieve you. (To *relieve* means to free you from pain or danger.)

What objects do children usually swallow accidentally? What first aid should be given in cases like these?



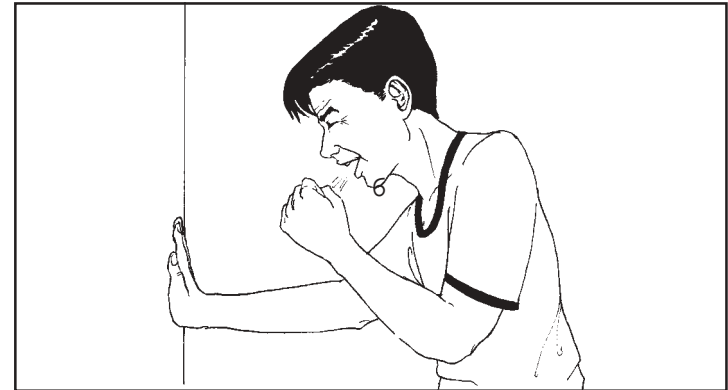
If one swallows a small object, wait for it to come out when she moves her bowel. Examples of such an object are beads, buttons, coins, marbles and seeds.

Consult a doctor if the victim complains of pain.



If one swallows sharp objects such as needles, meat bones or nails, bring him to the health center or hospital immediately. The hospital has instruments that can remove such things.

If the victim starts to choke or cannot breathe, try to make him cough. It will force out the object from his throat. Do not try to remove it with your fingers. You may push it farther down.

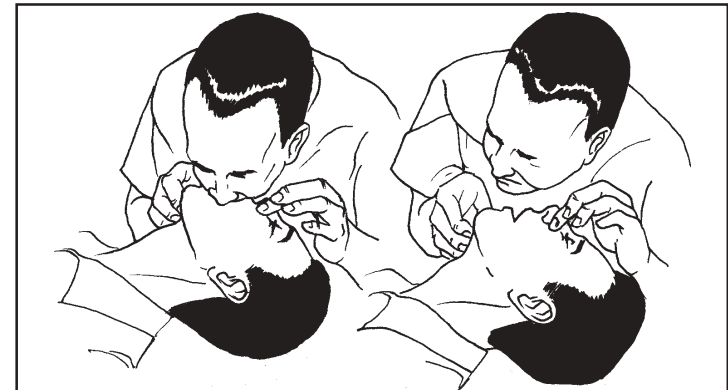


If the victim is a small child, hold his abdomen. Then, let him bend over. Next give him a strong pat on the back between his shoulders. The object will be forced out.



If the above procedures fail, call a doctor or a health worker immediately. If the victim stops breathing, revive or bring him back to life through the mouth-to-mouth process. This process is called **mouth-to-mouth resuscitation**.

In situations like these, remember not to panic or show sudden fear. Stay calm so that your actions will be right. Remember that there is a life in danger and you must save it.





Let's Think About This

What should you do when you are facing with the situations below?

1. You swallowed a seed.

2. A little boy starts to choke because of an object stuck in his throat.

3. A woman swallowed a meat bone.

4. A victim stops breathing.

Compare your answers with those in the *Answer Key* on page 33.



Let's Read

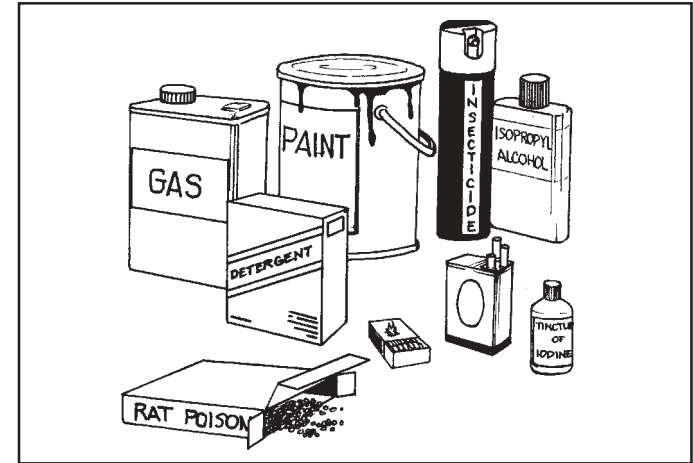
Poisoning

Poisoning is caused by swallowing, breathing in or being exposed to a poisonous substance.

Have you ever seen a person who had taken poison accidentally? How did it happen? What was done to the victim? What lessons did you learn from the experience?

Read and remember the following guidelines for preventing poisoning and giving first aid to a victim of poisoning.

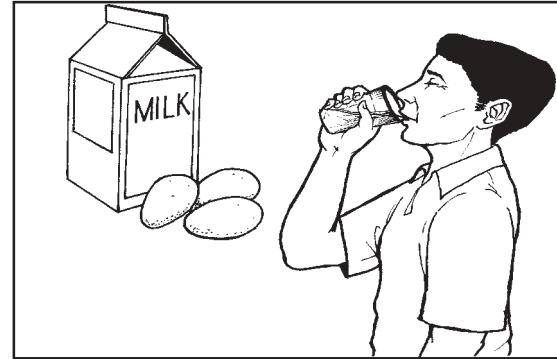
- ◆ Place all poisonous things in safe places that cannot be reached by children. These include gas, insecticides, detergents, alcohol, paints, cigarettes and matches, tincture of iodine, and rat poison.



- ◆ Call a doctor immediately when someone has been poisoned. In case a doctor hasn't arrived yet, do the following.



- ◆ If the victim is unconscious, bring him or her to the hospital immediately. **Unconscious** means lack of awareness, as if asleep. If he is conscious, ask him the cause of poisoning. You may also ask his housemates.



