

# CHAPTER 1

## FIRST AID AND THE AIR CADET

### **Introduction**

1. The First Aid section is based on the authorized manual of the Voluntary Aid Organizations.
2. The increasing importance of a knowledge of the elements of first aid is such that it is now included in the annual training of officers and airmen of the Royal Air Force.
3. It is intended that training should be given by ATC squadron instructors possessing a knowledge of the subject, but many squadrons will be able to enlist help from among:
  - a. Staff of RAF station medical centres.
  - b. First aid instructors of the local police, fire service or civil defence.
  - c. Members of the St John Ambulance Association, St Andrew's Ambulance Association or the British Red Cross Society.

### **The Principles and Practices**

4. First Aid is the practical application of treatment given on the spot, at the time of an injury or sudden illness, and using whatever materials are available to you at the time, until your casualty has, if needed, been placed in medical care.

### **Why it is given**

5. First aid treatment is given to a casualty in order to:
  - a. Preserve life.
  - b. Prevent the condition from getting worse.
  - c. Promote recovery.

### **Responsibilities**

6. In casualty management, your responsibility as a First Aider is to:
  - a. Assess the situation. Check there is no further danger to yourself or your casualty.
  - b. Identify what is wrong with your casualty. (Diagnosis).
  - c. Give immediate, adequate treatment, but do only what you have been trained to do.
  - d. Remember that your casualty may have more than one injury, that some may be apparent and some not, and that some casualties will require more urgent treatment than others. Therefore, you should treat in order of priority.
  - e. Arrange without delay for your casualty to be sent to a doctor, hospital or to his home, depending on the seriousness of his condition.

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f. Your responsibility ends when you have handed your casualty over to medical aid. You should never leave the scene until you have made your report to whoever takes charge, and you should ask if you can be of any further assistance.

### Action in an Emergency

7. At the scene of an accident, keep calm, think, use your common sense before acting. Do not rush in immediately; stop, assess, think and then act. Remember your casualty is a human being, try to reassure him, and cheer him up; doing this will also help you to remain calm. Do not move him more than you have to unless he is in immediate danger.

### Diagnosis

8. Try to find out the background of the accident. If your casualty is conscious, ask him what has happened, or ask bystanders for information. Take into account what you have been told and what you can see. Check the casualty's symptoms, signs and levels of response.

### Symptoms

9. The symptoms are what the casualty feels and what he will tell you.

### Signs

10. Signs of injury are what you can see, such as bleeding, an unusual deformity of a limb, or even a bruise. If your casualty or a bystander cannot tell you what has happened, use your eyes to look for these signs.

11. A quick general examination of your casualty, starting at the head, working methodically towards the feet, comparing one side of the body with the other, will aid you in reaching a diagnosis.

12. Always get your casualty to do as much for himself as he can; it helps to reassure him and also helps you with his treatment.

13. Remember, the casualty who makes the most noise or fuss could be the least injured. The one who is lying quietly, or gently groaning, could be in grave danger. Check all casualties and treat the worst first.

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