

# KEY FIRST AID PROTOCOLS



**WHAT IS THE GOLDEN HOUR IN FIRST AID?**  
 The first 60 minutes can save a life.

## Hemorrhage and Bleeding Control



**Direct Pressure**  
 Apply firm, constant pressure with a clean cloth directly on the wound.



**Tourniquet Use**  
 For life-threatening bleeding on a limb, apply a tourniquet 2–3 inches above the wound.



**Wound Packing**  
 Use gauze to pack deep wounds in junctional areas like the neck or groin.

**Do not remove the embedded object from the wound.**

## Burn Management



**Cooling**  
 Hold the affected area under cool running water for at least 20 minutes.



**Avoid Irritants**  
 Do NOT use ice, butter, or topical ointments on fresh burns.



**Covering**  
 Wrap the burn loosely with a sterile, non-stick dressing or plastic wrap.

## Fractures and Injuries (The R.I.C.E. Method)



### Rest

Avoid using or putting weight on the injured limb.



### Ice

Apply cold packs for 15–20 minutes every few hours.



### Compression

Wrap with an elastic bandage to reduce swelling.



### Elevation

Keep the injury positioned above heart level.

## Seizure Safety



### Clear the Area

Move hard objects away and protect the person's head with something soft.



### Support

Gently roll the individual into the **Recovery Position** (on their side) once shaking stops.



### Prohibitions

Never restrain the person or put anything in their mouth. Do not give any iron objects in hand

## Stroke Recognition (F.A.S.T.)

F



Face



A



Arms



S



Speech



T



Time



### Face

Ask the person to smile; check if one side droops.

### Arm

Ask them to raise both arms; check if one drifts downward.

### Speech

Ask them to repeat a simple phrase; listen for slurred or strange speech.

### Time

Seek emergency medical help immediately and note the time symptoms began.

## "Do No Harm"



However, a fundamental principle of first aid is "**Do No Harm.**" If you are unsure of how to perform a specific procedure, it is safer to wait for **emergency services** rather than attempting an intervention that could exacerbate the injury



For doubts and queries, please reach out:  
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