

**Certificate in Integrative Palliative Care – 3**  
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**Week-12**  
**Lecture 89: First Aid: Emergency Procedures**

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Hello everyone, in first aid now we are going to learn about emergency procedures.

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## **PROLOGUE**

First Aid and emergency procedures provide a framework on how to approach a potentially dangerous or risky situation and, or when someone is hurt. This will help you stay calm, make safe choices and reduce the time it takes for help to arrive.

Some emergency procedures are routine: cuts and grazes, blisters and minor burns. We however have to be prepared, but don't be scared by the First Aid training. You are not expected to be an expert First Aider. It will help you identify a possibly illness or injury and act in a way that helps a casualty.

First aid emergency procedures provide a framework on how to approach a potentially dangerous or risky situation and or when someone is hurt. This will help you stay calm make safe choices and reduce the time it takes to for help to arrive. Some emergency procedures are routine which you might have seen in your daily life like cuts and grazes and blisters and minor burns, but you have to be prepared for it. And you are not expected to be an expert, even one must remember that you are not an expert, you are just helping the expert till the help arrives. It will help you identify a possible illness or injury and act in a way that helps a casualty.

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### **EMERGENCY SITUATION**

- During an emergency situation, it is all too easy to become confused and disoriented. But with a little bit of preparation, you can ensure that you can go through any emergencies in the best possible way. Number '112' was launched as a pan-India emergency helpline number.
- You can use this single emergency helpline number for various emergency services such as police, fire and ambulance etc. It provides 24\*7 emergency responses across the country. An immediate assistance will be provided to the affected.

During a emergency situation it is all too easy to become confused and disoriented. But if you have little bit knowledge training and experience in handling these emergencies then you can stay calm and handle it better. So, you can use this single emergency helpline 112 for various emergency services such as police, fire and ambulance etcetera. It provides 24 by 7 emergency response across the country and immediate assistance will be provided to the affected.

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### **Who to call?**

#### **NATIONAL HELPLINE 112**

Remember your supervisor will be able to deal with most emergencies. Call your supervisor first.

**BUT**

If there is a life-threatening situation or a crime in progress you must not hesitate to call 999, then contact your supervisor. We do not want to waste the time of our emergency services, but, if the call is necessary, make it.



Who to call the national helpline for emergency is 112 remember your supervisor will be able to deal with most emergency and call your supervisor first but if there is a life threatening situation or a crime in progress progress you must not hesitate to call 999 then contact your supervisor. So if you feel it is the some criminal situation or some legal situation then you call 999 and before calling your supervisor.

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First and foremost thing in any emergency not to waste time so this is the national emergency number all throughout India So, in this number box even if you do not have balance in your phone. So, any from any phone you can call 112 for the emergency situation.

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### Four Most Important Emergency Numbers



Police Control Room (Pan India)	: 100
Women's Helpline (Pan India)	: 181
Medical Helpline (Pan India)	: 108
Ambulance helpline (Pan India)	: 102
AIDS Helpline (Pan India)	: 1097
Fire service (Pan India)	: 101
Railway Helpline (Pan India)	: 1512

- **NATIONAL EMERGENCY NUMBER: 112**
- **POLICE: 100**
- **FIRE: 101**
- **AMBULANCE: 102**

For most important numbers you must remember if you are a first aid trainer or a first aid executor, volunteer then national emergency number 112, police number 100, fire 101 and ambulance 102.

Another emergency helplines cards are as shown in the slide, women helpline 181, medical helpline across India is 108 everybody knows, ambulance helpline 102, AIDS helpline 1097 and railway helpline 1512.

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### List Of Other Emergency Numbers

- Disaster Management Services-108
- Women Helpline-1091
- Women Helpline - Domestic Abuse-181
- Air Ambulance-9540161344
- Aids Helpline-1097
- Anti Poison New Delhi -1066 or 011-1066
- Disaster Management N.D.M.A 011-26701728-1078
- EARTHQUAKE / FLOOD / DISASTER N.D.R.F: 011-24363260
- Deputy Commissioner Of Police - Missing Child And Women: 1094
- Railway Enquiry: 139

In this slide it is shown other emergency numbers which may be helpful to you in presence of in situation of disaster management services, domestic abuse, air ambulance when you want to shift lift a patient from one place to other place, anti-poison new New Delhi number etcetera.

