

Text promoted by Hindu Janajagruti Samiti

Useful for the adverse times and at other times too

First-aid Training : Vol. 1

First-aid to save a victim's life and on conditions such as shock

(English)

Compilers

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Contents

卐	Introduction to the Compilers	5
卐	Unique preface with spiritual terminology	6
卐	Preface	8
卐	Chapters	
	1. Understand the need of hour and take First-aid Training	10
	2. Theory of first-aid	16
	3. Some suggestions about the first-aid box and contents of the first-aid box	21
	4. General common instructions for the first-aider	25
	5. How to initially diagnose the victim's condition and how to examine him	33
	6. Actions to save the life of a victim who is in a critical condition	44
	7. Ailments associated with the Cardiovascular system : Shock and Fainting/Syncope	67
	8. Ailments associated with the nervous system	81
	9. Join free 'First-aid Training Classes' conducted by Sanatan Sanstha & Hindu Janajagruti Samiti !	99
	10. For protection from dreadful calamities,there is no alternative to performing spiritual practice and becoming a devotee of God !	103

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Generally, first-aid is the primary treatment provided to the victim/patient with the available resources till appropriate medical assistance becomes available. Present hectic living has adversely affected health, increasing the incidence of serious diseases like heart disease; due to the use of modern machinery accidents are on the rise and considering the forthcoming World War III, natural calamities, riots, etc., it has become imperative for every wise citizen to receive First-aid Training as their duty towards society and the Nation. In situations such as loss of consciousness due to drowning, a sudden heart attack, etc. the time till medical help is received is very crucial. Appropriate First-aid received in the first few minutes can bring the victim back from the clutches of death. This Text has been published taking this into account.

This series has been divided into three parts. For the readers to understand what the other two parts include, a brief index of these parts has been given at the end of this Text. It is important for readers to keep 'Part 1' handy because this includes points on 'Qualities essential and the behaviour of the individual who provides First-aid', 'What should be the contents of the First-aid box?', 'General instructions for the one who provides First-aid', 'How to conduct the basic diagnosis of the victim's condition and how to actually diagnose?', etc. This information is not provided in 'Part 2 and 3', as its inclusion will increase the number of pages.

This Text discusses the life-saving first-aid technique 'AB-CABS'. From the Year 2010, this technique is being used throughout the world. (Before this, the ABC technique,





known as DRSABCD, was being used.) Due to its inclusion, information on First-aid in this Text has become updated.

Some symptoms of related diseases have also been mentioned in the Text. The word 'symptoms' has been used here with two meanings - the complaints of the victim/patient and the signs observed when examining him. Readers should note that all the symptoms of a particular disease described in this Text may not be noticed in a victim. 'First-aid Training' should be taken from an expert in this field. The description in this Text will be useful to those who receive this training. More than 140 images have been provided in all the three parts of this Text. This will help the individual who is providing first-aid to understand and practically implement them. Along with the basic theoretical information in brief, this Text also provides the measures to be taken to prevent the associated diseases or untimely mishaps. We pray at the Holy feet of Shri Guru that on reading this Text series and receiving First-aid Training, may every responsible citizen become a good first-aid, and in the forthcoming World War times, may every household become a 'First-aid centre' dedicated to serving the society and the Nation. - **Compilers**



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