



## 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/her 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 inhaled poisonous gas should be made to vomit.
- \_\_\_\_\_ 7. Keeping a sprained part of your body elevated above the level of your heart will help reduce its 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 your nose from bleeding is by putting ice or a cold towel on your forehead.

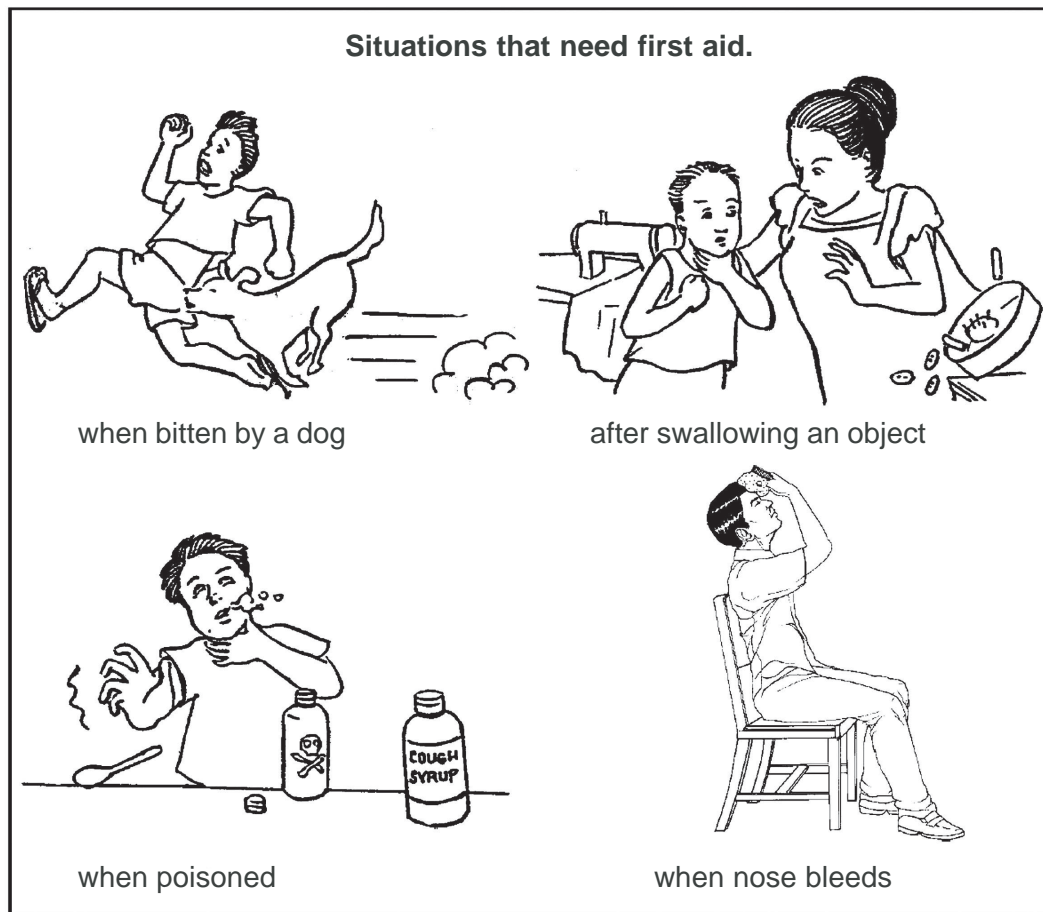
Well, how was it? Do you think you fared well! Compare your answers with those in the *Answer Key* on pages 34–35 to find out.

If all your answers are correct, very good! This shows that you already know much about the topics in this module. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This only means that this module is for you. It will help you understand some important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

## Nosebleeds, Swallowing Objects, Poisoning and Dog Bites



Accidents happen any time and anywhere. 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** refers to 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 occurs. Know what to do and what not to do to an injured person. In other words, do only what is needed and avoid doing too much.

Now, would you like to know how to give first aid for nosebleeds, swallowing objects, poisoning?



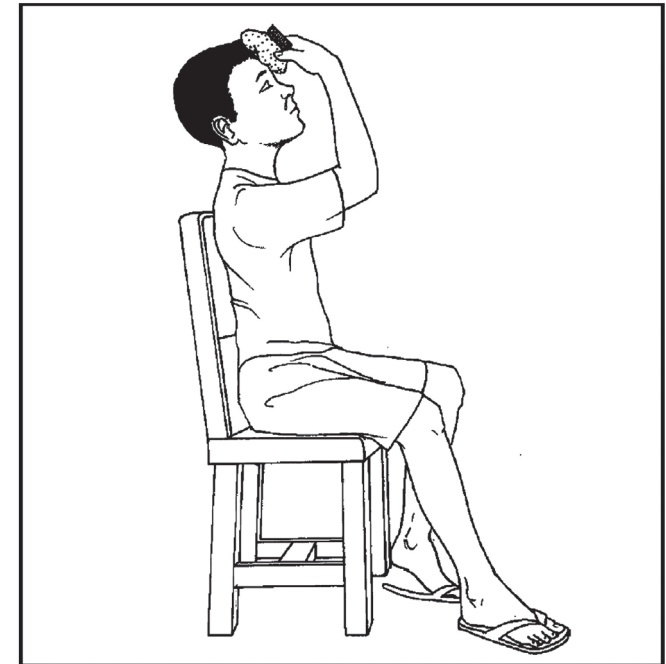
## Let's Read

### Nosebleed

It was a hot day. Jack had just arrived from the farm after helping his father harvest rice. He suddenly 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.

