



E-learning First Aid wounds and poisoning

In the following pages, you will find information and images for an e-learning course on First Aid for wounds and poisoning. This will enable you to create your own e-learning content using a digital tool available within your organization.

We also provide a PowerPoint presentation as an example, as well as a link to our Canva platform where you can see all the interactive tools we have used.

https://www.canva.com/design/DAFpKCEgiTo/K-dlijwoFn2WF_fWtVP29Q/edit?utm_content=DAFpKCEgiTo&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton

Good luck and fun creating your own e-learning courses!

Kind regards,

ROC Friese Poort (The Netherlands)





Note: this lesson can be followed student- and teacher paced. The original lesson is built with Canva and this is an example of where all the interactive activities can be implemented. Link to the lesson:

https://www.canva.com/design/DAFpKCEgiTo/K-dlijwoFn2WF_fWtVP29Q/edit?utm_content=DAFpKCEgiTo&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

Summary of the lesson:

In this lesson, the topics covered are First Aid guidelines, different types of wounds, and how to provide appropriate care for each type of injury. The lesson begins by outlining the objectives, which include learning about First Aid guidelines, various wound types, and treating poisoning.

First Aid for Wounds and Poisoning

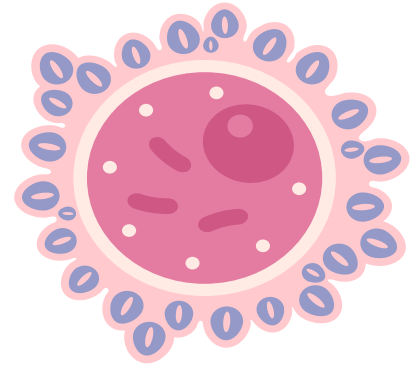
Slide 1 First Aid wounds and poisoning





Slide 2 What are we going to do today?

- Guidelines First Aid
- Different kinds of wounds
- To apply pressure bandage, field dressing and finger bandage
- Poisoning



Slide 3 Guidelines First Aid

The first guideline in first aid consists of the following 5 rules:

1. Beware of danger
2. Assess what happened and then determine the injuries/condition of the victim
3. Comfort the victim
4. Seek professional help
5. Assist the victim in the position where they are lying or sitting



Slide 4 Interactive activity

Abrasions	Stab wounds, lacerations or cuts	Bite wounds	Burns

Note: this is an interactive activity. Students are asked to match the correct type of wounds with the correct picture.

Slide 5 Abrasions

Do's

- Rinse an abrasion under the tap with slightly warm water.
- Do not use soap or disinfectants.
- Remove sand grains or gravel with tweezers.
- Allow the wound to dry without bandage or plasters.
- Alternatively, use a non-adhesive plaster (e.g., if cloths rub against the wound).
- When in doubt, consult a doctor.



Don'ts



- Do not use soap or disinfectants.
- Avoid using oily gauze, petroleum jelly, or adhesive dressings.

Slide 6

Stab wounds, lacerations or cuts

Do's

- Treat the victim while he/she is lying down and remain calm.
- Apply pressure to a bleeding wound using a sterile bandage or clean cloth. Consider using a pressure bandage if necessary.
- Hold up the bleeding body part.
- Call emergency services (112) if blood is spurting around.
- Contact your primary care physician or emergency medical services urgently if the affected limb becomes pale and cold.
- Get in touch with your primary care physician or emergency medical services for a stab wound.



Don'ts

- Do not use soap or disinfectants (including iodine, baking soda, or Biotex).

Slide 7

Bite wounds

A bite wound occurs as a result of an animal or human bite.

Do's

- Rinse the wound with slightly warm water from the tap or shower.
- Seek for medical attention from your primary care physician.
- A bite wound can be stitched up until 8 hours later.
- Your doctor will check if you are adequately vaccinated against tetanus.
- Antibiotics are often necessary.



