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IMPORTANCE AND BASIC PRINCIPLES OF FIRST AID IN EMERGENCY SITUATIONS

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Abstract: The thesis outlines the basic principles, general procedures, and practical recommendations for providing first aid in emergency situations. It emphasizes the critical role of timely and effective intervention, highlighting key stages for proper assistance.
Keywords: emergency aid, first aid, urgent situation, rapid response, vital signs.

Providing quick and effective first aid in emergency situations plays a vital role in saving lives and restoring health. In conditions that threaten human health and life, every second counts.
First aid involves the following stages:

1. Rapid Assessment of the Situation:
   - Identifying potential hazards at the scene and creating a safe environment.
   - Initial evaluation of the victim's overall condition.
2. Checking and Securing Vital Signs:
   - Ensuring airway patency.
   - Checking breathing and circulation, performing cardiopulmonary resuscitation (CPR) if necessary.
3. Calling for Emergency Medical Assistance:
   - Contacting professional emergency services.
   - Providing accurate details about the victim’s condition and location.
4. Primary Aid Measures:
   - Stopping bleeding by applying sterile bandages or pressure dressings.
   - Immobilizing fractures or dislocations.
   - Treating burns with cold water and covering with sterile materials.

Practical Recommendations:

- Every individual should learn basic first aid techniques.
- Regularly updating medical knowledge is crucial.
- Essential equipment and supplies should be readily available for emergency situations.

In conclusion, rapid and effective first aid in emergency situations is critical in saving lives, and acquiring these essential skills is important for everyone.

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