1. She let him sit on a chair with his back straight and his head tilted upward
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 instead.)



If the bleeding does not stop, you can put pieces of cotton inside the victim's nostrils. But make sure you leave a small portion of the pieces of cotton hanging out. Then pinch the person's nose again until the bleeding stops.



## Let's Think About This

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

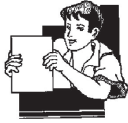


## Let's Try This

The steps given are not in proper order. Arrange them properly by writing the corresponding numbers in the blanks. Use “1” to mark the first step, “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/her nostrils if the bleeding does not stop.
- \_\_\_\_\_ Let him/her sit on a chair with his/her head tilted upward.
- \_\_\_\_\_ Pinch his/her nose tightly until the bleeding stops.

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

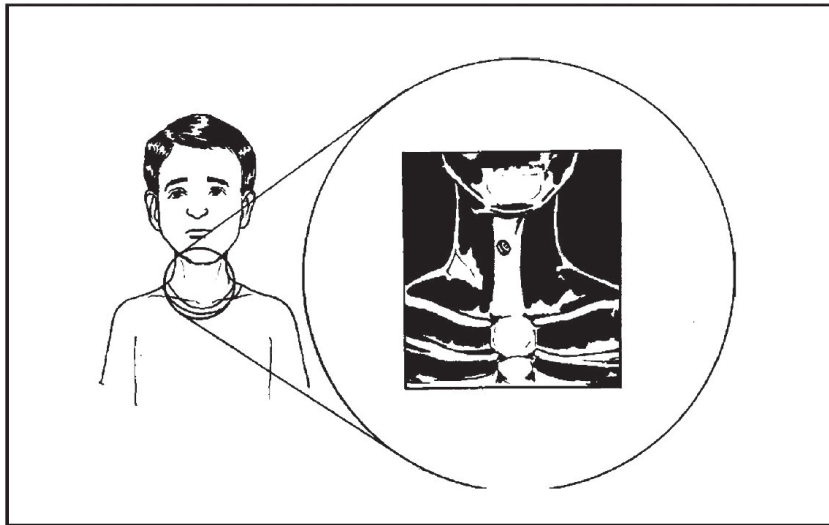


## Let's Learn

### Swallowing Objects

Have you ever swallowed a button or a coin when you were still young? Ask your mother and/or father what she and/or he did to relieve you. (To *relieve* means to free from pain or danger.)

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



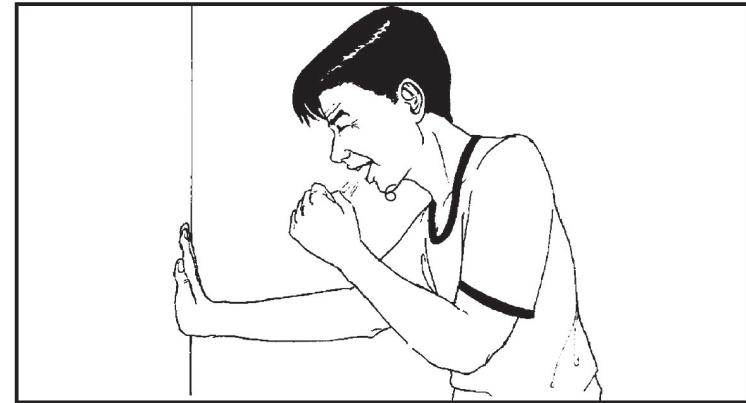
If one swallows a small object, wait for it to come out when the person moves his/her bowel. Examples of such an object are beads, buttons, coins, marbles and seeds.

Consult a doctor if the victim complains of pain.



If one swallows sharp objects such as needles, meat or fish bones or nails, bring him to a health center or hospital immediately. The health center or 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 out of his/her throat. Do not try to remove the object with your fingers. You may push it farther down.

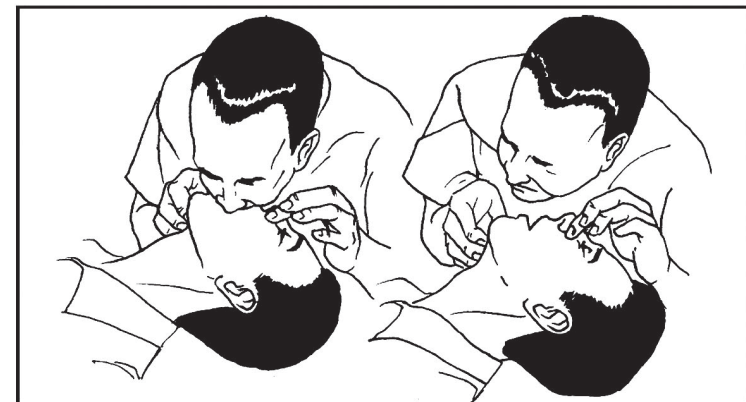


If the victim is a small child, hold his abdomen. Then let him/her bend over. Next, give him/her a strong pat on the back between his/her shoulders. The object will be forced out this way.