- ◆ If the victim has drunk acid, gas, gasoline or petroleum and her lips, mouth and tongue are burned, do not try to make her vomit. A strong poison that burns on the way down the throat will also do damage on the way back up.

For other kinds of poison, make the victim vomits by giving any of the following:

- ◆ powdered coconut shell or charcoal mixed with water
- ◆ milk with egg
- ◆ flour mixed with water
- ◆ a mixture of two parts powdered toasted bread, one part strong tea, and one part milk of magnesia



Let's Try This

Study the statements below. Which statements are correct? Place a check (✓) in the box before the number of those statements. Which statements are incorrect? Place an (X) in the box. Explain your answers.

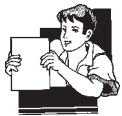
1. Leave poisonous substances within reach of children.

2. If the victim is conscious, ask him the cause of poisoning.

3. A person who has drunk acid should be made to vomit.

4. If a poison victim has become unconscious, bring her to a hospital immediately.

Compare your answers with those in the *Answer Key* on page 34.



Let's Learn

Dog Bites

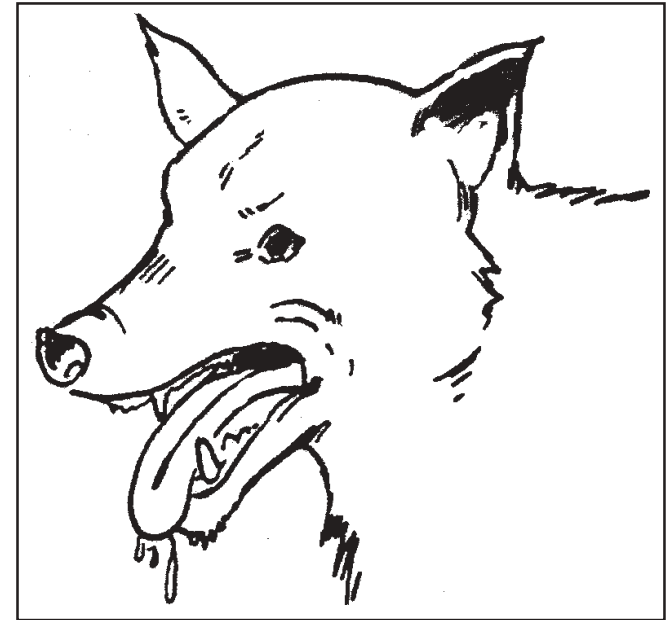
It was almost morning when Peter, James and John walked to their homes. They attended the birthday party of their good friend, Luke. Stray dogs were barking as they went by. Without warning, one of the dogs suddenly ran after them. It caught up with poor Peter and bit his leg. The friends agreed on what to do with Peter. But, they argued with each other on whether or not to kill the dog. In your opinion, what should they do?

This is what the boys decided to do:

- ◆ Wash the affected area with soap and water immediately to remove the dog's saliva.
- ◆ Leave the wound open.



- ◆ Don't kill the dog. Put it in a cage and observe it for two weeks.
- ◆ If the dog dies within two weeks, bring the victim to the health center for anti-rabies injection.
- ◆ Observe the dog. If the dog becomes fierce, refuses to eat and foams at the mouth, kill and bury it. Bring the victim to the nearest health center or hospital for appropriate treatment.



Let's Talk About This

Answer the following questions:

1. What will you do when someone is bitten by a dog?

2. Why should you not immediately kill a dog that has bitten someone?

3. What should be done if the dog dies within two weeks? Why?

Compare your answers with those in the *Answer Key* on page 34.

Let's See What You Have Learned

What should you do when you are facing with the following situations?

1. Your brother has been playing too long under the sun. He came home with his nose bleeding.

2. Your friend accidentally swallowed a meat bone.

3. A neighbor of yours drank gasoline.

4. A girl has been bitten by a dog.

Compare your answers with those in the *Answer Key* on page 35.



Let's Remember

The following are things to remember when giving first aid:

- ◆ For *nosebleeds*, pinch your nose until the bleeding stops. Apply ice or a cold towel on your forehead.
- ◆ Never try to remove *swallowed objects* using your fingers. You may push the object farther down.
- ◆ Never induce vomiting for victims of gas and petroleum *poisoning*.
- ◆ In case of a *dog bite*, don't kill the dog immediately. Put it in a cage and observe it for two weeks.

Sprains, Dislocations and Fractures

Do you like exercising? Do you often carry heavy objects? Have you ever hurt yourself during a fall?

Accidents and hard physical activities can sometimes lead to bone and other injuries. These injuries can happen anywhere – even at home. It is best that you know how to give immediate treatment for injuries like sprains, dislocations and fractures.

This lesson will enable you to determine the kind of bone, joint or other injury you, a family member or anyone may suffer from. You will also learn the proper first aid to give to a victim who has sprain, fracture or dislocation.

After studying this lesson, you should be able to:

- ◆ identify a sprain, dislocation or fracture through its signs or symptoms;
- ◆ explain first aid procedures for a sprain, dislocation and fracture; and
- ◆ demonstrate the proper way of giving first aid to a sprain, dislocation or fracture.

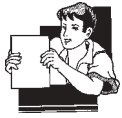


Let's Try This

Read the following statements carefully. Tell whether each statement is **correct** or **incorrect**. Write your answers in the space provided.

