

## Unit : 4

### First Aid

#### Comprehension

1- You should not keep checking if the bleeding has stopped why?

Don't keep checking to see that if the bleeding has stopped or not because this may damage or dislodge the clot that is forming and cause bleeding to resume.

2- Why it is necessary to keep the wound away from soap?

To clean the wound you can use soap but in some situations it may irritate the wound so try to keep it away from the wound.

3- How is an antibiotic cream or ointment good in healing the wound?

After you clean the wound apply a thin layer of antibiotic cream or ointment.

The product will help to keep the surface moist and helps body's natural healing process work fast.

4- What you should do if you are allergic to adhesive material in most bandages?

If I am allergic to <sup>the</sup> adhesive material used in most of the bandages, I switch to adhesive free - dressings or sterile gauze held in place with paper tape, gauze roll or loosely applied elastic bandage.

5. What should your first aid kit consist of?  
First aid should consist of following contents.

1. First Aid Book
2. Band-aids (Plasters)
3. Elastic bandages
4. Gauze and adhesive tape
5. Antiseptic Wipes (Alcohol swabs)
6. Safety Pins and Tweezers
7. Scissors
8. Latex Gloves
9. Calamine Lotion
10. Clinical thermometer
11. Analgesic tablets.