If the steps given above fail, call a doctor or a health worker immediately. If the victim stops breathing, revive or bring him/her back to life through the mouth-to-mouth resuscitation.

In situations like these, remember not to panic or show fear. Stay calm. 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 faced with the situations below?

1. You swallowed a seed.

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

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3. A woman swallowed a meat bone.

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4. A accident victim stops breathing.

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



## Let's Read

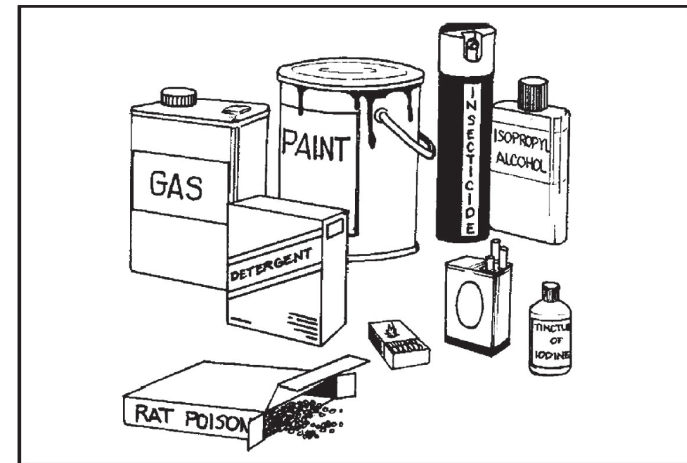
### Poisoning

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

Have you ever seen a person who had taken in poison accidentally? What happened? 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.

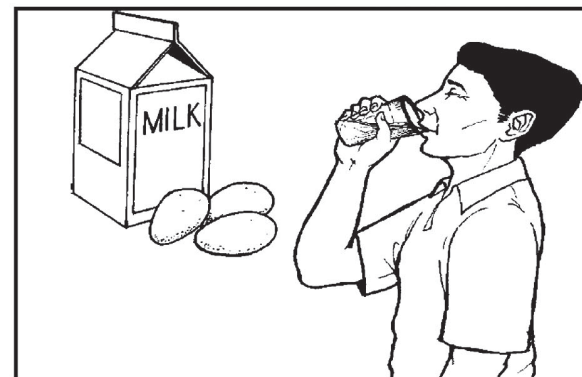
- ◆ Place all poisonous things in places that cannot be reached by children. Poisonous substances include gas, insecticides, detergents, alcohol, paints, cigarettes and matches, iodine, and rat poison.



- ◆ 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/her to the hospital immediately. Being **unconscious** means lacking awareness as if asleep. If the victim is conscious, ask him/her the cause of poisoning. You may also ask his/her housemates.



- If the victim accidentally drunk acid, gas, gasoline or petroleum and his/her lips, mouth and tongue are burned, do not try to make him/her vomit. A strong poison that burns on the way down a person's throat will do harm if he/she tries to vomit it out.

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

- ◆ powdered coconut shell 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. Place a check (✓) in the box before the number if the statement is correct. Place an (X) in the box if the statement is not correct. Explain your answer in the space provided.

1. Leave poisonous substances within reach of children.

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

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

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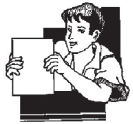
4. If a poison victim becomes unconscious, bring him/her to a hospital immediately.

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



## Let's Learn

### Dog Bites

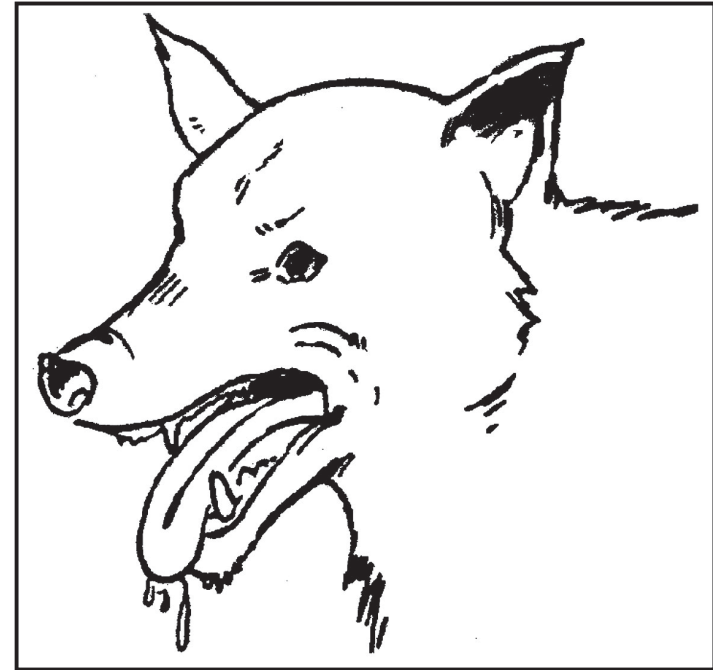
It was almost morning when Peter, James, and John walked to their homes. They attended the birthday party of their good friend, Luke. Stray dogs were barking as they passed by. Without warning, one of the dogs suddenly ran after them. It caught up with poor Peter and bit his leg. The friends agreed on 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?

