First Aid: Steps To Do

An emergency is an immediate response giving to a severely injured or ill person. This involves a lot of decision making and the best time to make such decisions and when to act. the following includes the steps that one should take in an emergency:

Recognize the Emergency: first, check the safety of the victim and if he or she is in danger or out of danger. By checking for a sign of bleeding broken bone or any head injuries and if the victim is conscious or unconscious. I will then check the airway if clear or not then do what is necessary. And will as well check the breathing and circulation.

Decide to help: I will check importance the help maybe to the victim and offer to help. In the case where the situation is worse and immediate help is needed, I will seek the consent of the victim and persuade him or her to understand the need for help. And make sure I am confident and comfortable enough with what am doing.

Call 9-1-1 if EMS is Needed: if the victim's condition is wise for instance having difficulty in breathing severely bleeding or unconscious then I will call for medical assistance immediately.

Check the person: I will make eye contact with the victim and ask if I can help, then check the victim from head to toe at the same time looking and asking feeling for any deformity, open wounds, tenderness and swelling and identify what could be wrong.

Give First Aid: Just as I said in the first step I will check for safety and make sure the victim is out of danger whether there is any bleeding or broken bone or head injury, check whether the victim is conscious or unconscious and the check the breathing and circulation and then call for immediate assistance if needed be

Personal protective equipment according to the textbook are "equipment, such as an exam grove used to block the entry of an organism into the body" (2017, pg.29). and it can also include a face shield, helmet, goggles and respirators which protect the caregiver from the spread of infection or injuries.

Groves can be of convenience to a person if not properly remove or changed. The following are ways to remove gloves properly. Start removing one glove by pinching one glove on the side near the wrist then gently pull the glove off, whiles keeping the inside out. After removing hold, it in the glove hand. Then try and slide two of your fingers in the other glove and twist, stretch the glove away from the hand gently and pull it off gently and lastly dispose of the grove into a plastic bag and wash your hands with soap and water or you can use an alcohol-based sanitizer of there are no soap or water available.

Reference

1. First aid, CPR, and AED Alton Thygerson-Steven Thygerson - Jones & Bartlett Learning - 2017