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**List Of Other Emergency Numbers**

- Senior Citizen Helpline: 1091/ 1291
- Medical Helpline in Andhra Pradesh, Gujarat, Uttarakhand, Goa, Tamil Nadu, Rajasthan, Karnataka, Assam, Meghalaya, MP and UP- 108
- Railway Accident Emergency Service:1072
- Road Accident Emergency Service:1073
- Road Accident Emergency Service On National Highway For Private Operators:1033
- ORBO Centre, AIIMS (For Donation Of Organ) Delhi: 1060
- Call Centre: 1551
- Relief Commissioner For Natural Calamities: 1070
- Children In Difficult Situation: 1098
- Central Vigilance Commission: 1964
- Tourist Helpline: 1363 or 1800111363
- LPG Leak Helpline: 1906

Again list of other numbers which may be useful to you for children in difficult situation 1098 there is a separate number. Central vigilance commission 1964, LPG leak helpline 1906. These are the commonly required number.

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So, 108 is the largest network of emergency ambulance services across India.

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**Aims of First Aid in Emergency Situation**

- To Preserve Life
- To Prevent worsening of the situation
- To promote healing
- To arrange transport to hospital

**3 Ps**

✓ **Preserve**

✓ **Prevent**

✓ **Promote**

The aim is of any emergency first aid in any emergency situation is three P's preserve, prevent, and promote. Preserve life as far as possible prevent worsening of the situation like you remove the victim from the dangerous situation to a safe place. And third is promote healing by acting fast you are cutting down the period of worsening the situation, cutting down the period of more injuries and also helping the victim till the emergency team or expert team arrives.

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**First : Personal Safety**

- Equip yourself
- Protect yourself
- Universal precautions

**STANDARD PRECAUTIONS**

**Use Personal Protective Equipment (PPE)**

  
**MASKS**

  
**GLOVES**

  
**FACE SHIELD**

  
**GOWNS**

  
**GLASSES**

First and foremost as we discussed in earlier lecture also personal safety.

So, you should be if you are a volunteer of first aid you should have a proper equipment to protect yourself like mask, gloves, gown etcetera, goggles and sometimes that resuscitation mask etcetera. So, equip yourself, protect yourself whenever is required and always observe universal precautions. Whenever you are exposed to the blood, body fluid, vomit of the victim then you have to protect yourself against this infection. So, the standard equipment which are required for protect personal safety or for universal precautions are mask, gloves, face shield sometime face shield in a COVID situation you might have seen face shield worn by doctors and all and gown and glasses these are the protecting equipment you should have to protect yourself.

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What to do any in an emergency or an accident. The most important piece of advice is to stay calm.

So, if you have enough knowledge and experience you will definitely stay calm and only that will decrease the confusion and you know what you are supposed to do. First of all assess using 3S. Is it safe, is the victim safe, or you are safe. What can you see, what you are seeing. Is there is a mob very angry mob or there is a fire or there is a accident or somebody is bleeding or somebody is unconscious what you are seeing.

What is the situation what what has make this situation happen so see these first, three first. First of all make an make the area safe by dispersing the crowd by removing the injury making elements. It is important to eliminate anything that presents a danger to

that those involved and anyone who goes to help including you it should be safe. Once an area is safe, use the primary survey to assess casualty once you have dispersed the mob and everything is safe area is clean first you evaluate the casualty. Assist the emergency service then you start giving first aid to assist if emergency service sometimes is already present but if you have knowledge of first aid you can help them so assist the emergency services as much and give them as much as information if they arrive after your arrival and follow their instruction.

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**DR ABC: The Primary Survey**

DR ABC IS A REALLY USEFUL ACRONYM WHEN FACED WITH AN ACCIDENT OR EMERGENCY. IT WILL HELP YOU ASSESS ANY CASUALTIES, TREATING THOSE MOST IN NEED FIRST.

**D = Danger.** Always make sure the area is safe before attending casualty

**R = Response.** Check if the casualty is responsive or unresponsive.

**A = Airway.** Check their airway is open and clear.

**B = Breathing.** Check if they are breathing normally.

**C = Circulation.** Check for signs of severe bleeding

What Does DRABC Stand for?