- _____ 1. A fracture means a broken bone.
- _____ 2. A dislocation occurs when sudden stretching or twisting of a bone moves a joint out of place.
- _____ 3. A sprain usually happens when a bone is broken.
- _____ 4. You should not move the broken part of a victim's body.
- _____ 5. Keep the affected part of a sprain below the level of the heart.
- _____ 6. Put an icebag over a dislocated joint.
- _____ 7. There is no need to bring a fracture victim to a hospital.
- _____ 8. The waist is the area usually affected by a sprain.
- _____ 9. Make sure that the splint for the fracture is very tight.
- _____ 10. A victim of a dislocation does not need first aid.

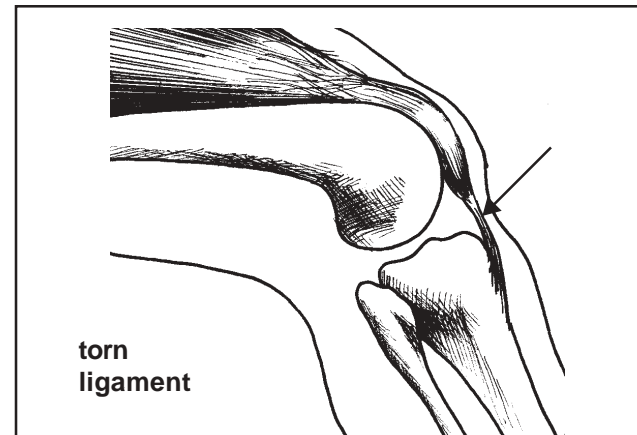
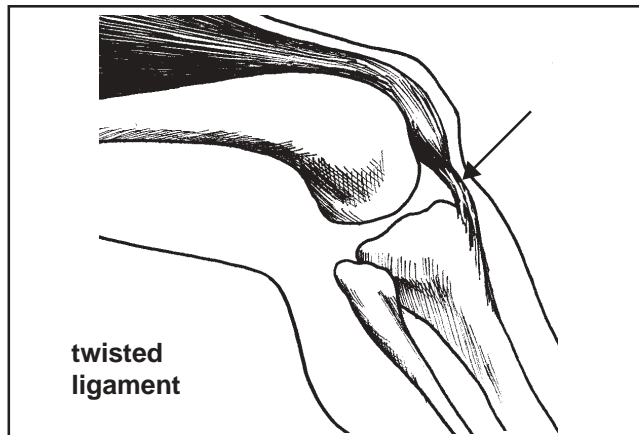
Compare your answers with those in the *Answer Key* on pages 35–36.



Let's Learn

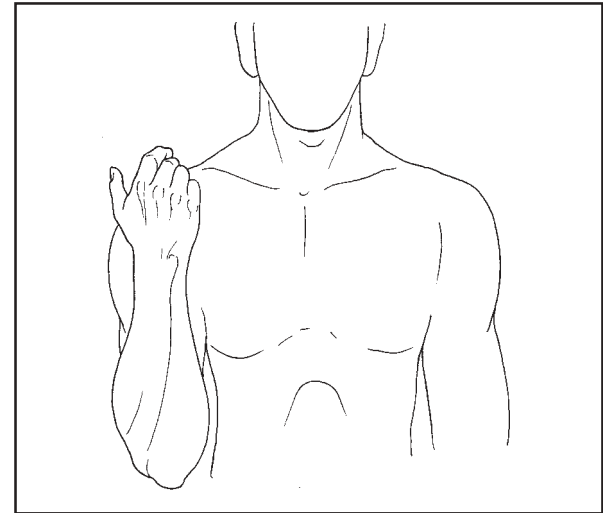
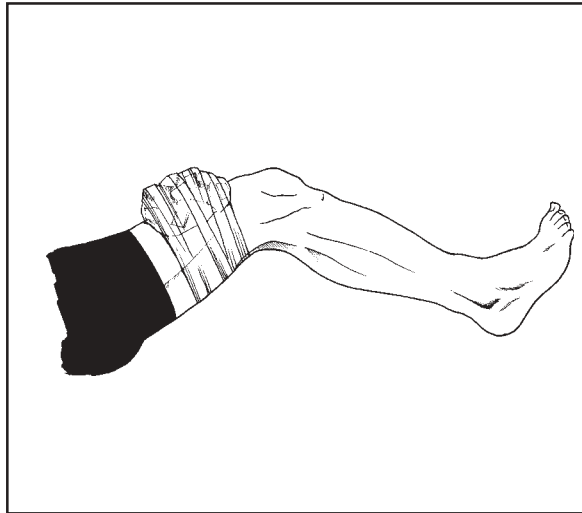
Sprains

A **sprain** is a common injury. It usually happens when ligaments or tendons get forced, twisted or torn. A **ligament** is a sheet or band of tough tissue connecting bones or supporting muscles or organs. A **tendon** is a cord of tissue that attaches the muscle to a bone. The areas usually affected are the ankles, wrists, shoulders and hips. The signs are pain, swelling and difficulty of moving the affected area. Change in skin color may appear later. It may take weeks before the injury is completely healed.



Treatment depends on how bad or serious the sprain is. But in any each case, the immediate treatment will help to control the swelling and pain. This is known as the **RICE** (**R**est, **I**ce, **C**ompression and **E**levation) treatment.

Rest: Avoid moving or using the affected area to avoid added pain or injury. Try to exercise the injured part once it has healed slowly.



Ice: Apply ice (using bags with crushed ice, cold packs, etc.) to the affected area for the first 24 to 48 hours to prevent or minimize swelling.

Compression: This involves putting pressure or pressing on the affected area. Wrap an elastic bandage around the affected area to keep the ice in place. Do not wrap it so tightly such that the flow of blood would be interrupted. After 10-15 minutes, loosen the bandage and remove the ice. Ice may be reapplied for 15-20 minutes every one or two hours for the first six hours after the injury. As long as the affected area is swelling, continue to apply ice 3-4 times a day.

