

Class 9 - Physical Education and Well Being

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First Aid

CBSE NOTES

First Aid - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. What is First Aid?

Immediate care given for injuries or sudden illness before professional help arrives.

2. Three aims of First Aid.

Preserve life, prevent worsening, promote recovery. Essential guiding principles.

3. Define R.I.C.E.

Rest, Ice, Compression, Elevation. A method to treat soft tissue injuries effectively.

4. Meaning of PRICE.

Protection added to R.I.C.E.; protects the injury prior to applying first aid.

5. Golden Rule: Stay Calm.

Staying calm helps to assess the situation and act wisely, saving lives.

6. Call Help Early.

Dial 112 in India for emergencies. Early help can be life-saving.



7. Check for Danger.

Ensure the safety of yourself and others before providing aid to the injured.

8. Handle With Care.

Do not move a seriously injured person unless safety is at risk. Stabilize them.

9. Understanding CPR.

Cardiopulmonary Resuscitation helps restore breathing and circulation in emergencies.

10. DRSABCD Action Plan.

Steps: Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillator.

11. Signs of Breathing Difficulty.

Look for stridor, gasping, or cessation of breath. Act quickly, start CPR if no breath.

12. Recognizing a Nosebleed.

Common in kids; pinch nose and lean forward for 10-15 minutes to manage bleeding.



13. Pressure for Severe Bleeding.

Use a clean cloth or bandage. Apply pressure directly to stop bleeding effectively.

14. Compression Bandage Use.

Wrap injuries with an elastic bandage to reduce swelling while providing support.

15. Elevate Injured Limb.

Raise the injured area above heart level to help reduce swelling and pain.

16. Basic Life Support Aims.

Restore breathing, maintain circulation, ensure oxygenation of vital organs after collapse.

17. Know CPR Ratios.

For adults, give 30 compressions followed by 2 breaths. Maintain rhythm of 100-120/min.

18. First Aid Kit Essentials.

Include bandages, antiseptics, gloves, scissors, and a resuscitation mask in your kit.



19. Practice Transfer Techniques.

Learn methods to safely move injured persons without causing further harm in emergencies.

20. Avoiding Anti-Inflammatories.

These can hinder recovery. Stick to simple first aid protocols for injuries.

21. Emotional Support Importance.

Stay with the injured, reassure them to reduce shock and boost morale.



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