<b>D</b>	<b>Danger</b>
<b>R</b>	<b>Response</b>
<b>A</b>	<b>Airway</b>
<b>B</b>	<b>Breathing</b>
<b>C</b>	<b>Circulation</b>

So, primary survey is DRABC, DOCTOR ABC. It is really useful acronym when faced with an accident or emergency. So, D is danger. Always make sure the area is clean clear of danger. Response, check if the casualty is responsive or unresponsive whether patient is opening the eyes following verbal commands he is able to talk or he is unconscious or semi-conscious.

Then third comes airway breathing and circulation. You clear his airway means upper respiratory tract so that he can breathe give him breathing and start compression by giving circulation. These three things comes under CPR and we will know the this order has been changed recently in since last 5-7 years. So, this order has been changed and we will talk talk about it in the lecture of CPR.

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### How to treat a severe wound or bleeding

Severe bleeding can be dramatic and distressing. It is therefore important to stay calm, helping you think clearly and keep the casualty calm.

Severe bleeding can be life-threatening.



The illustration shows a person in blue scrubs kneeling beside a casualty lying on a stretcher. The person is focused on the casualty's leg, which appears to have a wound. A chair is positioned next to the stretcher. The text 'How to treat severe bleeding' is overlaid on the image. The St. John Ambulance logo is visible in the top left corner of the illustration area.

Suppose the victim has got severe bleeding from a wound.

Severe bleeding can be dramatic and distressing, distressing. It is very difficult to see the somebody bleeding it is therefore, important to stay calm helping you think clearly and keep the casualty calm. See if you become restless even the victim if he is conscious he becomes very restless and he becomes anxious, aggressive sometimes. So but this severe bleeding can be life threatening and victim can die within no time.

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### How to treat shock

Shock - not emotional  
shock - is a life-threatening condition, caused by anything reducing the flow of blood, so oxygen is not reaching the body's vital organs.



The illustration shows a person in blue scrubs kneeling beside a casualty lying on a stretcher. The person is focused on the casualty's head and neck area. A chair is positioned next to the stretcher. The text 'How to treat shock' is overlaid on the image. The St. John Ambulance logo is visible in the top left corner of the illustration area.

So, naturally if there is a bleeding is severe victim is likely to be in shock or sometimes emotional shock and because of shock patient blood pressure will be very low there will be heart will be beating very fast and there will be cold coming extremity and there will be less oxygen going to other vital parts of the body.

In this case first and foremost you raise foot end of the victim. This will bring down all the blood flow from the foot end towards the heart.

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## The Recovery Position

Putting a casualty into the recovery position will not improve a casualty's condition, but it does keep the airway clear and prevent choking as vomit and fluids drain out of the mouth.

Only an unconscious casualty, breathing normally should be put into the recovery position.

A casualty in the recovery position should be continually monitored.



Slide 6  
The recovery position

You can give recovery position we will have a separate lecture on recovery position. In this case victim is made to lie either on left side or right side whichever is convenient and this will position will not improve casualties condition but it keeps the, this will help you keeping the airway of the patient clear and he will be able to breathe better and even if patient victim has vomited the vomiting and other foreign secretion will come out from the mouth in this position. Recovery position is for unconscious casualty that is unconscious victim and they should be put into the left right or left lateral or right lateral position and it should be monitored till the help arrives.

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## How to do CPR

Do not carry out CPR unless you have gone through DR ABC. CPR should only be used when a casualty has stopped breathing or irregular breathing, called agonal breathing.

Dial 999 or 112 for an ambulance. Essentially it is then 30 chest compressions and 2 rescue breaths until the ambulance arrives.

Where possible work in teams of two as this is physically tiring.



The slide features the St John Ambulance logo and a photograph of a person in a blue uniform performing CPR on an adult lying on their back. A yellow text box next to the photo reads 'How to do CPR on an adult'.

Then one has to start CPR. CPR is usually done by chest compression, clearing airway and by providing breath. So, for every 30 chest compressions you have to provide 2 rescue breaths. this will talk in detail in our lecture on CPR.

