

## FIRST AID MEASURES ORGANIZATION

BAHRIDDINOVA NASIBA MURODOVNA,  
Bukhara Engineering and Technology Institute, Uzbekistan

TURSUNOVA NARGIZA NIGMATOVNA  
Bukhara Engineering and Technology Institute, Uzbekistan

### ABSTRACT

This article describes the basic methods of providing first aid in the workplace.

**KEY WORDS:** first aid, trauma, bleeding, burn, frostbite, fracture, poisoning, hazardous production factor.

### INTRODUCTION

First aid to victims of accidents and sudden illnesses is a set of urgent measures aimed at terminating the damaging factor, eliminating the threat to life, alleviating the suffering of the victim and preparing him to be sent to a medical institution.

The first medical aid is the simplest medical actions performed as soon as possible directly at the scene of the incident by the production personnel who were at that moment near, who had undergone special training and had basic techniques for providing medical care. Optimal is the provision of first aid to the victim - within 30 minutes after the injury.

### MATERIALS AND METHODS

The obligation of the employer is to organize training with a test of practical skills in providing first aid to victims of the most typical hazardous and harmful production factors for this type of production and the mandatory presence of trained personnel at each work site in each work shift.

Recommendations for the provision of first aid to the victim:

1. To free the victim from exposure to a hazardous production factor (electric current, chemicals, water, mechanical stress, etc.) using standard or improvised means and safe methods for himself.
2. Assess the condition of the victim, release clothing that is holding out breathing, and, if necessary, remove the victim to fresh air.
3. Determine the nature and extent of damage, for which carefully expose damaged areas, parts of the body and decide on emergency measures.
4. Perform necessary measures to rescue the victim in order of urgency - restore breathing, stop bleeding, immobilize the fracture site, apply bandages, etc.
5. Maintain the basic life functions of the victim until the arrival of health workers.
6. Call medical personnel, prepare the victim for transportation.

The provider should know: the basics of working in extreme situations; the main signs of a violation of the vital functions of the human body; rules, methods, first aid techniques in relation to a specific situation; main methods of carrying and evacuating the victims.

The provider should be able to: quickly and correctly assess the situation: assess the condition of the victim, diagnose the appearance and recognize the characteristics of the injury; determine the type of necessary first aid, the sequence of measures for its provision; to correctly implement the whole complex of emergency resuscitation care, taking into account the condition of the victim; temporarily stop bleeding by applying a tourniquet, a pressure bandage, finger-pressing the vessel; perform artificial respiration and closed heart massage; apply bandages, transport tires, provide assistance in case of burns, poisoning, frostbite, in case of electric shock, etc.

With thermal and electric burns on tanned clothes, you need to throw a coat, any dense fabric, bring down the flame with water. First aid for burns is the protection of affected areas from infection, germs and the fight against shock. The affected areas should not be touched with hands, lubricated with ointments, fats, oils, sprinkled with soda; do not puncture, open bubbles, remove substances that adhere to the burned place in order to avoid exposure of the wound; a sterile dressing is applied to small burns of 2-4 degrees, extensive lesions are wrapped in a sterile sheet. Clothing and shoes from burnt places must not be torn off, it must be

cut and carefully removed. Shelter warmer, drink tea, give painkillers, and create peace before the doctor arrives.

For chemical burns, it must be borne in mind that the depth of tissue damage depends on the concentration and duration of exposure to the chemical. Therefore, it is important to reduce the concentration and duration of action of this substance as soon as possible. To do this, immediately wash the affected area with plenty of running cold water for 15-20 minutes.

## RESULTS

If acid or alkali comes into contact with the skin through clothing, rinse with water from the clothing, carefully cut and remove wet clothing from the victim, and rinse with water the affected areas of the skin. If chemically active substances in solid form get on the human body, it is necessary to remove them with dry cotton wool, rinse the affected area thoroughly with water. After washing with water, the affected areas must be treated with appropriate neutralizing solutions in the form of lotions, dressings. Alkaline burns are treated with a 1-2% solution of boric acid, acid - with a soda solution. Further help - as with thermal burns.

First aid for frostbite - immediate warming of the victim, especially the frostbitten part of the body, for which the victim must be transferred to a warm room as soon as possible. It is necessary to warm the frostbitten part of the body, restore blood circulation in it. The greatest effect is achieved through a warm bath with a temperature of 20°C with a gradual increase in temperature to 40°C over 20-30 minutes. After the bath, the areas must be dried, covered with a sterile dressing and heat covered.

You cannot lubricate them with fat, ointments, because this will complicate the subsequent processing. Frosty areas of the body should not be rubbed with snow. You can massage with clean hands, starting from the periphery to the trunk.

When frostbite of the nose, ears, they can be warmed by the warmth of the hands. Before entering the injured person into the room, a heat-insulating dressing should be applied. The victim must be ensured peace, the dressing should be left until a feeling of heat, warmth. Giving aspirin, analgin, strong tea, coffee.

In case of poisoning, victims should be immediately evacuated to a medical facility.

In case of gas poisoning, including carbon monoxide, natural, acetylene, gasoline vapors, etc. there is a headache, "knock at the temples"; tinnitus; general weakness, dizziness, palpitations, nausea and vomiting. With severe poisoning, drowsiness, apathy, indifference occurs, and with severe poisoning - an excited state with irregular movements, loss or holding of breath, dilated pupils. In case of poisoning the victim, it is necessary to remove or remove from the poisoned zone, unfasten clothing that makes breathing difficult, provide fresh air, lay it down, raise legs, hide heat, allow ammonia to sniff. In case of ammonia poisoning, it is necessary to give the victim to drink 10 glasses of warm water with vinegar, causing vomiting, give warm milk. In case of gas poisoning, the victim should be taken out to fresh air, laid down, raised legs, drink tea, coffee.

The victim experiences acute pain, which intensifies sharply when trying to change the position of the damaged part of the body.

With an open fracture after stopping the bleeding and applying a sterile dressing, it is necessary to immobilize the injuries of the limb using the finished tire, stick, board, ruler, etc.

With a closed fracture, clothes should not be removed from the victim, the tire should be laid on top of the clothes. Cold lotions, an ice pack, snow, cold water, etc., should be applied to the site of injury to reduce pain. In case of wounds, you cannot wash the wound with water, any medicinal substance, fill it with powder, lubricate with ointments; you cannot remove sand, earth, etc. from the wound, you need to remove dirt around the wound, cleaning the skin from its edges outward, so as not to further contaminate the wound. Lubricate the cleaned area around the wound with iodine, apply a bandage using an individual bag or a clean handkerchief, and clean tissue. Do not put cotton directly on the wound.

If the victim is conscious with steady breathing and pulse, he should be laid on a bed, for example, from clothes; unbutton your breathless clothes; create an influx of fresh air; create a normal thermal regime, complete rest, continuously monitor the pulse and breathing. If the victim is in an unconscious state - observe his breathing, in cases of respiratory failure - take measures to eliminate the retraction of the tongue by pushing the lower jaw forward and holding it in this state. When vomiting is necessary, the victim's head and the shoulders should be turned to the left to remove vomit.

## **CONCLUSION**

Do not allow the victim to move, and even more so continue to work until the doctor decides. The victim should only be transferred in cases where he and the carer are in danger.

If, after being released from the action of current, the patient breathes rarely and spasmodically, artificial respiration with simultaneous external cardiac massage should be done. With a lightning strike, the same help is provided as with an electric shock.

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