Don'ts

- Don't delay seeking for medical attention. Go to the doctor as there could be bacteria in the wound.

Slide 8

Burns

Sunburn

Not a wound, but an inflammatory reaction of the skin.

Hot liquid burn

A blister or a very painful wound, for example, due to an accident with hot tea.

Contact burn

A blister or a very painful wound caused by touching a hot object.





Fire/flame burn

A (deep) wound caused by contact with a (flash) flame.

Electrical burn

(Deep) wounds caused by the effects of electricity.

Chemical burn

A wound caused by the exposure to a chemical substance.

Freeze burn

Freezing leads to blistering wounds that are similar to burns; they develop slowly and more insidiously.

Slide 9

Do's

- First water, evrery else remains later!
- Immediately cool the burns!
- Cool the burn within 20 minutes.
- Cool the area for 20 minutes with slightly warm water (use the coolest temperature the victim can tolerate for 20 minutes, to prevent hypothermia).
- Remove the victim from the source of heat and extinguish flames from burning cloths.
- Remove obstructing clothing, diapers or jewelry, even if it means removing skin along with them.



Don'ts

- Do not grease, avoid using oily bandadges, do not apply ice, and don't use adhesive plasters.
- Do not treat the wound yourself if it is larger than a 2 euro coin. Refer the person to a primary care physician or hospital for further evaluation and treatment.

Slide 10 Small burning wounds

Do's

- Clean the wound and surrounding area with water or disinfectant.
- Do not touch the wound pad of the plaster.
- Cut the plaster to the appropriate size and shape.
- Apply the plaster. Never apply it in a circular manner around a body part to avoid it to swell when applied too tightly.
- If there are any open edges of the plaster, secure them with adhesive tape if necessary.

Dont's

- Small wounds can usually be treated at home unless there is something in the wound that you cannot or should not remove, or there is a high risk of infection or tetanus. You should assess this based on your own judgment. If in doubt, it is advisable to consult a doctor.

<https://ikehbo.nl/downloads/EHBO-kaarten-kleur/Pleisterkaart.pdf>

Note: this can be made into an interactive activity. You can for instance give the students the assignments to come up with their own thoughts about do's and don'ts for the different wounds. When this is done individually, students can then proceed to discussing their do's and dont's in groups and discuss their thoughts. Another option is to make a poster for each wound, explaining what to do and what not to inform



non medical students at their own school or somewhere else. The attached placard is in Dutch. Hopefully you can find or make one in your own language.

Slide 11 Let's get to work

Active (severe) bleeding refers to: large or deep wounds where a significant amount of blood is flowing out. These wounds should always be assessed by a doctor. Sometimes it is claimed that arterial bleeding is more severe than venous bleeding, but this is not true. The severity is determined by the amount of blood loss. Be aware of the possibility of shock.

[Wrist Wrapping - YouTube](#)

[How to apply a Finger Dressing for a child - YouTube](#)

Note: this is an interactive activity. Students are shown video's about the use of pressure bandage and finger bandage. While the video is playing students can practise applying the bandages on other students. Feedback sessions can also be used, as the 'patient' student can feedback the 'doctor' student for the work that he/she has done.

Slide 12 poisoning

1. Types of poisoning:

- Solid substances: medications, drugs, certain plants, dishwasher tablets.
- Liquid substances: liquid medications, household cleaners, drain cleaners, or alcohol.
- Gasses: carbon monoxide, chlorine gas, or exhaust fumes.

2. Most dangerous poisoning

- Carbon monoxide poisoning is particularly dangerous because the gas is colorless and/or odorless. This type of poisoning is mainly recognized by symptoms such as headache, nausea, vomiting, muscle weakness (especially in the legs), or unconsciousness of the victim.

3. What to do in case of poisoning?

- If possible, stop further exposure of the victim to the dangerous substance.
- If there is a burning sensation or pain, have the victim rinse their mouth with water and spit it out.
- Call emergency services (112) or ask someone else to make the call.
- In other cases, call your primary care physician or the emergency care center immediately.

