

FIRST AID

We may be in any state for example walking on the road playing in the play ground, working in a kitchen or descending stairs, any time a man may get injured all of a sudden and the doctor may not be available there. In that condition, the immediate help given to the injured or the patient by a person to check the further deterioration is called first aid.

Survival has become a complicates issue. In the modern machine age, pace of life has become fast and tedious. Because of lack of coordinations and balance sudden accidents have become very common. If an injured or a diseases person gets timely first aid. his life can be saved.

Some injuries are such as happen in a play ground very often. So, if the arrangements are satisfactory from every point of view like the ground may not be very hard or very soft, playing material is proper and its measurement is according to the age and height of the player and the game is conducted under the supervision of an able administrator, then those sudden injuries can be lessened but cannot be avoided absolutely. In such circumstances, teachers, coaches, fellow players and spectators can render help. There fore every body should be prepared to be useful at such times.

The following three important points should be kept in mind.

1. Nature, of Injury
2. Intensity of Injury
3. Process of First Aid

Pull in Muscles :

It is called pull in muscles. Swelling is seen in muscles and it causes severe pain.

Reasons

1. Improper coordination among all the parts of the body.
2. Loss of water from the body through perspiration.
3. Excessive tiredness in the body.
4. To bring the muscles in sudden motion.
5. Excessive hardness or softness of the play ground.
6. Improper ratio between the playing material and body power.
7. No warming up of the body before the starting of the game.
8. Damage of muscles and capillaries.

Symptoms

1. Sudden pull felt in the muscles.
2. Weakness of muscles due to which they become useless to work.
3. Feeling of sudden, pain after the injury.
4. Softness of the injured portion.
5. A depression seen around the injured part.
6. Sometimes the area around the injured part turns blue.

Precautions

1. The playground should be very clear and plain. Before the game, stones should be picked up from it.
2. Never play on wet-slippery ground and over the dewy grass.
3. Fields meant for high and long jump should be kept soft.
4. Before starting the game, body should be properly warmed up by doing light exercises. It makes the organs of the body ready to play.
5. To avoid injuries, every player should have the needed information.
6. Players should have the feeling of good will among themselves. They should never play in a fit of anger.

7. Never forget the quality of sportsmanship while playing.

Treatment

1. Keep cold water pads or ice on the injured place.
2. There should not be any motion of the injured organ.
3. Don't put weight over the injured part.
4. Heat or massage be done after 24 hours.

Sprain

Breakage in the ligaments of any joint is called sprain. Generally, it occurs in the ankle, knee, spinal cord and wrist. First aid should be readily given for it. It is of three types.

1. **Mild sprain:** In this condition, weakness, swelling and pain is felt in the sprained area.
2. **Incomplete sprain:** More swelling and pain is felt in this condition.
3. **Complete sprain:** In this condition, pain becomes unbearable.

Reasons :

1. Sprain occurs when the foot is pressed by some stone in the play ground while playing.
2. When the foot is placed over some wet or slippery place like the dew on the grass in the morning or some watery place it gets sprained.
3. If the foot gets stuck into some depression in the play ground like throwing of the discuss or short put at any place carelessly or when the play ground is wet, cattle or human beings walk over it causing depressions when the ground becomes dry, it becomes a source of injuries for a player.
4. If an inexperienced player kicks a football in a wrong manner or does not make proper actions while doing long jump or a throw, then he gets sprain.

5. If the play fields are not properly filled, it also causes sprain. Any action done carelessly also becomes the reason for injury.

Symptoms

1. The injured place should not be moved.
2. Cold water padding should be done over the affected part for 48 hours.
3. If the ankle is sprained, eight type bandage should be done. Every sprained part should be bandaged.
4. Weight should not be put over the sprained area. Instead support or sling be used.
5. An X-ray should be got done to remove the doubt of a fracture.
6. Heat or massage be administered after 48 to 72 hours.
7. After this, yogic exercises should be done. Sprained area should always be taken care of because once a sprain always a sprain.

Dislocation : In this case, the bone moves away from its place of joint.

Reasons : There are many reasons of dislocation of the bone.

1. Hand Injury: When any external weight hits the bone with a great speed, the bone moves away from its original place.
2. Uneven surface of the play ground or its being too soft or too hard.
3. Sports material being proportionately heavier than the physical strength.
4. Not doing light exercises before the fast game.
5. Sudden fall of the player also dislocates the bone.

Symptoms :

1. Place of dislocation cannot move by itself. Where the bone is dislocated, that organ is not able to perform any work.
2. The place of dislocation looks odd. If bone of one ankle is dislocated, you can compare it with the normal ankle and find out that the injured side will appear shapeless which is a sure indication of dislocation of bone.
3. The injured part will pain.
4. Swelling appears over the injured part

Treatment

1. The bone should be tied with a plastic bandage.
2. Any weight should not be put over the affected part.
3. A sling should be tied to the injured part so that the bone remains intact.

There is less tendency of dislocation of bones in childhood. Bones being supple remain flexible. Bones get generally fractured in old age but in young age, bones get dislocated.

The bone which is once dislocated has the tendency to get dislocated time and again.

In general, bones of ankle, knee, hip, wrist, shoulder and jaw get dislocated.

Fracture of the bone : It means breaking of the bone, cracking or stick fracture.

Reasons:

There can be many reasons of fracture of the bone :

1. The player may play over-excitedly or may get out of control in a fit of anger. Under such circumstances, one player attacks the other foolishly with any sports material or pushes him hard. It can cause fracture of the bone of the player.