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

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3. What should you do if the dog dies within two weeks? Why?

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



## Let's Remember

Remember the following when giving first aid:

- ◆ For nosebleeds, pinch your nose until the bleeding stops. Put an icebag 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.



## Let's See What You Have Learned

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

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

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2. Your friend accidentally swallowed a meat bone.

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3. Your neighbor accidentally drank gasoline.

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4. A girl has been bitten by a dog.

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

# Sprains, Dislocations and Fractures

Do you like exercising? Do you often carry heavy objects? Have you ever hurt yourself after tripping or falling?

Accidents and hard physical activities can sometimes lead to bone and other injuries. These injuries can happen anywhere – even at home. It is therefore 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 treatment to give 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 the first aid procedure for a sprain, dislocation and fracture; and
- ◆ demonstrate the proper way of giving first aid to a sprain, dislocation or fracture.

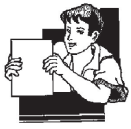


## Let's Try This

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

- \_\_\_\_\_ 1. A fracture refers to a break in a person's bone.
- \_\_\_\_\_ 2. A dislocation occurs when sudden stretching or twisting of a bone moves a joint out of place.
- \_\_\_\_\_ 3. A sprain usually occurs when a person breaks a bone.
- \_\_\_\_\_ 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.

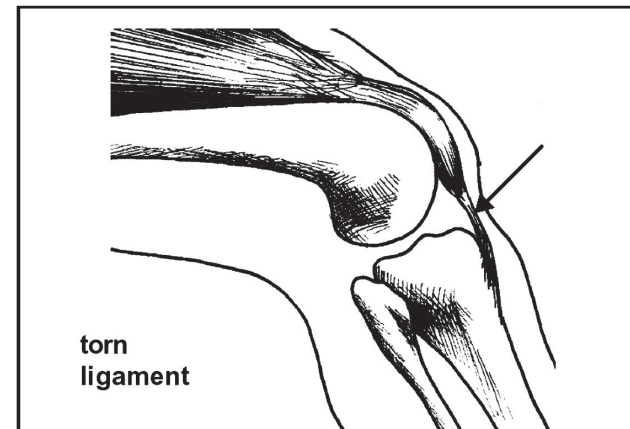
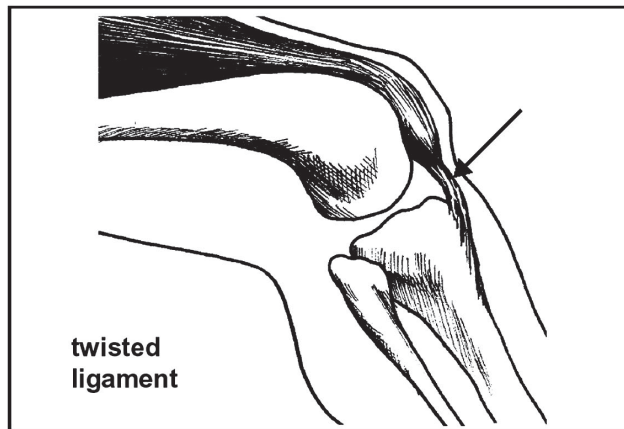
Compare your answers with those in the *Answer Key* on pages 37–38.



