



Emergency First Aid

**First Aid made simple so that you and the rest of your family can be prepared and keep safe.
By educating yourself and practicing simple techniques, you can help more than you think!**

Bleeding

- 1) Clean the cut with warm water and soap.
- 2) Place a bandage or, if a large injury, a clean towel directly on the site of injury.
Note: bandage/towel MUST be clean or you can get an infection)
- 3) Put direct pressure on injury to stop bleeding (see figure B-1).
 -> if bleeding goes through first bandage, add another
- 4) If bleeding continues, elevate the injured part and continue to apply pressure.
- 5) If bleeding still continues, put pressure on a pressure point (see figure B-2).



Figure B-1

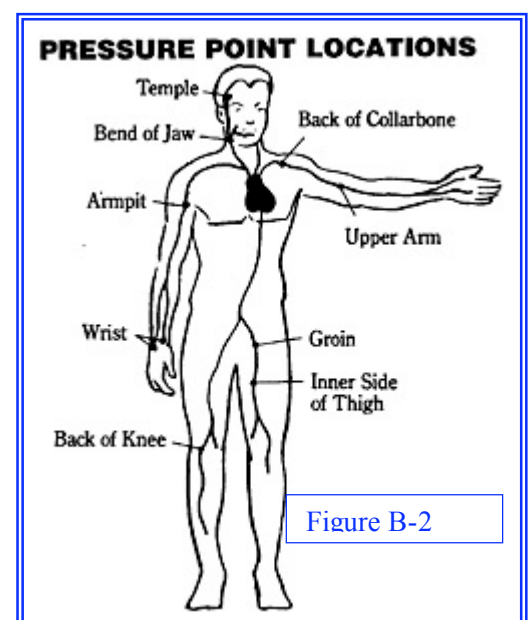


Figure B-2

Sprains & Strains

Remember:



Ice – apply a cold pack (not directly on skin)



Compress ice against injury – NOT TOO TIGHT!



Elevate injury above heart level

Dislocations & Fractures

Remember:



Immobilize area – use pillows, jackets, blankets, anything available to stop movement of the area



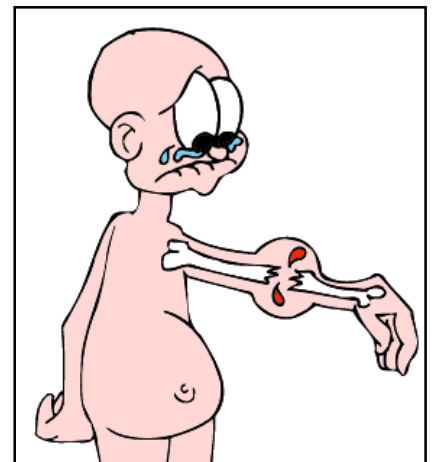
Activate / Call 9-1-1 or transport to medical center



Care for shock (see shock section below)



Treat any secondary injuries



Neck or Back Injuries

- 1) Stabilize the head and neck with your hands – stop movement
-> extra movement can cause even more damage, such as paralysis
- 2) Keep the open airway – make sure that the injured person can breathe and continues to breathe
-> if breathing stops do “rescue breaths” (see CPR section below)
- 3) Call 9-1-1

Shock



Signs:

- ✓ Anxiety, restlessness, or irritability
- ✓ Altered consciousness, eyes lack shine, has a dazed look, feels helpless
- ✓ Rapid pulse rate / rapid breathing
- ✓ Weak, thirsty or nauseous

Treatment:

- ♥ Keep the victim lying down (if possible)
- ♥ Try to make the victim comfortable
- ♥ Speak in a comforting and reassuring voice to relieve stress or anxiety
- ♥ Control any bleeding (if necessary)
- ♥ Elevate the legs 10-12 inches **ONLY if you DON'T suspect spinal injury or broken bones** – this also applies to anyone that faints
- ♥ Cover the victim to maintain body temperature
- ♥ **DO NOT give the victim anything to eat or drink**
- ♥ **If the victim is nauseous or begins to vomit, place them on their side (if spinal injuries are not suspected)**
- ♥ **Make sure that someone calls 9-1-1**

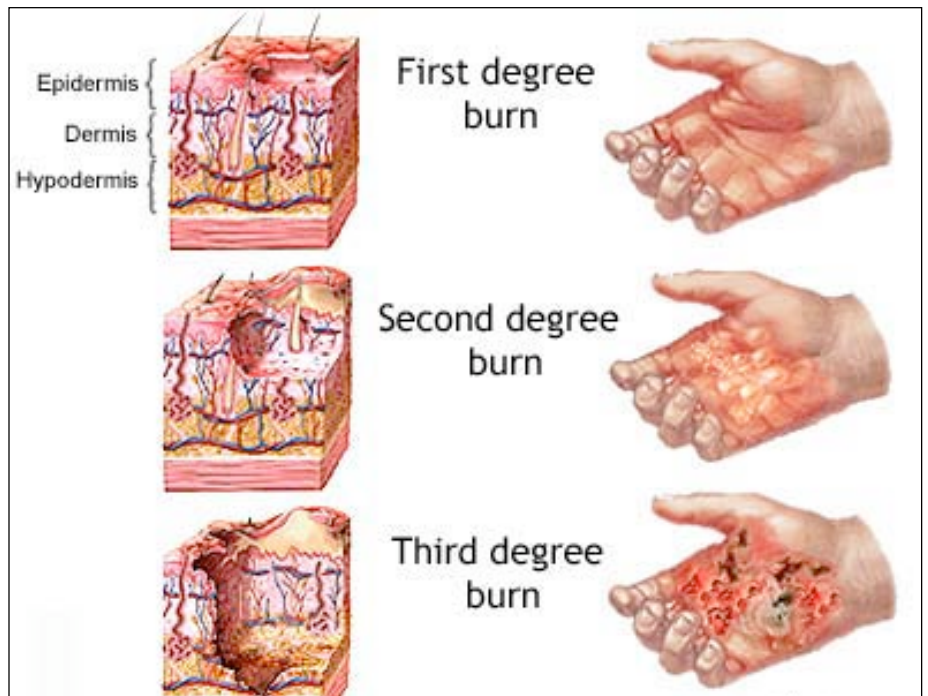
Burns

1st & 2nd Degree Burns:

