

# How to perform basic first aid essay



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Everyone can find a basic understanding and basic first aid with these steps and you don't have to be a medical professional to save someone's life.

Learning first aid is essential for everyone to know and can help impact a person's life significantly. Before performing first aid, there are certain precautions that must be taken.

These steps will help you perform first aid easily and safely. The first step is to check your surroundings! You want to make sure the victim is out of harm's way. An example would be an unconscious victim by a pool with an electrical device close by; you want to make sure you put that away immediately. The second step is to call 911 immediately and let them know about the situation. The third step is to look out and care for the victim. A victim can be unconscious for a reason and you want to check out for something useful such as a medical wristband or any injury. Another step would be checking for a pulse and if they are still breathing. To check someone's pulse you must have two fingers together place on the bottom of the victim's palm.

If the person is conscious, let them know that help is on the way. The last step to perform before performing first aid is always asking for consent. Ask the person if it is okay to perform first aid because sometimes people do not want help from others. Do not risk getting yourself in a lawsuit because of consent. These are the necessary steps required before performing first aid.

There are many common problems that occur in an emergency and some of them will be addressed on how to deal with these common issues. These steps will let you know how to stop a bleeding. The first step is safety first,

and by that I mean you have to wear gloves so you are not in contact with the blood.

The second step is grab the necessary gauze from the first aid kit and apply it to the wound. You want to put pressure into it so you can control the bleeding. If the bleeding is severe, such as a leg wound and a pool of blood is coming, make sure to control the bleeding with gauze, and place a tourniquet at least two inches above the wound. These are the steps on how to stop a bleeding. These next three steps are a simple way to deal with someone with a seizure. The first steps is help a person down if it is their first time experiencing it or just in general.

The second step is to make sure they do not hurt themselves. You can place a pillow on their head so it won't twist and hurt the victim. Finally, call 911 and ask for medical assistance. This is a general step on how to treat this common problem. The next common problem is a choking victim. These steps will teach you how to assist a choking victim.

Call 911 first just in case the method seems ineffective. The next step is to perform the Heimlich maneuver to save their life. To perform the Heimlich maneuver, you must first get the victim in standing position. Second, perform back blows before performing the maneuver. Thirdly, if step two does not work then stand behind victim and stand in a tripod formation. Finally, perform the maneuver which is abdominal thrust and perform it at least five times.

These are the steps to help a choking victim. The last common problem that is needed to be introduced is how to help someone who has burned

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themselves. These steps will assist you on treating a burn. The first step is to identify if it is a severe burn or not. If it is not a severe burn then you can simply help it by immersing it in cool water.

If it is a severe burn, then cover them in a damp cloth. Warning: do not apply ointments or cream, as it will cause more harm. The last thing to truly know to get a general knowledge of first aid is CPRM. CPRM is essential when someone is unresponsive. Before performing CPRM, make sure to check if the person is unresponsive or not, and also check their pulse.

If a victim needs CPRM, then these steps should guide you on how to perform CPRM. The first thing to do is to open the victim's airways by lifting their chin and tilting their head. The second step is to place your hands on the center of the victim's chest. Thirdly, you must compress the chest at least two inches at a rate of 100 compressions per minute. Remember, after thirty compressions, perform two rescue breaths. This is how you can perform CPRM which is essential to first aid. Learning first aid is essential for everyone to know and can help impact a person's life. Like I have restated before, it is truly important that every person should know at least a basic form of first aid.

It is not so difficult to learn first aid and sometimes, it can be the difference between life and death. Trust me, learning first aid will benefit you in the long run, and you will feel great about yourself because you were there for a person that needed medical attention.