Elevation: This means placing the affected area above the level of the heart make the flow of blood slowly to the injury.

Sprains must be studied carefully. If the tear is very serious, call a doctor. If he cannot come immediately, do not apply a bandage, but keep the injured part elevated and at rest until he arrives. He may request for an X-ray of the affected area to make sure there are no other injuries.



Let's Try This

Match Column A with Column B. Match each step in the RICE treatment with its name. Write your answer in the blank before the number of each statement.

Column A

- _____ 1. Wrap an elastic bandage around the injured area to keep the ice in place.
- _____ 2. Place the injured area above the level of the heart to make the flow of blood slowly to the injury.
- _____ 3. Apply an icebag or a cold pack to the injured area to prevent or reduce the swelling.
- _____ 4. Avoid using or moving the affected area to prevent further pain or injury.

Column B

- a. Rest
- b. Ice
- c. Compression
- d. Elevation

Compare your answers with those in the *Answer Key* on page 36.



Let's Read

Dislocations

Sudden stretching, twisting or pulling of the bone results in a *dislocation*. Here, a bone dislocates or moves away from its normal position or location at a joint. A **joint** is a part in the body where two bones are joined or connected. A bad fall or too much body movement may result in dislocations.

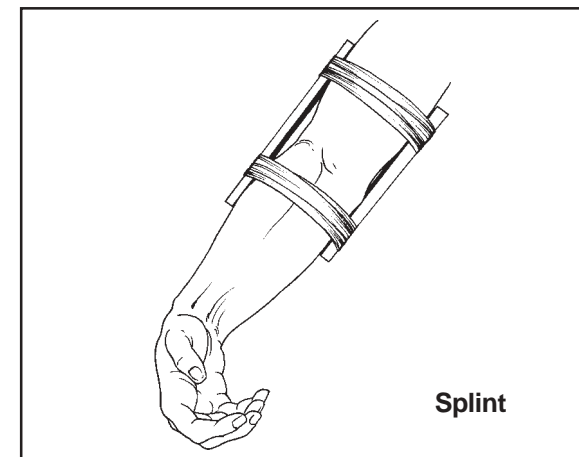
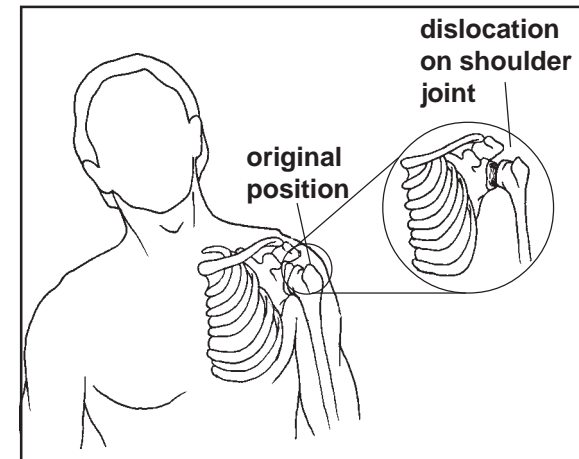
The most common dislocations occur in the shoulder, elbow or finger.

The signs of a dislocation are swelling, pain, tenderness and change in skin color of the area. The area may appear abnormal. There may be a bump or a hollow.

If you suspect a dislocation, do not move the area. You may use a splint. A **splint** is any device or object that may be used to support the dislocated body part and keep it from being moved. You may use any of these objects for a splint depending on the size of the area affected: a tongue blade or depressor, pencil stub, cardboard, broomstick, cane, crutch, mopstick, piece of board, rolled newspaper, or an umbrella.

Try to keep the joint elevated or above the level of the heart to make the flow of blood slowly to the area.

In the case of **any** dislocation, it is advised to wait for a doctor to set the dislocated bone back to its proper position. Just prevent the movement of the dislocated area. More importantly, **no attempt at all should be made if there is an open wound near the dislocated area.**





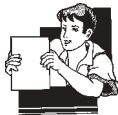
Let's Talk About This

1. What is a dislocation?

2. What are the signs of a dislocation?

3. What is the first aid or immediate treatment for a dislocation?

Compare your answers with those in the *Answer Key* on page 37.



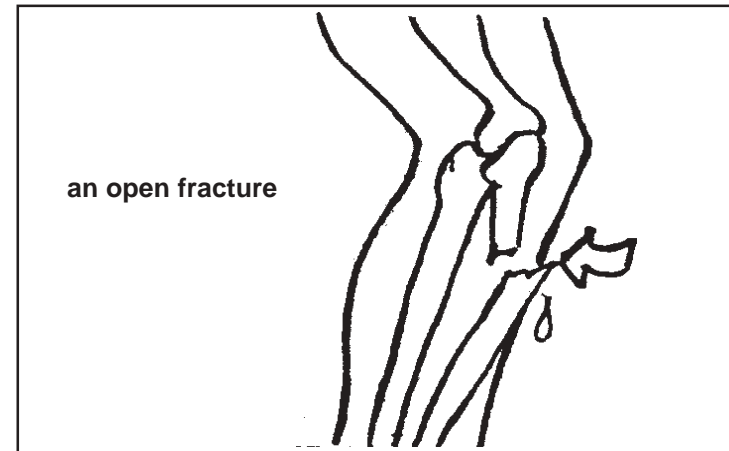
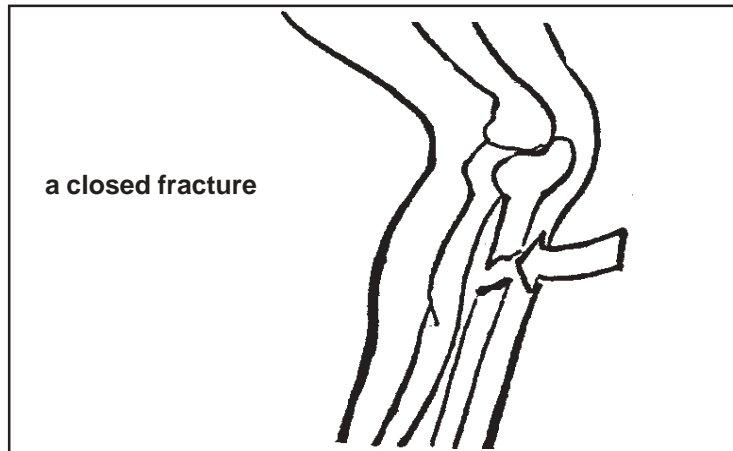
Let's Learn

