

## AD HYDRO POWER LIMITED

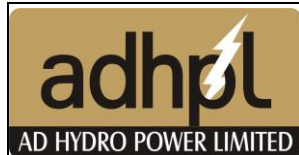
Doc. No. EQHSMS-001-8.2

Title: Emergency Action Plan

### ANNEXURE – 6

## First Aid

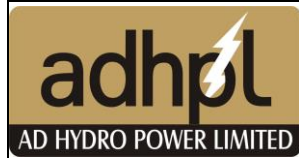
<u>Status</u>	<u>Prepared by</u>	<u>Reviewed &amp; Checked by</u>	<u>Approved by</u>
<i>For issue</i>	<i>Dr. Deepak Tikoo – Sr. Manager EHS&amp;S</i>	<i>Pankaj Kapoor – VP-O&amp;M</i>	<i>O P Ajmera – Director &amp; CEO</i>
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1. FIRST AID

First-aid is the immediate care given to the victim of an accident or sudden illness before the arrival of a qualified expert or help. The purpose of First-aid is to preserve life, assist recovery, prevent aggravation and minimize complications at a later date with the help of such material as may be available.

2. ARTIFICIAL RESPIRATION

- **Mouth to Mouth:** This is appropriate and effective technique for emergency artificial respiration.
- Keep the head slightly backward and open the jaw.
- Seal the casualty’s nose to prevent escape of air by pinching with thumb and index finger.
- Take a deep breath, open your mouth widely, place it over the victim’s mouth and make a tight seal.
- Quickly blow the full breath into the mouth of victim.
- Remove your mouth from the victim and allow him to exhale passively.
- Repeat the procedure 12 to 15 times per minute, till medical aid is arranged.
- Arrange immediate medical aid.
- Artificial respiration can be given by using a face mask or bag/valve/mask assembly also.

3. CONTROL OF BLEEDING

- Apply direct pressure by hand, thumb or finger.
- Apply dressing – gauze pad and bandage.
- Apply indirect pressure on pressure points.
- Apply tourniquet.
- Remove the injured to the hospital.

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#### 4. FRACTURES

- Signs of Fracture : Pain, Tenderness, Swelling, Loss of Power, Deformity
- Do not move the injured unless the life is endangered from other causes.
- Deal with the hemorrhage and breathing difficulties. Immobilize the fracture by using suitable splints.
- Immobilization should include one joint above and one joint below the fracture.
- Remove the injured to the hospital.

#### 5. BURNS

- Pour running cold water on the affected part.
- Do not apply ointments or oils or any other substance.
- Cover the wound with sterilized cloth.
- Give artificial respiration, if needed.
- Prevent shock.
- Arrange immediate medical aid.

#### 6. SHOCK

- Lay the patient on his back.
- Stop bleeding, if any.
- Relieve pain by supporting the injured part.
- Keep the patient comfortable.
- Do not cause sweating.
- Fluids may be given by mouth in small amounts, if the patient is conscious.
- Reassure the patient.
- Arrange immediate medical aid.

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## 7. WOUNDS

- Stop the bleeding, if any.
- Avoid touching the wounds.
- Cover the wound with sterilized or a clean cloth.
- Arrange immediate medical aid.

## 8. EYE INJURIES

- Removal of foreign body should not be attempted.
- Do not apply oil or ointment.
- Apply sterile pad and loose bandage.
- Send the patient to the hospital.

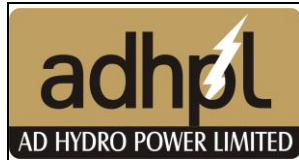
## 9. ABDOMINAL WOUNDS

- No time should be lost in sending the patient to the hospital.
- Keep the patient flat on his back.
- Give nothing by mouth and maintain warmth.
- If intestines protrude from the wound, do not attempt to touch or replace them.
- Apply sterile dressing and binder on the wound.
- Provide immediate transportation to the hospital.