## Let's Learn

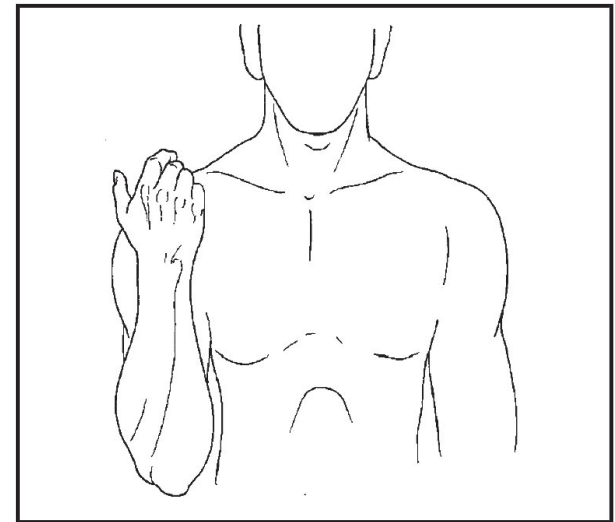
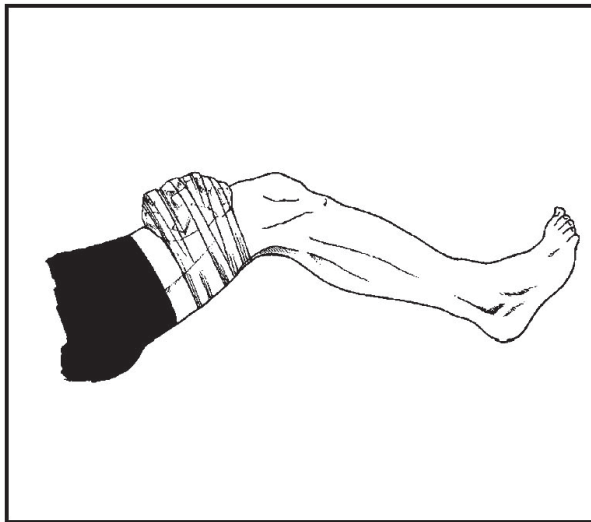
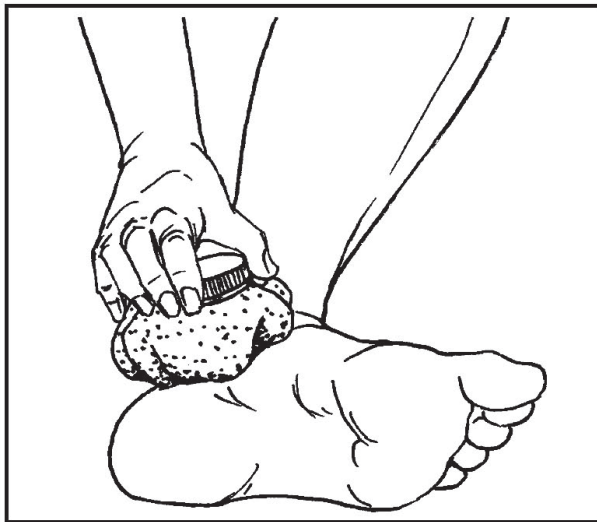
### Sprains

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 by sprains are the ankles, wrists, shoulders, and hips. The signs of sprains 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, immediate treatment will help to control the swelling and pain. This treatment 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 slowly once it has healed.



**Ice:** Apply ice (using an icebag, a cold packs, etc.) to the affected area for the first 24 to 48 hours to prevent or minimize swelling.

**Compression:** This involves putting pressure on or pressing 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 making blood flow slowly to the injury.

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



## Let's Try This

Match the items in column A with those in column B. Write your answer in the blanks 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 blood flow slowly to the injury.
- \_\_\_\_\_ 3. Apply an icebag or a cold pack to the injured area to prevent or reduce 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 38.



## 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** refers to where two bones are joined or connected. A bad fall or too much body movement may result in dislocation.

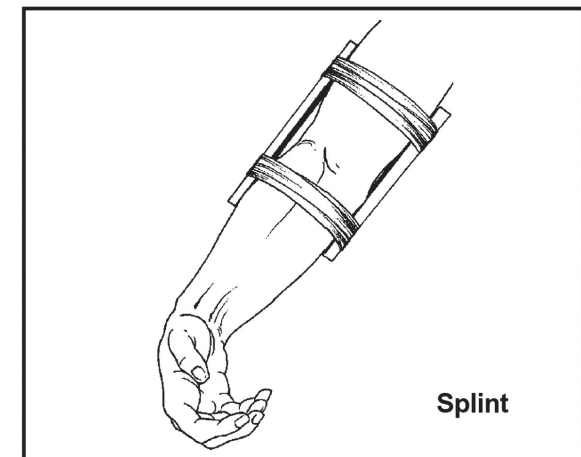
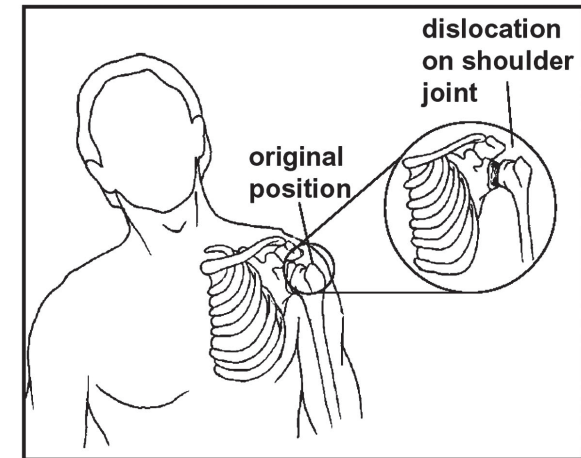
The most common dislocations occur in a person's shoulders, elbows or fingers.

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 on it.

If you suspect a dislocation, do not move the affected 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 moving. You may use any of these objects for a splint depending on the size of the affected area: 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 blood flow slowly to the area.

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





## Let's Talk About This

Answer the following questions.

