

## WHAT IS FIRST AID

- It is an immediate and temporary treatment of a victim of sudden illness or injury while awaiting the arrival of professional medical aid.
- Proper early measures may be instrumental in saving life and ensuring a better and more rapid recovery.

## PRINCIPLES OF FIRST AID

- Preserve life.
- Prevent condition worsening.
- Promote recovery.
- Protect the unconscious.

## PRINCIPLES OF FIRST AID

- **A – AIR**
- **B – BREATHING**
- **C – CIRCULATION**
- **D – DIE**

## RESPIRATION

- A process of inhalation, pause, and exhalation.
- Breathe in oxygen, breath out carbon dioxide.
- Total amount of oxygen for breathing is 21% and we only use 5% for each breath.

## AVERAGE BREATHING RATE

- **INFANT – 30/40**
- **CHILD – 20-30**
- **ADULT – 12-20**

## COMMON PROBLEMS IN RESPIRATION SYSTEM

- **CHOKING**
- **ASTHMA**
- **HYPOXIA**
- **NEBULIZER**

# First Aid In Composition

**Xiaolong Qi**



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