Note: You can find or make a poison guide in your own language.



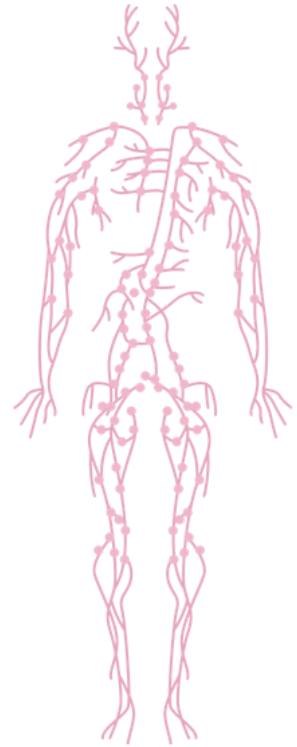
Slide 13 Poisoning

If the victim vomits, keep the vomit for further examination.

Do not induce vomiting without the advice of the Poison Control Center or a doctor. This could cause the victim to choke and inhale dangerous substances into the lungs, or a toxic substance may pass through the esophagus again.

What happens during poisoning?

- The main symptoms are a decreased level of consciousness and respiratory disturbances.
- Therefore, any unconscious person can be a victim of poisoning.
- The other signs can vary greatly depending on the substance.
- The pulse rate can be fast, slow, or irregular.



Slide 14 Good to know

The most poisonous substances:

1. **Botulinum toxin**

The deadliest poison in the world is produced by the bacterium *Clostridium botulinum*. With just 200 grams, you could kill everyone on Earth. When exposed to botulinum toxin, your nervous system suffers a devastating blow, resulting in extreme pain and death. However, in minuscule doses, it is used effectively for treating wrinkles (botox!).

2. **Ricin**

Ricin is a highly toxic protein found in the seeds of the castor oil plant. Five of these seeds constitute a lethal dose for adults. After a few hours or days, your organs start to deteriorate, leading to death.

3. **Anthrax**

Inhaling the bacteria *Bacillus anthracis* causes anthrax, an infection that starts off resembling the flu but does not allow for recovery.

4. **Sarin**

This synthetic nerve agent is officially classified as a weapon of mass destruction. Poisoning symptoms begin with a running nose and foam at the mouth, followed by death (often due to suffocation).

5. **Tetrodotoxin**

This substance, found in the organs of pufferfish, is also known as "zombie powder" by Haitians. It causes lethal paralysis. However, pufferfish is considered a delicacy in Japan. Sometimes, the preparation goes wrong, resulting in the deaths of five Japanese people each year.

Note: this is an interactive activity. Students have to rank the different types of poisonous substances and have to place them in the correct order.

Slide 15 Questions?

Thank you

Are there any questions?



Recap of the lesson

Note: this is an interactive activity. Students can make their own summary of the lesson by pointing out lessons learned or the most important information. Example:

In this lesson, the focus was on First Aid guidelines, wound care, and handling poisoning incidents.

The First Aid guidelines included being cautious of dangers, assessing the victim's injuries, providing comfort, seeking professional help, and placing the victim in a suitable position.

We explored various types of wounds such as abrasions, stab wounds, bite wounds, and burns. For each type, specific do's and don'ts were outlined, such as rinsing abrasions under warm water and avoiding the use of soap or disinfectants.

Interactive activities were incorporated, like matching pictures of wounds to their respective types and practicing the application of pressure bandages and finger bandages for severe bleeding.

The lesson emphasized the importance of seeking prompt medical attention, especially in cases of poisoning, and provided guidelines for appropriate responses to exposure to harmful substances.

Lastly, the lesson delved into information about the most poisonous substances known and their lethal effects, raising awareness about these dangerous materials.

By the end of the lesson, students were equipped with crucial First Aid knowledge and skills, empowering them to respond effectively to various emergencies and potentially save lives in critical situations.