1. What is a dislocation?

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2. What are the signs of a dislocation?

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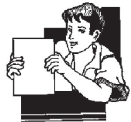
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3. What is the first aid or immediate treatment for a dislocation?

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



## Let's Learn

### Fractures

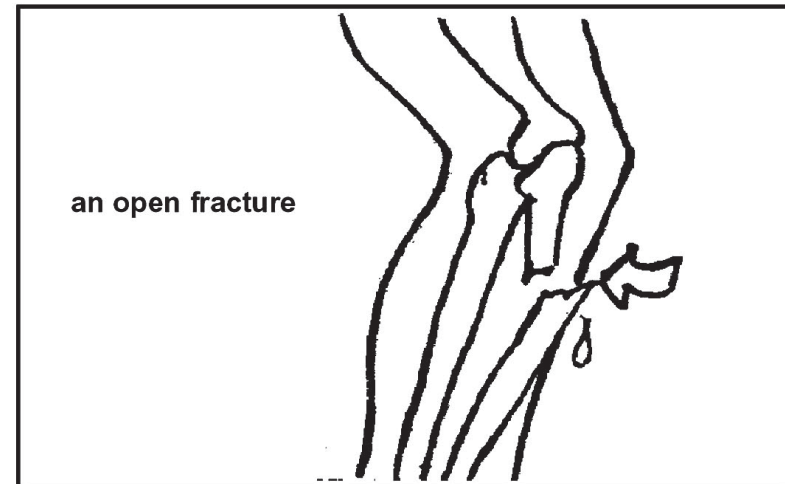
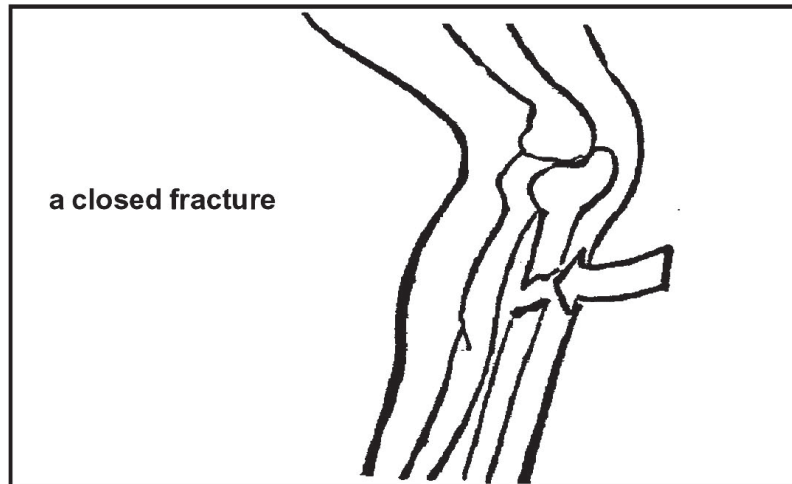
Have you ever had a broken bone? A broken bone is called a **fracture**. A fracture must be carefully handled. The most common signs of a fracture are:

- ◆ pain in the affected area



- ◆ swelling, a bump or a hollow on the affected area
- ◆ pain when you put weight on the affected area
- ◆ scratching or rough feeling or sound when moving the injured area

There are two kinds of fracture:

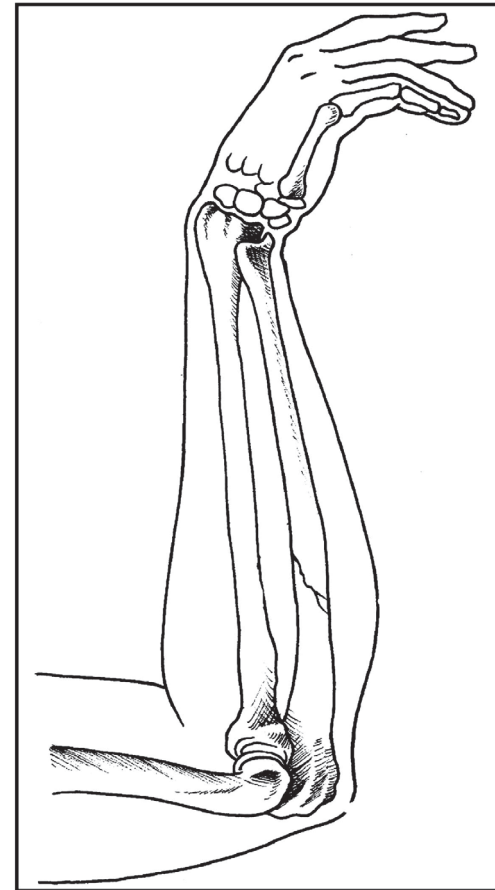


A **closed** or **simple fracture** does not break or pierce through a person's skin. If it is not properly cared for, it can lead to further injury. If you believe somebody has a fracture:

- ◆ Check for swelling around the supposed affected area.
- ◆ Check for changes in skin color. If the victim complains of tenderness and pain in the area or says he/she felt or heard a bone break, bring him/her 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.

