

PROVIDING FIRST AID TO VICTIMS IN EMERGENCY SITUATIONS

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Emergency situations (ES) are situations that threaten human life and health, such as natural disasters, man-made accidents, fires or transport accidents. In these situations, providing quick and correct first aid to victims is of great importance in saving their lives and preventing serious complications.

The purpose of the article is to analyze the procedure for providing first aid in emergency situations, identify effective methods and show ways to convey these skills to the population.

Emergencies are divided into the following types:

1. Natural disasters: earthquakes, floods, storms, hurricanes.
2. Man-made accidents: incidents in industrial production, chemical spills, explosions.
3. Social and transport incidents: road accidents, fires, mass riots.

The common feature of these situations is unpredictability and the need to provide rapid assistance to victims.

1. Ensuring safety - the person providing assistance must also be in a safe place.
2. Assessing the situation - the number of victims, the degree of injuries, and emergency measures must be determined.
3. Restoring vital functions - checking breathing, heart activity and, if necessary, artificial respiration, heart massage.
4. Bandaging wounds and stopping bleeding - applying pressure to bleeding wounds, applying pressure through clothing or an elastic bandage.
5. Preventing shock - keeping the victim warm, calm, and if necessary, putting him to bed.
6. Calling for emergency medical care - seeking medical care as soon as possible.

Personal protective equipment - gloves, masks, protective clothing.

- First aid kit in the car and at home - sterile bandages, scissors, antiseptics, medicines.

Training and exercises - organizing regular first aid training for the population. Providing first aid to victims in emergency situations is the most important factor in saving human life.

Every citizen should have this skill and be ready to practice it. At the same time, it is important to conduct regular training and awareness-raising activities by government and non-governmental organizations.

- **Natural disasters: earthquakes, storms, floods, blizzards.**
- For example, in the last 20 years, a large number of earthquakes and floods have been recorded in Uzbekistan.
- Man-made accidents: industrial explosions, gas or chemical leaks.
- Transport accidents: road accidents cause thousands of victims every year.
- Additional information: According to the World Health Organization (WHO), a few minutes of first aid in an emergency can save a life.

Emergency Safety Principles

Personal Safety: Before assisting a casualty, make sure you are safe. There may be a risk of electric shock, explosion, fire or flooding. **Environmental Assessment:** Remove casualties from the danger area, and secure vehicles or equipment. **Emergency Call:** Call an ambulance, fire service or police immediately.

2. Assess and triage the victim

Check for breathing and pulse: Determine if the victim is breathing or has a pulse.

Bleeding level: Emergency measures in cases of heavy bleeding.

Signs of shock: Cold and clammy skin, rapid pulse, and rapid breathing indicate shock.

Triage – classify the victim into levels:

Needing urgent care (life-threatening)

Needing intermediate care (stable but requiring monitoring)

Not requiring extensive care (minor injuries)

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