



THE IMPORTANCE OF FIRST AID IN EMERGENCY SITUATIONS

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Abstract: This article extensively covers the theoretical and practical aspects of providing first aid in emergency situations. It analyzes the concept of first aid, its main goals and tasks, as well as general principles of assistance in various emergency situations (injuries, bleeding, burns, fainting, poisoning, and others). The article substantiates that timely and correct first aid is an important factor in saving human life, preventing severe complications, and positively influencing the patient's further treatment process.

It is also emphasized that improving the population's medical literacy, popularizing first aid skills, and forming a culture of proper behavior in emergency situations are highly relevant. This article serves as a useful resource for the general public, students, and those interested in the medical field.

Keywords: Emergency situation, first aid, victim, bleeding, burns, poisoning, fainting, cardiac massage, artificial respiration, immobilization, emergency care, medical literacy, life skills.

Introduction

In the modern era, due to the development of technologies, the acceleration of urbanization processes, and the expansion of human activities in various fields, the number of emergency situations is increasing. Traffic accidents, industrial accidents, natural disasters, and various domestic injuries pose a serious threat to human life and health. In such situations, timely medical assistance plays a decisive role.

When an emergency occurs, the time before professional medical personnel arrive is extremely important. First aid provided during this period helps save the victim's life, stabilize their condition, and improve the effectiveness of further treatment. Therefore, every person should possess basic first aid skills.

Today, promoting first aid knowledge and increasing public medical literacy is one of the most important issues. In particular, developing these skills among young people, students, and professionals helps reduce casualties in emergency situations. This article highlights the importance of first aid in emergencies, its main principles, and practical aspects.

Main part: The nature and functions of first aid

First aid is a set of necessary and urgent measures provided to an injured person before medical professionals arrive at the scene. The main purpose of this assistance is to save human life, reduce harm to health, and create favorable conditions for further professional medical treatment.

First aid is most often provided at the scene of an incident by ordinary people. Therefore, this knowledge and these skills are not limited only to medical workers but are essential for every individual. In emergency situations, correct and rapid action can become a decisive factor in saving a person's life.

The main functions of first aid include:



- maintaining vital functions of the victim (breathing, heart activity);
- preventing the worsening of injuries or diseases;
- reducing pain and calming the victim;
- preventing or minimizing shock conditions;
- preparing the victim for safe transportation to a medical facility.

It should be emphasized that incorrect actions during first aid may sometimes worsen the victim's condition. For example, improper lifting or movement of a patient with spinal injuries can lead to serious complications. Therefore, first aid knowledge must be mastered not only theoretically but also practically, with a clear understanding of correct procedures.

Types and characteristics of emergency situations

Emergency situations are unexpected events that pose a direct threat to human life and health and occur for various reasons. Such situations require quick and correct responses, as each has its own specific signs and consequences.

One of the most common emergency situations is mechanical injuries. These include bone fractures, dislocations, bruises, and soft tissue damage. Such injuries often occur due to traffic accidents, sports activities, or carelessness. In such cases, immobilizing the injured area and preventing unnecessary movement is very important.

Another dangerous condition is bleeding. Bleeding can be external or internal. In external bleeding, blood is visible, while internal bleeding is identified through symptoms such as weakness, pale skin, and dizziness. Significant blood loss poses a serious threat to human life, therefore stopping the bleeding as quickly as possible is essential.

Burns and frostbite are also frequently occurring conditions. Burns are caused by high temperature, chemicals, or electric current, while frostbite occurs due to exposure to low temperatures. In both cases, proper care of the affected area and prevention of further damage are very important.

In addition, fainting and heart-related problems are among the most dangerous emergency conditions. Interruption of breathing or disturbance of heart function can lead to severe consequences within a short time. Therefore, rapid reaction and correct assistance are extremely important in such situations.

Another important type is poisoning. This condition occurs due to contaminated food, incorrect use of medications, or exposure to toxic chemicals. Poisoning negatively affects the overall condition of the body and requires immediate action.

Main principles of first aid

First aid in emergency situations is based on certain rules and principles. Following these principles improves the effectiveness of assistance and plays an important role in saving the victim's life. Incorrect or disorganized actions, on the contrary, may worsen the situation.