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## How to treat hypothermia and heatstroke

**BEING TOO COLD AND TOO HOT CAN BE LIFE-THREATENING.**

- 1. Hypothermia** is a condition that occurs when a casualty's body temperature drops below normal. It is a condition affecting many older people.
- 2. Heatstroke** is the opposite condition, when a casualty's brain stops regulating the body's temperature and is unable to cool itself. **Heatstroke** also happens after heat exhaustion. You have to deal with heat exhaustion, hopefully preventing the worse condition of heatstroke developing.

The **general advice** in the hot weather is to cover up with light clothing, wear a hat, keep to the shade where possible, apply sun cream regularly and drink plenty of water. Sunburn also needs treating.

Sometimes victim is very cold we call it hypothermia, the temperature is very low like in winter season or in mountaineering and also situation and victim happens to have some injury or accident he is likely to be hypothermic.

Or his stroke as I said in India in during summer time if victim is outside in the sun for a longer time he will get dehydrated and he will he will face a heat stroke being too cold or too hot can be life threatening. So, in hypothermic condition what you will do usually this happens in older people also they do not have enough system working to control their low temperature on their own. So, and heat stroke is is the opposite condition when the casualties brain stops regulating the body temperature and unable to cool itself. It also happens after heat exhaustion you have to deal with heat exhaustion hopefully So, the general advice in hot weather is to cover up with light clothing, wear a hat, keep to the shade wherever possible, do not remain exposed in the sunlight or in the heat like situation and apply sunscreen and drink plenty of water.

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**General Advice in Hot Weather**

The **general advice** in the hot weather is to cover up with light clothing, wear a hat, keep to the shade where possible, apply sun cream regularly and drink plenty of water. Sunburn also needs treating.



So, in hot weather, general advice in the hot weather is to cover up with light clothing, wear a hat, keep to the shade wherever possible, don't remain exposed in the sunlight or in the heatlike situation and apply sunscreen and drink plenty of water.

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## Asthma Attack

Asthma is a common lung condition, affecting someone's breathing. The air passages of a casualty become inflamed, possibly triggered by an irritant such as an allergy or just at random, causing the airways to narrow. Being unable to breathe can be a frightening experience.



St. John Ambulance

How to treat an asthma attack

Sunburn also needs treating. Another emergency situation is asthma attack usually happens in a patient who has who has history of asthma or any respiratory illness and suddenly he becomes breathless, short of breath, and the air passage of a casualty becomes inflamed because of the inflammation or infection and that or triggered by allergy sometimes allergen because of exposure to dust or too much of humidity will make a patient asthma patient more more breathless being unable and this type of victim are not able to breathe and it can be very frightening experience. So in this type of patient you give them inhaler whatever they are taking or whatever treatment they are taking medicine they are taking. Make them be comfortable in head up position you know with not straight supine position but slightly head up exposure to the fan if he is in cold condition take shift him to the warmer place and make them calm down and talk to them give assurance that I am there to help you.

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## Severe Allergic Reaction

An allergen is a substance that causes the body to react in an abnormal way. Hay fever for example is a body's response to pollen.

Some one in your team probably has an identified allergic reaction, for example to nuts and carries an epipen. Being outdoors however increases the chances of being exposed to an allergen.

A severe allergic reaction is called an anaphylactic shock.



St John's  
How to treat a severe allergic reaction

The slide features a logo for St John's on the right side. Below the logo is an illustration of a woman in a blue uniform assisting a man in a grey shirt. A yellow box with the text 'How to treat a severe allergic reaction' is positioned between the text and the illustration.

Allergic reaction sometimes some victims are allergic to certain things like they may be allergic to some food or some drink sometimes a person drinking a cocktail and sometimes they get suddenly breathless and all or exposed to pollen then they become very much breathless.

Someone in your team probably has an identified allergic reaction for example to nuts and carries an epipen being outdoor however increases the chance of being exposed to allergens particularly you are on mountaineering or you are in in paddy fields or some type of farming fields then this type of pollens on allergens are there and you may get a attack of anaphylactic shock.

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### How to Treat Fractures and Dislocated Joints.

