

COMPONENTS OF FIRST AID KIT AND THEIR USES

Component	Function
Plasier	For covering small wounds
Sterile gauze	For covering wounds to protect them from dirt and germs
Soap	For washing hands, wounds and equipment
A pair of scissors or razor blade	For cutting bandages
Safety pins	For securing bandages or holding pieces of bandages
Cotton wool	For cleaning and drying wounds
Iodine tincture	For cleaning fresh cuts and burns

FIRST AIDER

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- The First Aider is a specialist who gives first aid

NOTE:

- Never give alcohol to a victim of snake bite because it will increase the rate of heart bit and cause the venom to spread more rapidly through blood stream.

SCORPION BITE

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- Scorpions are armed with a single curved stinger in the tail. Through this, they inject powerful venom that may produce convulsions and temporary paralysis.
- The affected area feels as though it had been burned with a hot spark

HOW TO GIVE FIRST AID TO A VICTIM OF SCORPION BITE

- Apply tourniquet
- Put ice on the injured area to relieve pain and prevent spread of the poison
- Treat for shock
- Rush the person to the hospital

HOW TO HELP A VICTIM OF DOG BITE

- Wash your hands well with soap and water
- Wash the wound thoroughly with soap and water to remove the animal's saliva using running water.
- Cover the wound with clean gauze.
- Bandage it carefully
- Take the victim to the hospital

6. **BONE FRACTURE**

- A person with a bone fracture experience the following;
 - Severe pain around the injured part
 - Lack of movement
 - Swelling
 - Fainting or shock

HOW TO HELP

- Treat for a shock
- Keep the patient absolutely quite
- Prevent further damage to injured part by using a splint

POSSIBLE CAUSES OF VOMITING

- Allergic reactions
- Diseases e.g. malaria
- Physiological condition e.g. pregnancy
- Food poisoning
- Unpleasant smell or taste
- Drinking a lot of water when thirsty.

TREATMENT OF MUSCLE CRAMPS

- Straighten the victim's knee and draw his/her foot firmly and steady upwards towards the shin
- Massage the muscles while stretching the limb until the cramping has reduced
- Apply some anti-cramp ointment to the affected area
- Give a glass of water if there is lack of water in the victim's body
- Seek medical help if the cramps do not stop

SIGNS AND SYMPTOMS OF SHOCK

- Mental confusion
- Weakness or loss of consciousness
- Blood pressure drops drastically low
- Cold, sweat, cold damp skin
- Weak and rapid pulse

CAUSES OF FAINTING

- Bad news. E.g. death of a loved one
- Unpleasant sight. E.g. the sight of a snake or lion
- Illness
- Shock
- Excessive bleeding

SIGNS OF DROWNING

- Shouting for help from the victim
- Abrupt or violent movement from the victim. E.g. splashing of water, waving of hands, etc

PRINCIPLES OF WASTE DISPOSAL

- Raw sewage should be treated before emptying it into the water bodies.
- When handling wastes, precautions should be observed. E.g. gloves, gas masks and other protective gears must be used.
- Sewage system must be checked and monitored regularly. E.g. controlling leakage

3. **ANIMAL FEEDS**

- This can be used for organic refuse such as:
 - Vegetables
 - Fruits
 - Potatoes
 - Banana peelings
- They are fresh to animals like goat, sheep, pig and cattle.

6. GARBAGE COLLECTION AND TIPPING

- Garbage collection in urban areas is done by local authorities. It is done by county council, municipal council or city council

QUESTION

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- *Mention the*

*common methods of
waste disposal*