

# Book Review 'Buku Panduan Kecemasan & Pengurusan Bencana Jabatan Pertahanan Awam Malaysia (Malay Version)

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## Opinion

Written by Jabatan Pertahanan Awam Malaysia, first aid is a preliminary aid or treatment aid given to an injured person or a sudden I'll wait for help arriving. In terms of emergency assistance for treating wounds and bleeding, for minor wound treatment, drain the water on the wound and dry with a clean cloth. Clean the wounds around them with cotton or clean cloth moistened with water and soap or antiseptic. Wrap with a clean cloth or bandage. To control the bleeding, stop the bleeding by putting a clean cloth on the wound and press with your fingers or hands. When the bleeding stops, wrap it with a clean cloth. If there are foreign objects such as nails, glass or knives, do not press on the wound. Wrap around the object with a clean cloth and get further treatment. If the injured hand or leg increases, it exceeds the heart level to reduce the pressure. If the wound is large and bleeding a lot, get further treatment. Bleeding from the nose usually occurs when the subtle blood vessels in the nose are injured, this is caused by a slap on the nose, sneezing, nose noses and high blood pressure. Nose bleeding can be dangerous if the victim loses much blood. If the bleeding is followed by a head injury, the blood will look thin and melted. It shows a very serious sign in which the cracks of the skull and liquid leaks are around the brain. To treat nosebleeds, advise the victim to sit down and bow his head so that the blood can flow from the nose. Ask the victim to breathe through his mouth and pinch the soft part of the nose. Tell the victim to squeeze his nose continuously. Advise the victim not to talk, swallow, cough, spit or sniff because it can interfere with the blood clots formed in the nose. Give prey a clean towel to wipe the discharge. Tell the victim to release pressure after 10 minutes. If the bleeding does not stop, tell the victim to reuse

the pressure for two periods of 10 minutes each time. When the bleeding stops, and the victim is still bowing, clean the nose with warm water. Advise the victim to relax. Do not let the victim's head slide back. Blood may flow into the throat and cause vomiting. If the bleeding becomes severe or persist for 30 minutes, send the victim to the hospital in the treatment position.

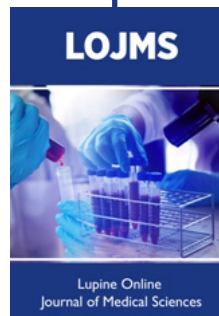
Injuries in the stomach occur when stab wounds, shots or squeezing on the abdomen can cause severe injury. For treatment, use disposable gloves if available. Lay the victim on a piece of dock. Lift the victim's knees and ply under them to reduce the tension on the injury. Refrain from any tight clothing, such as belts or shirts. Place insulation against the wound and place the insulation in place with a bandage or adhesive tape. If blood breaks the barrier, add a layer again. Phone 999 for ambulance. The signs of frustration are defects, swelling and bruising in the fractured bone area, pain and difficulty in moving the injured part, strained limbs, short and bent, the tip of the wrinkled bones and rough sounds that can be felt and heard, but cannot sought, shocking signs, especially if fractures or fractures occur on the femur or pelvis, difficulty in moving the member normally or unable to move directly and the wound with the fingertip edges. To treat bone fractures, treat the bleeding first, provide treatment at the scene, avoid unnecessary movement, do not move the broken part, treat and stop the bleeding if there is, do not hit the wound if any bone is out, make a tuition with tying wood, thick papers, newspapers and so on above and below broken bone joints, if there is no suspension material, tie it to the injured limb and get further treatment.



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