A fracture is a break or a crack in a bone. If it is an open fracture, breaking through the skin there will be bleeding. A closed fracture, when the skin remains intact can cause internal bleeding and possibly shock.

Dislocated joints happen when bones are pulled out of their normal position. **DO NOT ATTEMPT TO PUT THE BONE BACK** as this can cause further damage. Instead support the bones as much as possible to stop it and get the casualty to hospital. A casualty may go into shock.



**How to treat a fracture & fracture types**

It is called anaphylactic shock where victim becomes breathless, choking sensation, then rash all over body, and lots of coughing etcetera. How to treat fracture and dislocated joint this usually happens following injury, vehicular injury or just a fall that can cause fracture or dislocation.

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### How to Treat Strains and Sprains

Strains and sprains are stretches or tears of the soft tissues between bones. Remember the acronym RICE.

**Rest** – stop any activity and avoid putting weight on it.

**Ice** – apply an ice pack.

**Compression** – wrap a bandage around it.

**Elevate** – keep it raised as much as possible.



**How to treat sprains and strains**

So, fracture is a break or crack in a bone and it is a an open fracture if it is called open fracture when the bone is protruding out from the skin from the wound and it is it is usually associated with bleeding. Closed fracture means bone is broken inside the but the skin above it is intact.

Dislocated joint the joint just comes out from the socket or a two bones are where joint is there it just comes out from its position and but you are not expert you are not supposed to put it back you just support this fracture or dislocated joint till the help arrives. How to treat strains and sprains. This commonly you might have seen in your colleagues you know you people are just going walking and suddenly somebody slips and sprains his ankle joint that is the most common joint to get sprain. Strains and sprains are stretches or tears of soft tissue between bones. In this you have to remember the acronym RICE.

So, RICE is raised first of all that particular joint should not be moved it should be given raised. Apply ice pack. wrap a bandage around it elasto crepe bandage and elevate that particular limb to for as much as possible, to decrease the swelling in that limb.

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**How to Treat Burns and Scalds**

A burn is caused by dry heat - hot objects, fire, electricity - and a scald by wet heat: hot liquid or steam. The longer the contact, the more skin damage and remember your DR ABC.

Burns and scalds can be awful, depending on the 'thickness' of the wound.

St John Ambulance

How to treat burns and scalds

The slide features a photograph of a person in a blue uniform (likely a St. John Ambulance member) attending to another person's arm. The text on the slide explains the causes of burns and scalds and emphasizes the importance of the DR ABC first aid principle. The St. John Ambulance logo is visible in the top right corner of the slide content area.

How to treat burns and scars. A burn is caused by a dry heat hot object, fire, electricity and a scald by wet heat, hot liquid or steam that causes scald.

Longer the contact the more skin damage and remember your DR ABC. Burn and scalds can be awful depending on the thickness of the wound. How deep is the burn or scald? That will be the cause of pain and lots of discomfort. So, if it is a superficial burn or scar you can treat at home but more than degree one you have to call an expert and refer the victim to a hospital.

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### How to Treat Cuts, Grazes and Splinters

A cut is when the skin is fully broken, whereas only the top layers of skin are scrapped away. Most cuts and grazes can be treated with the contents of a basic first aid kit. Splinters of wood, glass and metal can usually be removed using tweezers. Again only if the splinter is deeply embedded or difficult to take out might a casualty need to seek medical help.



The image contains the St John logo and a photograph of a person in a blue shirt treating a wound on another person's arm. A yellow text box next to the photo reads 'How to treat cuts and grazes'.

How to treat cuts, grazes, and splinters cut means anything which cause injury to the skin and skin is broken apart most cuts and grazes can be treated with the content of contents of the basic first aid kit like cleaning the wound applying a antibiotic solution or cream and bandaging it, but if the cut is longer and deeper it requires stitches.

So, it needs to be taken patient needs to be taken to the hospital or a surgeon. Splinter of wood glass and metal can be usually be removed using tweezers during cut if it is a because of glass you may see a small glass particle inside the cut wound and again this requires thorough cleaning by an expert.

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## Blisters

Blisters are small pockets of fluid underneath the skin, looking like fluid-filled bumps. They are caused by constant rubbing or exposure to heat.

It is also advisable to include special blister plasters in your first aid kit.