Fractures

Have you ever had a broken bone? A broken bone is called a **fracture**. A fracture must be carefully handled. The most common signs of a fracture are:

- ◆ Pain at the affected area.

- ◆ The area may or may not appear normal. There may be swelling, a bump or a hollow.
- ◆ The victim cannot put weight on the area without experiencing pain.
- ◆ A scratching or rough feeling or sound may be present when the injured area is moved.
- ◆ There are two kinds of fracture:

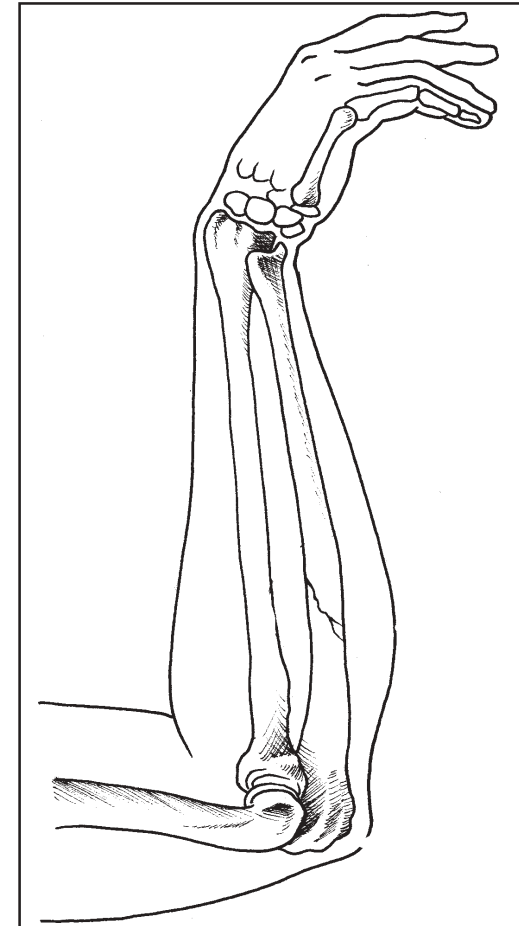


A **closed** or **simple fracture** does not break or pierce through the skin. If it is not properly cared for, it could be further injured. If you believe there is a fracture:

- ◆ Check for swelling around the affected area.
- ◆ There may be a change in the color of the skin. If the victim complains of tenderness and pain in the area or says that he felt or heard a bone break, bring him to a doctor immediately.

An **open** or **compound fracture** pierces through the skin. There may be serious bleeding. Do not apply pressure to an open fracture to stop the bleeding. Here is what you should do for a compound fracture.

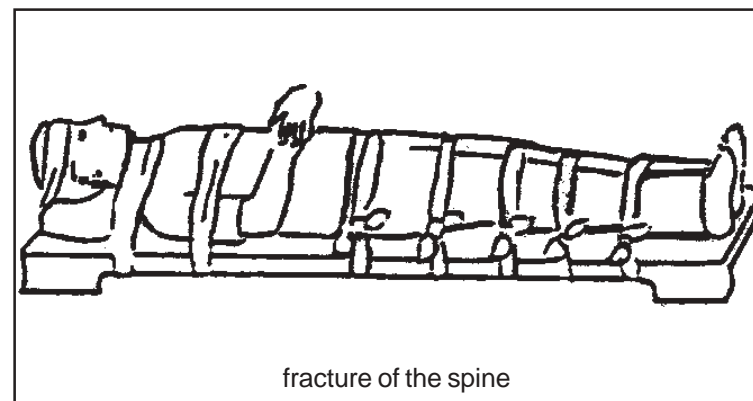
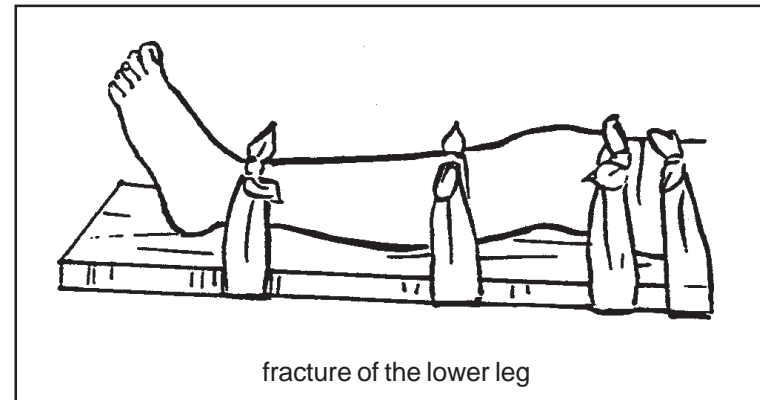
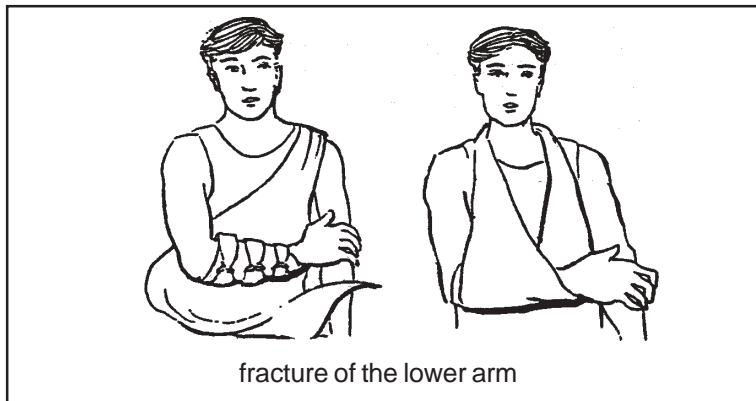
- ◆ Cover the injured area with a clean, fresh pad or a light bandage.
- ◆ Apply a splint to keep the bone from causing further injury to the areas around it. If the victim must be moved, splint him where he lies before moving him.
- ◆ Call a doctor immediately or bring the victim to a hospital. Expert handling is needed to save the victim's life or prevent serious or permanent damage. An X-ray may be taken to find out how serious the fracture is.
- ◆ Avoid moving the victim, but keep him warm, comfortable and calm.





