



FAQs

Q1. On the way to your work place you saw someone has been hit by a moving car. The car drove away very fast. The casualty is crying for help with blood on his face and hands. There is no one else to help. What will be your first and foremost responsibility in this situation?

Answer: Assess the situation if it is safe for you, the casualty and any bystander to help the casualty. If it is not safe do not approach; either make the area safe if you could or call the emergency services to make the area safe.

Q2. How will you check the casualty for consciousness?

Answer: By talking to the casualty and gently shaking his shoulders.

Q3. What are 3 techniques you would use to check for breathing?

Answer: To check if someone is breathing one should look at the chest if it is moving up and down, then bringing our ears close to the nose of the casualty listen for the breathing sound and feel for the expired air of the casualty by sticking your cheek.

Q4. What are the ABCs of First Aid?

Answer: Airway, Breathing, Circulation are known as ABC of First Aid.

Q5. You are in the canteen where one of your colleagues appears to be in distress. He is grasping his throat with both hands. What should you do to find out if he is choking?

Answer: Ask him "Are you choking" and look for any response.

Q6. If your child is choking, to remove the object put your fingers in his/her mouth or hang upside down by their feet.

- a. True
- b. False

Answer: It is false. One should never put the fingers in his mouth as it further push the object. Hanging upside down is extremely dangerous as the child may slip from your hands and such a position will have no effect on the object.

Q7. When a conscious adult is choking and cannot cough or speak, what you should do?

Answer: Give 5 firm blows between the shoulder blades followed by 5 abdominal thrusts.

Q8. What does CPR stand for?

Answer: Cardio Pulmonary Resuscitation.

Q9. What is the correct ratio of chest compressions and rescue breaths for giving CPR for adults?

Answer: 30 compressions and 2 breaths

Q10. What is the treatment for nose bleeding?

Answer: Pinch the soft part of the nose and help the person lean forward for 10 minutes. After 10 minutes, release the pressure to see if it is still bleeding. If it is still bleeding, pinch once again for another 10 minutes. One can do this for upto a maximum of 30 minutes beyond which he needs to be sent to hospital immediately.