The first important principle is speed. In emergency situations, time is a decisive factor. Especially in cases of breathing or cardiac arrest, every second is valuable. Therefore, it is necessary to act as quickly as possible without panic or unnecessary delay.

The second principle is accuracy and correctness. Every action performed during first aid must be precise and well-grounded. For example, improper bandaging in bleeding cases or incorrect handling of an injury may cause additional harm. Therefore, actions should be based on previously acquired knowledge and skills.

The third principle is ensuring safety. The rescuer must first ensure their own safety and the safety of those around them. For example, in traffic accidents it is necessary to control traffic, and in electrical situations to disconnect the power source. Otherwise, the rescuer themselves may become a victim.



The fourth principle is sequence and systematic approach. First aid should be provided in an orderly manner. Usually, the victim's condition is first assessed: whether they are conscious, whether they are breathing, and whether the heart is functioning. After that, necessary measures are taken step by step. This helps to identify and eliminate life-threatening problems in time.

Another important aspect is psychological support. In emergency situations, the victim often experiences fear and stress. Calming and emotionally supporting the victim is also an important part of first aid. This positively affects their overall condition and helps stabilize them.

Life-saving skills

Practical skills play a crucial role in providing first aid in emergency situations. No matter how important theoretical knowledge is, the ability to apply it correctly in practice is the main factor in saving a human life. Therefore, every person should master simple but essential first aid skills.

One of the most important skills is opening the airway. If the victim is unconscious, their tongue may fall back and block the airway. In such a situation, gently tilting the head backward and lifting the chin helps to open the airway. This simple action alone can save a life.

The next important skill is artificial respiration. If the victim is not breathing on their own, artificial breathing must be provided. This helps supply oxygen to the body and temporarily maintain vital functions.

Another very important skill is cardiopulmonary resuscitation (chest compressions). In cases where the heart has stopped, this method helps to restore blood circulation artificially. This technique is often used together with artificial respiration and is one of the most effective life-saving methods.

Another necessary skill is stopping bleeding. For this purpose, a clean cloth or bandage is applied to the wound and pressure is applied. If the bleeding is severe, special pressure bandages are used. Quickly stopping bleeding helps prevent significant blood loss.

Immobilization, that is, fixing the injured limb, is also very important. In cases of fractures or dislocations, improper movement can worsen the injury. Therefore, splints or simple available materials should be used to keep the injured area still and prevent movement.

Development of first aid skills in society

Developing first aid skills in society is currently one of the most important and relevant issues. In many emergency situations, the correct actions of ordinary people during the time before professional medical help arrives play a decisive role in saving human lives.

One of the most important ways to develop first aid skills in society is through the education system. By organizing special lessons and practical training on first aid in schools, colleges, and higher education institutions, young people can be prepared from an early stage. This helps improve their ability to make correct decisions in emergency situations.

In addition, conducting training sessions and seminars is also of great importance. Through practical training organized by medical specialists, people learn how to provide first aid in conditions close to real-life situations. This helps strengthen knowledge and develop practical skills.

Furthermore, mass media and internet resources also play a major role in promoting first aid knowledge. Providing short and understandable video lessons, guides, and recommendations through television, social networks, and special platforms increases medical literacy among the population.

It is also appropriate to introduce mandatory first aid training courses in workplaces. This is especially important in industrial enterprises, transport sectors, and public service areas, as emergency situations are more likely to occur in these places.



Conclusion

In conclusion, providing first aid in emergency situations is one of the most important factors in saving human life. In many serious situations, correct and rapid actions during the short time before professional medical assistance arrives determine the victim's life and health.

Knowledge of the nature of first aid, its main principles, and practical skills is essential life knowledge for every person. In particular, proper actions in cases of fainting, bleeding, burns, poisoning, and other emergencies help reduce complications and speed up the recovery process.

In addition, promoting first aid knowledge in society, and organizing practical training in educational institutions and workplaces contributes to improving medical literacy. This helps to form a general culture of safety and enables the saving of many lives.

In general, mastering first aid skills and applying them correctly in practice is both a civic duty and a vital necessity for every person.

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