Let's Try This

Study the pictures below. You will see that there are different kinds of splints used for different kinds of fractures. Do you think you'll be able to make a splint? Work with your co-learners on how to make different kinds of splints. Ask your Instructional Manager for supervision and assistance.





Let's Think About This

1. What is the difference between a simple and a compound fracture?

2. What are the common signs of a fracture?

3. What is the use of a splint?

4. What will you do if a friend of yours accidentally fractured his lower left arm and the bone pierced through the skin?

Compare your answers with those in the *Answer Key* on pages 37–38.



Let's See What You Have Learned

Write the letter of the correct answer in the space before the number of each statement.

- _____ 1. To ease the pain of a mild sprain, what should be done?
- a. Apply an ice pack on it.
 - b. Massage the area.
 - c. Apply oil on the sprain.
 - d. Rub the area with alcohol.
- _____ 2. To find out how serious the bone fracture is, what is the best thing to do?
- a. Have its picture taken.
 - b. Take an X-ray.
 - c. Feel the skin.
 - d. Massage the area.
- _____ 3. A dislocated bone can only be set back in place by _____.
- a. anyone available
 - b. a midwife
 - c. an expert with this kind of injury
 - d. a dentist
- _____ 4. What may happen if the splint is too tight?
- a. It will not cause any harm.
 - b. The flow of blood might be interrupted.

- c. It will lessen the pain.
 - d. None of the above.
- _____ 5. Your brother was given first aid for a dislocation, but after two weeks it was still swollen and painful. What should he do?
- a. There's nothing to worry about.
 - b. Loosen the bandage.
 - c. Consult a doctor.
 - d. Tighten the splint.

Compare your answers with those in the *Answer Key* on page 38.



Let's Remember

In this lesson, you learned that:

- ◆ A **sprain** occurs when ligaments or tendons get forced, twisted or torn. First aid involves the **RICE** treatment (**Rest, Ice, Compression and Elevation**).
- ◆ A **dislocation** occurs when a bone dislocates or moves away from its normal position or location at a joint. Dislocated areas should not be moved. It can only be set back by a doctor or an expert on this kind of injury.
- ◆ A **fracture** occurs when a bone is broken. It is best to bring the victim to a hospital for proper medical treatment. A splint may be used to prevent movement of the injured area while waiting for a doctor.



Let's Sum Up

In this module, you learned that:

- ◆ **First aid** is an emergency care or immediate treatment given to an ill or injured person before regular medical help can be done or applied. Thus, it is important to know how to practice first aid.
- ◆ Common emergencies that require first aid include nosebleeds, swallowing objects, poisoning, dog bites, sprains, dislocations and fractures. Further injury and permanent damage may be prevented when you have knowledge of first aid.



What Have You Learned?

Study the following situations. Give the proper first aid for each injury. Write your answers on the space provided.

1. Your friend stayed out under the heat of the sun for too long. His nose was bleeding.

2. You are in a restaurant. The woman in the table beside you accidentally swallowed a meat bone.

3. Your sister sprained her ankle while exercising.

4. Your sister dislocated her wrist bone when she lifted a heavy bag.

5. You saw a man fell from the second floor of a building. You rushed to him and saw part of his leg bone piercing through his skin.

Compare your answers with those in the *Answer Key* on page 39.

If the number of correct answer you got is:

- 5 Very good! You have learned much from this module.
- 3–4 Good! You just need to review the parts that you did not understand clearly.
- 0–2 You need to study the module again.



Answer Key

A. Let's See What You Already Know (page 2)

- True. 1. A dislocation results from sudden stretching, twisting or pulling of the bone. Here, a bone dislocates or moves away from its normal position or location at a joint.
- True. 2. You can't tell just by looking how serious a fracture or broken bone is. An X-ray is needed to see a fracture more clearly.
- True. 3. A rolled newspaper or a piece of cardboard can be used in making a splint, as long as these materials can provide the support needed to prevent the injured area from any movement.
- False. 4. An object that is trapped in the throat should not be pulled out with the fingers because this will only push the object farther down.
- False. 5. The dog that has bitten a person should not be killed immediately. Put the dog in a cage and observe it for two weeks. However, if the dog starts to become fierce, refuses to eat and foams at the mouth, you may then kill it.
- False. 6. A person who has swallowed gas or petroleum should not be made to vomit. A strong poison such as gas or petroleum that burns on the way down the throat will also do damage on the way back up.
- True. 7. If the sprained part is kept elevated above the level of the heart, flood will flow slowly and prevent the area from swelling.
- False. 8. The splint should not be tight in any kind of a fracture. This may interrupt the flow of blood or prevent the blood from flowing normally.