Blisters are small pocket of fluid underneath the skin looking like fluid filled bump. You must have seen this usually happens because of the burn and they are caused by constant rubbing or exposure to heat. It is not, also advisable to include special blister plaster in your first aid cleats there are special plasters are available to be applied over the blister.

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## How to Treat Stings and Bites

It is better to prevent stings and bites than treat a bite. Regularly apply bite protection creams and sprays, wearing long sleeves and trousers and avoiding areas where stinging and biting insects gather, such as water.

**Ticks**, a spider-like insect, living in woods and long grass, feeding off animal and human blood is particular problem. Ticks spread serious diseases

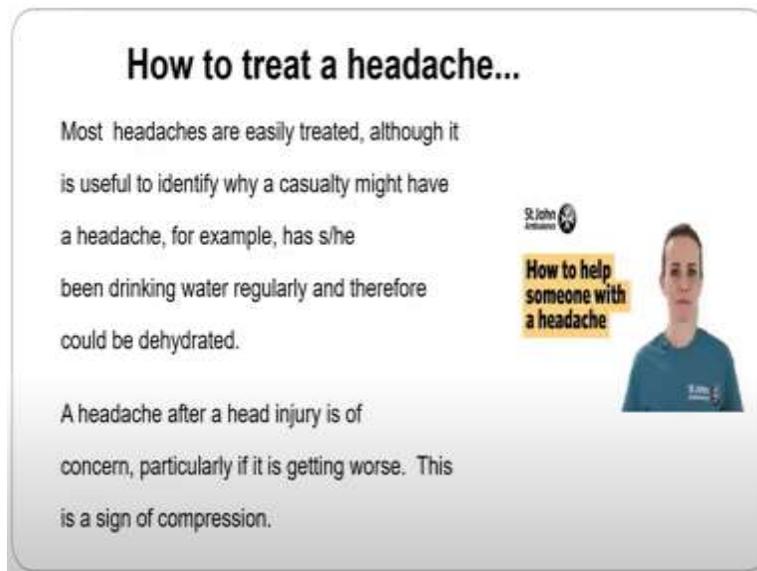
Generally bites can be treated by removing the sting, tick or hairs if still in the skin. Wash the area and apply a cold press. Avoid scratching the sting or bite or any blisters to prevent infection.



Sometime insect bite usually this happens in monsoon season if you are in garden Then various different types of insects are around and you may get a sting or bites because of this insect and regularly apply bite protection cream. See if you are a very sensitive to

this then you should apply a bite protection cream and sprays and wearing long sleeves and trousers and avoiding areas where stinging and biting insect gather such as water. Ticks a spider like insect living in a woods and long grass feeding of animal and human blood is particular problem and ticks spread serious diseases by tick bite you can get a serious diseases. Generally bites can be treated by removing the sting, tick or hair if still in the skin. First of all remove that particular insect if it is still stinging on your skin and wash the area, apply a cold sponge and avoid scratching of that area and then apply some infection antibiotic or anti allergic lotion or cream.

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**How to treat a headache...**

Most headaches are easily treated, although it is useful to identify why a casualty might have a headache, for example, has s/he been drinking water regularly and therefore could be dehydrated.

A headache after a head injury is of concern, particularly if it is getting worse. This is a sign of compression.

St John Ambulance

**How to help someone with a headache**



How to treat headaches. Most headaches are easily treated although it is useful to identify why a casualty might have a headache. See following injury or accident if a casualty has a headache it can be a serious problem of head injury or some hemorrhage in inside the brain or something some small tiny fracture in the skull, you don't know. So you just first of all hydrate the patient, make him comfortable. If you have a plain, some painkillers available you can give the painkiller and till the medical help arise you be with the victim and give him insurance.

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### ***Summoning help!***

- If emergency assistance is required, dial 999 immediately and then contact your friends and family members on cell phone.
- Use emergency mobile phone and emergency phone procedures.
- Help may be available at the nearest house or from other countryside users. Don't be afraid to ask.

So, summing up if emergency assistance is required dial 999 immediately and in our case 112 and immediately and then contact your friends and family members on cell phone.