2. Sometimes the play ground being very hard or soft makes the player slip and thus causing fracture of the bone.
3. If the play ground is uneven or slippery, the player may fall down resulting in fracture of the bone.
4. If the game is not being played under the supervision of any able person, the players keep hitting each other. Thus banging into other also causes fracture of the bone.

Many times, the bone is fractured at the place of direct injury. Sometimes a part which gets hurt affects the other part and the bone gets fractured. As while falling down; the hands may take the weight but the fracture is caused in the collar bone.

Types of Fractures :

1. Simple or closed fracture: When the bone is fractured but there is no visible injury.

2. Compound or open fracture: When the bone protrudes outside the skin, in this case, bacteria gets passage to enter into the body.



Fig. 3

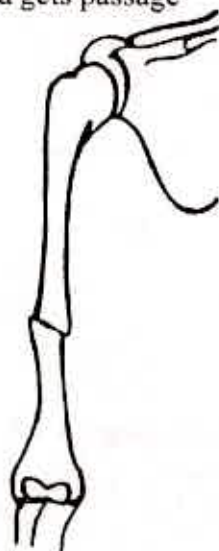


Fig. 4

3. Complicated Fracture: This type of fracture many times affects the joints. The bone may damage its adjoining parts as the fractured bones of the head may damage brain. The spine may get injured by the vertebral column. Fracture of ribs may damage lungs and liver.

4. Multiple Fracture: When the bone is fractured at multiple places.

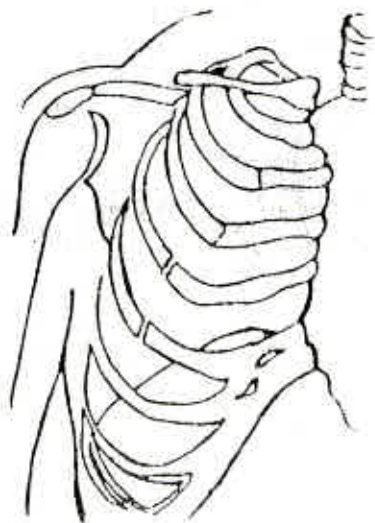


Fig. 5



Fig. 6

5. Impacted Fracture: At the time of fracture, one end of the bone may get stuck into the other.

6. Green Stick Fracture: The bones of children are very supple but they do not break but a fissure is caused or the bones get bent.

7. Depressed Fracture: In general, this fracture occurs in the head due to excess weight and the bone gets fractured and depressed.



Fig. 7

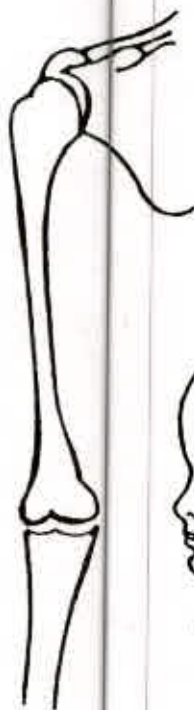


Fig. 8



Fig. 9

Symptoms:

1. Fractured part has pain.
2. Swelling appears around the fractured part.
3. Fractured part loses strength.
4. It becomes shapeless.
5. You can feel the fracture by touching the bone.
6. The movement of the fractured part becomes odd.

Precautions:

1. Walk carefully on an uneven, hard and slippery ground.
2. Do not play under the fit of emotions

Treatment:

1. The fractured part should not be moved, it should be preferred to render the first aid to the fractured part at the same place. If one has to be removed from the place of accident, the fractured part should be fully supported.
2. If the wound is bleeding then bleeding should be stopped first. To check bleeding, the upper part where the wound has occurred should be tied. After some time it should be opened and then retied.
3. The wounded area should be dressed.
4. The fractured part should be supported by bandages and sticks.
5. The patient should be taken for the X-ray.
6. Then the injured person should be taken to the doctor for further treatment.

Unconsciousness (Fainting)

To lose consciousness is called unconsciousness or fainting.

Reasons :

1. Body gets exhausted by over work or excessive playing and the brain loses consciousness.
2. Excessive heat.
3. Dehydration.
4. Shock, injury or on listening to a joyful or sorrowful news.
5. Effect of poison.
6. Epilepsy and hysteria.
7. Heart attack.
8. Excessive, consumption of insulin in diabetics.
9. When the body gets, over worked due to weakness caused by some disease.
10. When the body remains over worked for a long time or players keep playing for a long time.
11. By excessive bleeding.

Symptoms of unconsciousness

1. Face looks pale.
2. Skin gets cold and sticky.
3. Pulse slows down.
4. Blood pressure becomes low.

Treatment :

1. Give artificial breathing in the state of slow breathing
2. The tongue of the patient should not be allowed to slip down.
3. The pulse and heart beat of the patient should be checked.
4. Tight clothes should be removed from the body.
5. Enough air should be circulating around.
6. The reason that had caused unconsciousness should be treated.
7. The whole body especially heart should be massaged.
8. Until complete consciousness is gained, nothing should be given orally.
9. On regaining consciousness, water should be sipped or any other soft drink should be given.
10. Make the patient sniff ammonia spirit.
11. If any other thing is not available, make the patient sniff onion.

EXERCISE

1. What is first aid ? Why do we need it ?
 2. What is the pull of muscles ? What are the reasons that cause it ?
 3. What is sprain ? What could be the first aid for it ?
 4. If while playing hockey, your kneecap is dislocated, what will you do ?
 5. What are the types of fracture ? Which is the most dangerous fracture ?
 6. What is unconsciousness ? Write about its reasons, symptoms and treatment.
 7. Write any one cause of dislocation.
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