True. 9. A person with a broken bone should not be made to move or should be prevented from moving the injured part of his body. Movement may worsen his injury and may result in permanent damage.

True. 10. One way of stopping your nose from bleeding is to put ice or a cold towel on your forehead.

B. Lesson 1

Let's Try This (page 5)

_____ Place a cold or wet towel on the person's forehead.

_____ Put a piece of cotton inside his nostrils if the bleeding does not stop.

_____ Let him sit on a chair with his back leaning against it.

_____ Pinch his nose tightly until it stops bleeding.

Let's Think About This (pages 8–9)

- 7 1. I will wait for the seed to come out when I move my bowel.
- 3 2. I will make the boy cough, so the object will be forced out from his throat. I will not remove the object with my fingers because I may push it farther down.
- 7 3. I will immediately bring the woman to a health center or a hospital. The doctors or health workers there have instruments that can remove the meat bone from her throat.
- 3 4. I will call a doctor immediately. While waiting for the doctor, I will give the victim mouth-to-mouth resuscitation to revive her.

Let's Try This (pages 11–12)

1. Leave poisonous substances within reach of children.

Poisonous substances should not be kept where children can easily reach them. The children may get curious and accidentally drink or swallow the substances.

2. If the victim is conscious, ask him the cause of poisoning.

To know the proper first aid you should give to a victim of poisoning, you must know what poisonous substance he has drunk or swallowed.

3. A person who has drunk acid should be made to vomit.

A person who has drunk acid should not be made to vomit. A strong poison such as acid that burns on the way down the throat will also do damage on the way back up.

4. If a poison victim has become unconscious, bring her to the hospital immediately.

It is important that you immediately bring a poison victim to a hospital especially if she is unconscious.

Let's Talk About This (pages 13–14)

1. When someone is bitten by a dog, I will wash immediately the affected area with clean water and soap to remove the dog's saliva. I will leave the wound open. I will put the dog in a cage and observe it to know if it has rabies so I can bring the victim to a hospital if needed.
2. I should not immediately kill the dog that has bitten someone. I should put the dog in a cage and observe it for two weeks. Observing the dog will let me know if the dog has rabies.
3. If the dog dies within two weeks, the victim should be brought to a health center or a hospital so he can be given an anti-rabies injection.

Let's See What You Have Learned (pages 14–15)

1. I will let my brother sit on a chair with his back leaning against it. Then, I will pinch his nose tightly until it stops bleeding. I will place a cold towel on his forehead. If the bleeding does not stop, I will put a piece of cotton inside his nostrils.
2. I will immediately bring my friend to a hospital or a health center. The doctors or the health workers have instruments that can remove the meat bone from her throat.
3. I will immediately call a doctor or bring my neighbor to a hospital. I will not force my neighbor to vomit because vomiting may further damage his throat.
4. I will wash the bitten area with clean water and soap to remove the dog's saliva. I will leave the wound open. I will have the dog put in a cage and observed for signs of rabies. If the dog dies within two weeks or shows signs of rabies, I will bring the girl to a hospital for an anti-rabies injection.

C. Lesson 2

Let's Try This (page 17)

- Correct. 1. When a bone is broken, a fracture has occurred.
- Correct. 2. Sudden stretching or twisting of a bone moves a joint out of place. A dislocation occurs.
- Incorrect. 3. A sprain affects a tendon or a ligament, not the bone itself. A tendon is a cord of tissue that attaches the muscle to a bone. A ligament is a sheet or band of tough tissue connecting bones or supporting muscles or organs.
- Correct. 4. The broken part of a victim's body should not be moved. Moving the broken part may result in a more serious or permanent damage.

- Incorrect.** 5. You should keep the affected part of a sprain above the level of the heart, not below. The purpose of this is to slow down the flow of blood to the affected area so that not much swelling will occur. Placing the affected part below the heart level will produce much swelling.
- Incorrect.** 6. Putting an ice bag over a dislocated joint is not the proper first aid for a dislocation. Instead, a splint should be made to prevent the affected area from being moved farther.
- Incorrect.** 7. A fracture victim should be immediately brought to a hospital so he may be given proper medical treatment. Failure to bring the victim to a hospital may result in a more serious or permanent damage.
- Incorrect.** 8. The waist is not an area usually affected by a sprain. The usually affected areas are the ankles, wrists, shoulders and hips.
- Incorrect.** 9. A splint for a fracture should not be very tight. If the splint is too tight, it may interrupt the normal flow of blood in the area.
- Incorrect.** 10. A dislocation, as well as most other injuries, needs first aid. This is to prevent a more serious and permanent damage.

Let's Try This (page 20)

- (c)** 1. is the answer. In compression, an elastic bandage is wrapped around the injured area to keep the ice in place.
- (d)** 2. is the answer. In elevation, the injured area is placed above the level of the heart to slow the flow of blood to the injury.
- (b)** 3. is the answer. In ice, an ice bag or a cold pack is applied to the injured area to prevent or reduce swelling.
- (a)** 4. is the answer. In rest, the area is prevented from being used or moved so as no further pain or injury will occur.