Use emergency mobile phone and emergency phone procedures. Help may be available at the nearest house or from other countryside users, don't be afraid to ask. Sometimes in your society you might be having two or three volunteers who have got undergone training or you might be having some doctors and paramedics if you have their number available always call them whenever such emergency arises.

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### **Calling 999 or 112**



If someone is seriously ill or injured and a life is at risk, do not hesitate to call 999. This might be the first time you have dialled 999; give all the needed information.

Work as a team. Often having something to do helps everyone stay calm and feel a sense of control.

Be ready to provide the following:

1. The telephone number you are calling from.
2. The exact location of the incident.
3. The type and gravity of the emergency.
4. Number, gender and age of casualties.
5. Details of any hazards.

So, if someone is seriously ill or injured call 112 you have to be ready whenever you are calling 112 what are the things to be kept ready. First of all the telephone number from which you are calling the exact location of the incident.

The type and gravity of the emergency you should be able to describe that how much problem has occurred. Number, gender and age of casualties. How many people are affected their number and their age and details of any other hazard which has happened.

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### What to do while you are waiting?



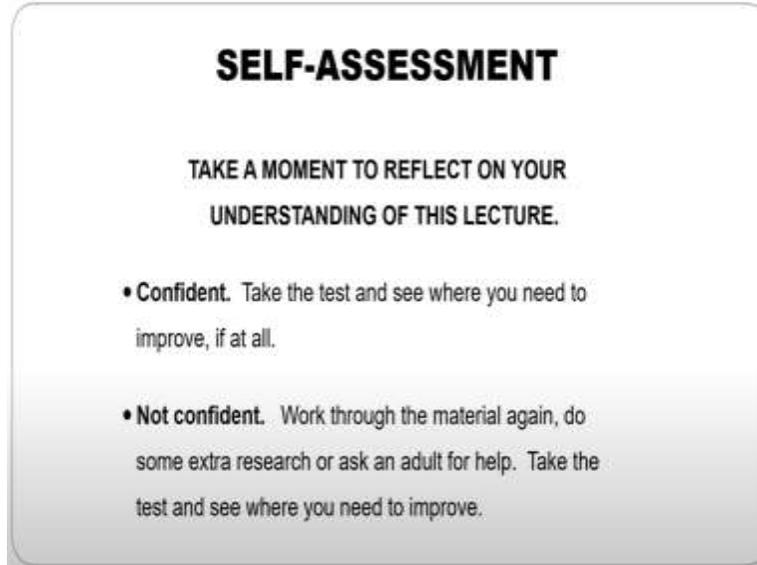
There is a lot you can do while waiting for some help or the emergency services. Again work as a team if some other people are nearby. Often having something to do helps everyone stay calm and feel a sense of control. Make the casualty more comfortable perhaps put up the tent to create a shelter. Continue to monitor them. Record what has happened.

Make it easier for your friends or emergency services to find you. Take out hi-visibility clothing or bright rucksack covers. Form a chain to the nearest road.

So they can come prepared with the equipment and what you have to do you are waiting. There is a lot you can do while you are waiting.

First of all as we described make make everybody safe segregate the casualties as per the their seriousness. The more serious will required attention first. Continue monitoring them record whatever has happened you can take assistant or somebody who can write down for you and make it easier for your friends or emergency service to find you. Take take out high visibility clothing or light rucksack covers form a chain to the nearest road.

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**SELF-ASSESSMENT**

TAKE A MOMENT TO REFLECT ON YOUR  
UNDERSTANDING OF THIS LECTURE.

- **Confident.** Take the test and see where you need to improve, if at all.
- **Not confident.** Work through the material again, do some extra research or ask an adult for help. Take the test and see where you need to improve.

Intermittently, you have to do self assessment.

After each handling each emergency situation you have to do self assessment, that that how much confident whenever you, you if you are a volunteer of first aid, how much confident you are, what mistakes you have done this time, and how you can improve on it. So, and about this lectures also you have to assess yourself repeatedly and these all lectures are there in front of you. You can go and repeat your lectures again and again till you are confident about the the material and knowledge you have got through that lecture. Thank you very much. So, we have discussed about the emergency procedures and you can read this lecture again and again to become more confident about this knowledge. Thank you very much.