## 10. BACKBONE FRACTURE

- Fracture of backbone may lead to paralysis of limbs. Hence, victim should be handled with great care.
- Transport on a rigid frame/stretchers, which may be improvised by using available board.
- The rigid frame is to be placed on a stretcher for transportation.
- Immediate hospitalization is needed.

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**11. HEAT STROKE**

- Make the patient lie down and remove all his clothing's.
- Keep the patient under the fan.
- Pour cold water on the body repeatedly & wash the head thoroughly with cold water.
- Record body temperature falls up to 38°C stop pouring water.
- Give plenty of cold water with a pinch of common salt in each glass of water to drink.
- Send the patient to the hospital.

**12. BLEEDING NOSE**

- Make the patient sit on a Chair with head downward.
- Apply ice or cold compression and do not plug the nostrils.
- Do not put water or any medicine through the nostrils.
- Send for medical aid immediately.

**13. FOREIGN BODY IN THE NOSE**

- Do not try to remove the solid object.
- Ask the patient to breathe through mouth.
- Send the patient to the hospital.

**14. BLEEDING EAR**

- Lay the patient with the head slightly raised.
- Incline the head to the affected side and apply a dry dressing over the ear with loose bandage.
- Do not plug the ear.
- Send for medical aid immediately.

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## 15. FOREIGN BODY IN THE EAR

- Solid – Do not try to remove, scratch or probe it.
- Insects – Put a few drops of water in the ear and turn the head so that affected ear points upwards.
- Keep the head in that position for 5 minutes, then turn the head downwards so that the water flows out.
- Arrange immediate medical aid.

## 16. SNAKE BITE

- Reassure the patient
- Do not allow the person to run or walk
- Apply a ligature above the wound, if the bite is in the leg or hand.
- Wash the wound with potassium permanganate solution or with soap and water.
- Allow free bleeding.
- Never suck the blood from the wound.
- Treat for shock.
- Arrange immediate hospitalization, by transporting the patient in a lying down position.

## 17. ANIMAL/ DOGBITE

- Clean the wound immediately with water.
- Then wash with antiseptic soap and water.
- Do not try to stop bleeding.
- Do not cover the wound.
- Send the patient to hospital for treatment.

## 18. INSECT BITE

- The sting bite should be pulled out.
- Apply cold compression.
- Prevent shock and send for medical aid immediately.

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## 19. CHEMICAL BURNS

- Immediate wash with clean water at least for fifteen minute or longer.
- Apply sterile dressing.
- Neutralizing agents or ointments should not be used.
- Send the patient to the hospital.

## 20. SUFFOCATION

- Remove the patient from the source
- Clean the airways.
- Restore breathing by artificial respiration.
- Send the patient to the hospital.

## 21. ELECTRIC SHOCK / INJURIES

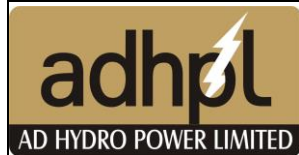
- Do not touch the casualty while he is still in contact with electricity.
- Switch off the current at once.
- Do not attempt first aid until the contact has been broken.
- Make the air passage clear and clean.
- Restore breathing Artificial respiration and external cardiac massage, if needed.
- Call for immediate medical aid.
- Send the patient to the hospital.

## 22. UNCONSCIOUSNESS

- Make the patient lie down on his belly with head turned to one side (resting position).
- Check vital signs like breathing and pulse.
- Loosen tight clothing's.
- Clean the air-way.
- Give artificial respiration and external Cardiac Massage, if needed.
- Transport the patient to the hospital.

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### 23. POISONING

- Find the nature of the poison
- Give universal antidote mixture as given below to drink:

Charcoal powder - 2 table spoons  
Coffee powder - 2 table spoons  
Chalk powder - 1 table spoon

- Add it to a glass of warm water and mix well.
- Send the patient immediately to the hospital.

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