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## Importance of first aid

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#### Abstract

The term First Aid was adopted officially in England for the first time in 1879 by the St. John Ambulance Association. First aid is a combination of simple but quite effective and active measures to prevent possible complications. First aid means treatment given to the casualty till proper medical aid comes. In other words, the first aid is the process of carrying out the essential emergency treatment of an injury/illness in order to benefit the casualty till the proper medical services are rendered. First aid is the immediate and temporary care given to the victim of an accident or sudden illness. The purpose of the first aid is till the medical aid is given by the competent and qualified medical personnel. Many youth sports teams will carry a basic first aid kit with them in case of an injury during a game. Before high school, it is very unlikely that there will be any trainers on site to treat younger players who just need to be fixed up to get back into the game. By having sports first aid knowledge, a team will be better prepared to treat a young athlete with a sports-related injury.

**Keywords:** casualty, emergency, injury, kit

#### Introduction

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing CPR while awaiting an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. First aid is generally performed by the layperson, with many people trained in providing basic levels of first aid, and others willing to do so from acquired knowledge. Mental health first aid is an extension of the concept of first aid to cover mental health. There are many situations which may require first aid, and many countries have legislation, regulation, or guidance which specifies a minimum level of first aid provision in certain circumstances. This can include specific training or equipment to be available in the workplace, the provision of specialist first aid cover at public gatherings, or mandatory first aid training within schools. First aid, however, does not necessarily require any particular equipment or prior knowledge, and can involve improvisation with materials available at the time, often by untrained persons.

#### Aim

The key aims of first aid can be summarized in three key points, sometimes known as the three P's:

1. **Preserve life:** The overriding aim of all medical care which includes first aid is to save lives and minimize the threat of death.
2. **Prevent further harm:** Prevent further harm also sometimes called prevent the condition from worsening, or danger of further injury, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous.
3. **Promote recovery:** First aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound.

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## Types of First Aid

There are two types of first aid

1. **Self-Aid:** It is what injured person can do for himself. In many cases the first form help/aid is provided by the affected person himself. Much can usefully be done by the casualty himself in stopping bleeding, supporting injured parts, covering the wounds, summoning others for help and reaching the nearby health Centre for emergency treatment, if possible.
2. **First-Aid:** It means other people can do for the casualty when he/she is unconscious or unable to move. The help provided to casualty is known First aid. He may be a person trained for the purpose or at least knowing the underlying principles of the First Aid. He can give skilled help, prevent death, promote recovery and see that an injury or condition of casualty does not get worse until the doctor arrives.

## Reasons of Sports Injuries

Injuries on the play fields, swimming pool and gymnasium may take place due to the reason listed below:

1. Poor physical fitness of players/students.
2. Poor mental/psychological preparation to take part in a particular activity/game.
3. Inadequate warming up before practicing.
4. By using substandard sports equipment.
5. Adopting faulty skill of the particular game.
6. Lack of knowledge of rules of the game.
7. Arrogant behaviour of a player.
8. Poor maintenance of sports fields.
9. Adverse climate conditions for training/competition.
10. Avoiding the use of sports guards.

## The first aid and emergency treatment in case of following

First aid for the treatment of fracture:

1. Check the general condition of a casualty.
2. Check the level of Consciousness.
3. Check vital parameters such as pulse, respiration, blood pressure.
4. Stop bleeding, if any
5. Keep the patient warm.
6. Immobilization to prevent further damage.
7. Cover the open fracture with sterile dressing to prevent infection and also the bleeding.
8. Transfer the casualty to the hospital.

## First aid for Burns

1. Use plain water freely and rapidly to cool the burnt area.
2. Do not use ice cold water as the ice may intensify the shock.
3. Do not allow the patient allow to run.
4. Do not open door and window to allow air inside.
5. Do not use thick fabrics, plastic or synthetic materials for putting off the flames.
6. Do not crawl in case of LPG fires since gas is heavier than air.
7. Always wear a wet handkerchief round your face when going to rescue from fire.
8. Cover the burnt area with clean and dry cloth.
9. Do not apply any oil, ointment or lotion at home since this may carry infection.
10. Transport the affected person immediately to the hospital.

## First aid for Electric shock

1. It is important to remember that higher current causes

more damage than a higher voltage.

2. Push the patient with any wooden, plastic material or a dry rope.
3. There should be no metal.
4. Water and oil are dangerous conductors of electricity.
5. Transfer the affected person to hospital.

## Importance

The importance of first aid is hard to overestimate. Among the major benefits of first aid are the following:

1. **It affords people with the ability to provide help during various emergency situations:** If someone ingests hazardous substances, or suffers health-related issues like a heart attack, or if a natural disaster occurs, a person knowledgeable in first aid becomes more than just another bystander. Instead, they become an invaluable support not only to victims, but also to professional emergency responders and medical practitioners.
2. **First aid helps ensure that the right methods of administering medical assistance are provided:** Knowing how to help a person is just as important in emergency situations. It only takes six minutes for the human brain to expire due to lack of oxygen. As such, ineptitude and misinformation will not be of much help to a person in need of medical assistance.
3. **Knowledge in first aid also benefits the individuals themselves:** Whether the emergency affects themselves directly, or involves people they live and work with, first aid stems the severity of an emergency in a given time and place.

## Conclusion

The conclusion of the study was that First aid plays an important role in the life of a sports person and a coach. The knowledge of First aid is must. Accidents happen, especially during sports. While it may be possible to limit the number and severity of injuries with prevention strategies, one wrong step or a collision on the field can result in a sudden and painful injury. When this happens, you need to be prepared to act quickly. Ideally, you will have access to a well-stocked first aid kit or have medical help nearby. Coaches who have knowledge of First aid can rehabilitate their players very quickly and sometimes when there is an injury to the sports person during competition or training than he can help his sports person at that time. If a coach have knowledge of First aid than only he can use right method and handle that situation carefully. The knowledge of First aid is important for everyone he may be teacher, trainer, trainee and attendant. Injury in sports may be as small as minor scratch on the body and as serious as may be danger to the life, needing prompt first aid. First aid needs to be immediate in serve accidents complicated by bleeding, shock and loss of consciousness.

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