Let's Talk About This (page 22)

1. A dislocation is an injury where a bone dislocates or moves away from its normal position or location at a joint. It usually results from sudden stretching, twisting or pulling of the bone.
2. The signs of a dislocation are swelling, pain and tenderness and change in skin color of the area. The area may appear abnormal. There may be a bump or a hollow.
3. The first aid or immediate treatment for a dislocation is to prevent the movement of the injured area. A splint may be used to support the dislocated part and prevent it from being moved. The joint is elevated or kept above the level of the heart to slow the flow of blood to the area. A doctor is called to set the bone back to its proper position or location.

Let's Think About This (page 26)

1. In a simple fracture, the bone does not pierce through the skin. In a compound fracture, the bone breaks through the skin.
2. The common signs of a fracture are:
 - a. Pain at the affected area.
 - b. The area may or may not appear normal. There may be swelling, a bump or a hollow.
 - c. The victim cannot put weight on the area without experiencing pain.
 - d. A scratching or rough feeling or sound may be present when the injured area is moved.
3. A splint is used to support the fractured bone and prevent it from being moved to avoid further damage.

4. I will cover the injured area with a clean fresh pad or a light bandage. I will prevent his lower left arm from being moved by using a splint. I can roll some newspaper and place them at the side of the arms and tie them together. I will make sure that the splint is not too tight so as not to interrupt the flow of blood in the area. I will immediately call a doctor or bring my friend to a hospital for proper medical treatment. While waiting for the doctor, I will avoid moving my friend, but I will keep him warm, comfortable and calm.

Let's See What You Have Learned (pages 27–28)

- (a) 1. is the correct answer. To ease the pain of a mild sprain, **apply** an ice pack on it. Massaging the area, applying oil on it, rubbing it with alcohol may worsen the sprain because the area may accidentally be moved or too much pressure might be applied.
- (b) 2. is the correct answer. **Take an X-ray** to find out how serious a bone fracture is. A simple picture of the area will not show much about the injury. Feeling the skin and massaging the area may worsen the injury.
- (c) 3. is the correct answer. A dislocated bone can only be set back in place by an **expert with this kind of injury**. It cannot be done by just anyone. A midwife and a dentist are not experts in dislocation.
- (b) 4. is the correct answer. If the splint is too tight, **the flow of blood might be interrupted**. It might cause further harm. It will not lessen the pain.
- (c) 5. is the correct answer. My brother should **consult a doctor** about his dislocation. His injury is something he should be worried about because after two weeks it is still swollen and painful. Loosening the bandage will not help heal his injury because the injury might be worse than he thought. Tightening the splint might bring further damage because it will interrupt the normal flow of blood in the affected area.

D. What Have You Learned? (pages 29–30)

1. I will let my friend sit on a chair with his back leaning against it. Then, I will pinch his nose tightly until it stops bleeding. I will place a cold towel on his forehead. If the bleeding does not stop, I will put a piece of cotton inside his nostrils.
2. I will immediately bring the woman to a hospital or a health center. The doctors or the health workers there have instruments that can remove the meat bone from her throat.
3. I will give my sister the **RICE** (**R**est, **I**ce, **C**ompression and **E**levation) treatment. I will prevent movement or use of her ankle. I will put ice on the area for the first 24 to 48 hours to prevent or minimize swelling. I will wrap an elastic bandage around the area to keep the ice in place. After 10-15 minutes, I will loosen the bandage and remove the ice. I will reapply ice for 15-20 minutes every one or two hours for the first six hours after the injury. As long as the affected area is swelling, I will continue to apply ice 3-4 times a day. I will elevate the area or place it above the level of the heart to make the flow of blood slowly to the injured area. I will consult a doctor to make sure there is no further damage.
4. I will not move the injured area. I will use a splint to support his dislocated wrist bone and prevent it from being moved. I will place the area above the level of the heart to make the flow of blood slowly to the injured area. I will call a doctor to set the bone back to its proper location.
5. I will cover the injured area with a clean fresh pad or a light bandage. I will prevent his leg from being moved by using a splint. I can roll some newspaper and place them at the side of his leg and tie them together. I will make sure that the splint is not too tight so as not to interrupt the flow of blood in the area. I will immediately call a doctor or bring the man to a hospital for proper medical treatment. While waiting for the doctor, I will avoid moving him, but I will keep him warm, comfortable and calm.



Glossary

Anti-rabies injection A medicine given to a person bitten by a dog with rabies. This helps control the spread of disease in the victim's body

Choking Occurs when an object blocks the throat

Compound fracture (or open fracture) A fracture where the bone pierces through the skin

Compression Involves putting pressure or pressing on the affected area

Dislocation An injury where a bone dislocates or moves away from its normal position or location at a joint

Elevation Placing the affected area above the level of the heart to make the flow of blood slowly to the injury

First aid An emergency care or treatment given to an ill or injured person before regular medical aid can be done

Fracture A break in a bone; a broken bone

Joint A part in the body where two bones are joined or connected

Ligament A sheet or band of tough tissue connecting bones or supporting muscles or organs

Mouth-to-mouth resuscitation A method use to revive an unconscious victim. Here, the victim is artificially given air by another person.

Nosebleed Bleeding from the nose

Poisoning Caused by swallowing, breathing in or being exposed to a poisonous substance

Rabies A disease transferred to a man through a bite by an animal, usually a dog. The victim may find it hard to breathe, experience fever and die.

Simple fracture (or closed fracture) A fracture where the bone does not break or pierce through the skin

Sprain Occurs when ligaments or tendons get forced, twisted or torn

Splint A device or object used to support the fractured bone and prevent it from being moved to avoid further damage

Tendon A cord of tissue that attaches the muscle to a bone

Unconscious Without awareness, as if asleep



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