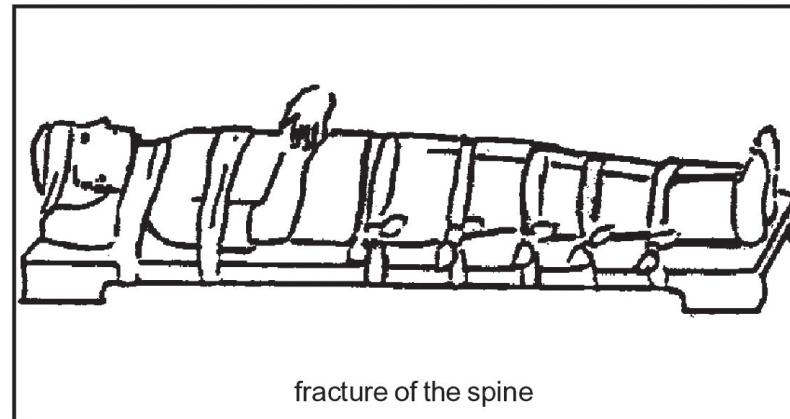
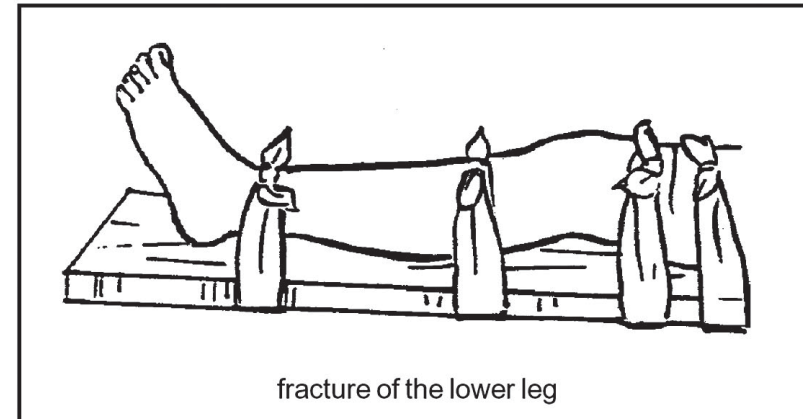
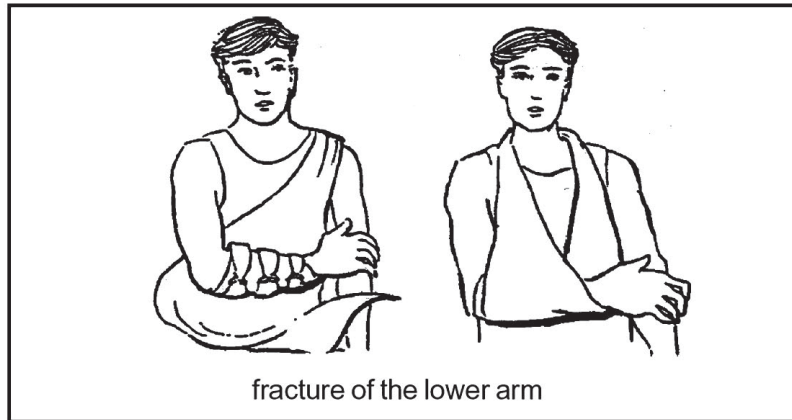
- ◆ Cover the injured area with a clean, fresh pad or a light bandage.
- ◆ Apply a splint to keep the bone from causing further injury to the areas around it. If the victim must be moved, splint him/her where he/she lies before moving him/her.
- ◆ Call a doctor immediately or bring the victim to a hospital. 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/her warm, comfortable, and calm.





## Let's Try This

Study the pictures below. You will see that there are different kinds of splint 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?

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2. What are the common signs of a fracture?

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3. What is the use of a splint?

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

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Compare your answers with those in the *Answer Key* on pages 39–40.



## Let's Remember

- ◆ A sprain occurs when ligaments or tendons get forced, twisted or torn. First aid treatment for sprains 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. They can only be set back by a doctor or an expert in these kinds 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 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 you do?
- 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?
- Have its picture taken.
  - Take an X-ray.
  - Feel the skin.
  - Massage the area.
- \_\_\_\_\_ 3. A dislocated bone can only be set back in place by \_\_\_\_\_.
- anyone available
  - a midwife
  - an expert in this kind of injury
  - a dentist
- \_\_\_\_\_ 4. What may happen if the splint is too tight?
- It will not cause any harm.
  - The flow of blood might be interrupted.
  - It will lessen the pain.
  - 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?
- Do not worry about it.
  - Loosen the bandage.
  - Consult a doctor.
  - Tighten the splint.

Compare your answers with those in the *Answer Key* on page 40.

You have reached the end of this module. Congratulations! Your perseverance and eagerness to learn have paid off. Did you learn a lot from this module? Did you have fun reading?

The following is a summary of the module's main points to help you remember them better.



## Let's Sum Up

- ◆ **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 if 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 in the space provided.

