



## PRINCIPLES OF PROVIDING FIRST AID

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### Abstract

*The article discusses methods and guidelines for providing first aid in emergency situations, emphasizing the importance of systematically and carefully executing the necessary actions. The author highlights the need for everyone to possess first aid skills, as this can significantly increase the chances of saving lives in critical moments. The article presents processed and analyzed data sourced from research literature available in electronic search systems such as Cyberleninka.ru and eLIBRARY, as well as in international databases like Scopus, covering the period from 2018 to 2024.*

### Keywords

*First aid, emergency, relief and WHO.*

## INTRODUCTION

The relevance of the chosen topic is directly linked to various aspects of life today, ranging from natural disasters to man-made accidents. The emergence and escalation of any emergency situation inevitably leads to the presence of victims, casualties, and individuals with varying degrees of injury, raising the issue of providing first aid to those affected. First aid encompasses a set of actions aimed at restoring and preserving the life and health of the injured person. Typically, this can involve mutual assistance or self-help if the injured individual possesses knowledge of first aid. The nature of first aid provided is directly dependent on the person's condition, the type of disaster, and is determined on-site or nearby using available resources. Timely and correctly administered first aid can save a person and prevent severe consequences or even death. [1]

According to the World Health Organization, one in every twenty fatalities resulting from accidents in peacetime could have been prevented if first aid had been administered immediately at the scene. The importance of timely intervention is underscored by the fact that complications occur twice as infrequently among those who received first aid within the first 30 minutes after injury compared to those who received

it later. This highlights the critical nature of prompt first aid in reducing the risk of severe outcomes from injuries such as burns and frostbite. [2]

A sociological survey conducted by Duty L.I. revealed that the majority of citizens (60.7%) do not consider providing first aid to be their responsibility. The primary reasons for this reluctance include a lack of knowledge and practical skills (82.1%), fear of causing further harm to the injured (67.6%), concern about legal liability (63.5%), and the absence of first aid supplies (51.3%). [3]

The World Health Organization recommends exempting individuals who provide assistance to the injured from liability in order to encourage and enhance motivation for initiating and performing these necessary actions. For instance, countries such as Australia, Canada, and the United States have implemented the Good Samaritan Law Concept. The primary objective of this law is to absolve individuals from criminal liability in cases of unintentional harm caused while providing first aid. Conversely, the law stipulates responsibility for failing to provide assistance under certain conditions. Additionally, if a Good Samaritan suffers harm or injury, they are entitled to full compensation. However, compensation may only be obtained if the harm was inflicted by the victim or a third party, from whom the rescuer seeks compensation. In the United States, this law applies when assisting a person with cardiac arrest, allowing the rescuer to use an automatic defibrillator without medical training. Furthermore, the U.S. has legislation that provides liability protection for unintentional harm caused while administering primary medical care to individuals aboard aircraft. [4]

**The objective** of first aid is to maintain the vital functions of the injured individual by temporarily alleviating or reducing the severity of life-threatening factors and preventing the development of severe complications until medical personnel arrive. It is important to emphasize that first aid is not intended to treat the injured person, but rather to carry out measures that sustain the body's essential functions during this critical moment and prevent the individual from dying. [5]

#### **Rules of Administering First Aid**

Actions when providing first aid are relatively simple, but their timely and high-quality implementation largely determines the further condition of the victim. The range of medical assistance measures INCLUDES:

- Immediate cessation of external damaging factors (such as electrical currents, compression from heavy objects, extreme temperatures) and removal of the victim from hazardous conditions (such as a burning building, a body of water, etc.) are crucial.
- Providing first aid to the injured based on the nature of the injury, which may include stopping bleeding, administering pain relief, applying a dressing to a wound, performing artificial respiration, cardiac massage, etc.
- Proper and timely first aid for wounds and bleeding can save lives, prevent complications, and expedite recovery. Adherence to the following principles is essential:
  - Appropriateness and correctness;
  - Speed;
  - Decisiveness, calmness, and thoughtful actions.

Upon arriving at the scene of an incident, an individual often has only three resources at their disposal: a "clear" mind, possessing at least basic knowledge of first aid; "skilled" hands, capable of performing

necessary actions in the situation; and a compassionate heart, which ensures that the victim is not left in distress. In other words, effective first aid requires knowledge, skill, willingness, and a bit of ingenuity. If additional resources such as bandages, standard splints and tourniquets, medications, and a basic set of medical tools are available, the assistance provided will be even more effective. However, such resources are not always readily available.

In such cases, improvisation with available materials is crucial. For bandaging and stopping bleeding, clean handkerchiefs, scarves, sheets, towels, underwear, and belts can be utilized. For immobilizing (creating stability) of limbs, items such as sticks, boards, bundles of reeds and twigs, umbrellas, and rulers can be employed. [6]

## CONCLUSIONS

The article emphasizes the critical importance of timely and correct provision of first aid in emergency situations. Analysis of the presented data confirms that competent implementation of the simplest actions can significantly reduce the risk of complications and prevent death. Possession of first aid skills should be a priority for every person, since in emergency situations it is knowledge and skills that can play a decisive role in saving lives.

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