1. Your friend stayed out under the sun for too long which caused his nose to bleed.

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

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3. Your sister sprained her ankle while exercising.

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

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

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Compare your answers with those in the *Answer Key* on page 41.

If the number of correct answers 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. Dislocation can result from sudden stretching, twisting or pulling of bones.
- True 2. You can't tell how serious a fracture is just by looking at it, an X-ray is needed.
- True 3. A rolled newspaper or a piece of cardboard can be used in making a splint as long as it can provide the support needed to prevent the injured area from moving.
- False 4. An object that is trapped in a person's throat should not be pulled out with another's fingers because this may 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 so as to prevent further injury.
- True 7. Keeping the sprained part elevated above the level of the victim's heart will make blood flow slowly to prevent the area from swelling.
- False 8. A splint should never be too tight because this may interrupt the normal flow of blood.
- True 9. A person with a broken bone should not move the injured part of his/her body. Any movement may worsen his/her injury and even result in permanent damage.
- True 10. One way of stopping your nose from bleeding is by putting an icebag or a cold towel on your forehead.

## B. Lesson 1

*Let's Try This (page 6)*

- \_\_\_\_\_ Place a cold or wet towel on the person's forehead.
- \_\_\_\_\_ Put a piece of cotton inside his/her nostrils if the bleeding does not stop.
- \_\_\_\_\_ Let him/her sit straight on a chair with his/her head tilted upward.
- \_\_\_\_\_ Pinch his/her nose tightly until the bleeding stops.

*Let's Think About This (pages 9–10)*

1. I will wait for the seed to come out when I move my bowel.
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.
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.
4. I will call a doctor immediately. While waiting for the doctor, I will give the victim mouth-to-mouth resuscitation to revive him/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. They may get curious and accidentally drink or swallow the substances.

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

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

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

A person who has drunk acid should not be made to vomit to prevent further injury.

4. If a poison victim has becomes unconscious, bring him/her to the hospital immediately.

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

*Let's Talk About This (pages 13–14)*

1. When someone is bitten by a dog, I will wash the affected area immediately 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 that I can bring the victim to a hospital if needed.
2. I should not kill the dog that has bitten someone immediately. 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/she can be given an anti-rabies injection.

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

1. I will let my brother sit straight on a chair with his head tilted upward. 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 call a doctor immediately or bring my neighbor to a hospital. I will not force him/her to vomit because vomiting may further damage his/her 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 put the dog in a cage and observe it 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. A broken bone results in a fracture.

Correct 2. Sudden stretching or twisting of a bone moves a joint out of place causing a dislocation.

Incorrect 3. A sprain affects a tendon or a ligament, not a bone. A tendon is a cord of tissue that attaches a 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 more serious or permanent damage.

- Incorrect** 5. You should keep the affected part of a sprain above the level of the victim's heart, to slow down the flow of blood to the affected area. This way swelling will not occur.
- Incorrect** 6. Putting an icebag over a dislocated joint is not the proper first aid treatment for dislocation. Instead, a splint should be made to prevent the affected area from moving.
- Incorrect** 7. A fracture victim should be immediately brought to a hospital so he/she 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 usually affected by a sprain. The areas more often affected 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 to the affected area.
- Incorrect** 10. A dislocation, as well as most other injuries, needs first aid treatment to prevent a more serious or permanent damage.

*Let's Try This (page 22)*

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

*Let's Talk About This (page 24)*

1. A dislocation is an injury in which 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 in the affected area and change in skin color within the affected area. A bump or hollow may be seen in the affected area, too.
3. The first aid or immediate treatment for dislocation is to prevent the victim from moving the injured area. A splint may be used to support the dislocated part and prevent it from moving. The joint is elevated or kept above the level of the heart to slow down the flow of blood to the injured area. A doctor is called to set the bone back to its proper position or location.

*Let's Think About This (page 28)*

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 in the affected area
  - b. swelling, a bump or a hollow around the affected area
  - c. pain when you put weight on the affected area
  - d. a scratching or rough feeling or sound when moving the injured area
3. A splint is used to support the fractured bone and prevent it from moving 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 moving using a splint. I can roll some newspapers and place them at the side of his 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 to 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)*

1. (a) 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 or rubbing it with alcohol may worsen the sprain because the area may accidentally be moved or too much pressure might be applied.
2. (b) 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.
3. (c) 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 treating dislocation.
4. (b) 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.
5. (c) 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 32–33)*

1. I will let my friend sit straight on a chair with his head tilted up. 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 each of 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 treatment. I will prevent her from moving or using 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 my sister's heart to slow down the flow of blood 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 moving. I will place the area above the level of her heart to slow down the flow of blood 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 moving using a splint. I can roll some newspapers 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 through injection 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 a person's throat.

**Compound fracture** (or open fracture) A fracture in which the bone pierces through the skin.

**Compression** Involves putting pressure on or pressing the affected area.

**Dislocation** An injury in which 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 slow down the flow of blood to the injury.

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

**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 used 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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