- 1) Cool the burned area by immersing in cold water or applying cold cloths
- 2) Cover with a clean, dry dressing
- 3) Elevate limb above heart level
- 4) Treat for **SHOCK**

3rd Degree Burns:

- 1) Call 9-1-1 IMMEDIATELY
- 2) Cover with a clean, dry dressing
- 3) Elevate limb above heart level
- 4) Treat for **SHOCK**



Poisoning



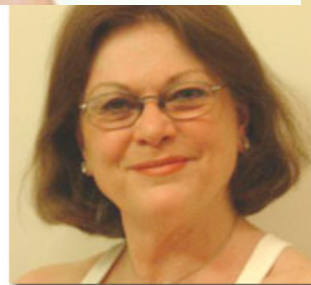
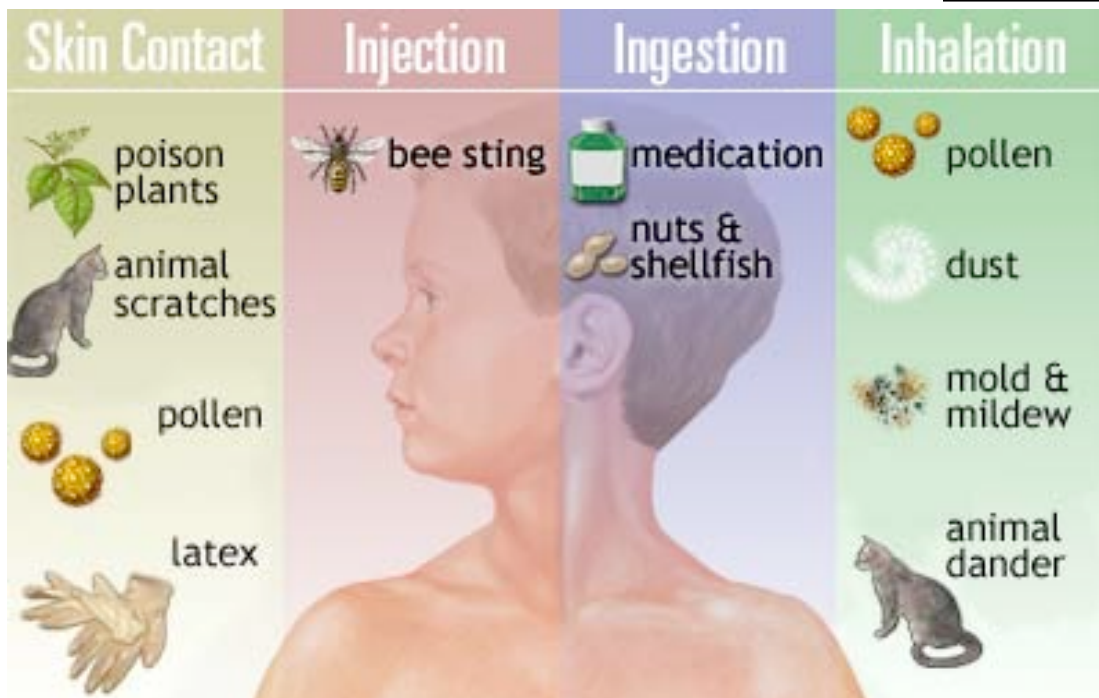
- 1) Assess the scene for clues and safety
- 2) Get the victim away from the poison (if necessary)
- 3) Assess victim for level of consciousness, breathing, and circulation
- 4) Provide care for any life-threatening conditions
- 5) If the victim is conscious, attempt to get more information
- 6) Alert Poison Control (1-800-336-6997) and call 9-1-1
- 7) Bring any empty container, plant, etc. to the phone for verification purposes.

Severe Allergic Reactions

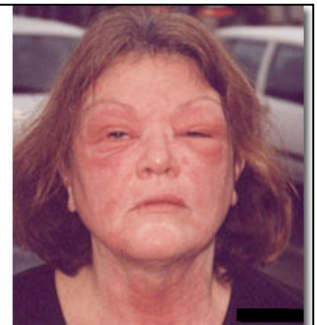
Signs & Symptoms:

- ✓ Rash, skin burning, itching and hives
- ✓ Noisy and/or difficulty breathing
- ✓ Swelling of face, neck, lips and/or tongue
- ✓ Confusion
- ✓ A feeling of tightness in the chest and throat
- ✓ Nausea
- ✓ Fainting / Coma
- ✓ Dizziness

**THIS IS A TRUE
EMERGENCY!
A SEVERE ALLERGIC
REACTION CAN BECOME
LIFE-THREATENING.
CALL 9-1-1, PROVIDE
PRESCRIBED
MEDICATION (IF
AVAILABLE) AND
MONITOR BREATHING /
CIRCULATION.**



Normal appearance



Severe allergic reaction
(anaphylaxis)

Bites & Stings

- 1) Wash the site
- 2) Apply a cold pack
- 3) Monitor victim for allergic reactions – if appropriate call 9-1-1

Bees / Wasps / Hornets:

- ♥ **Do NOT** pick or scratch at the site of the sting!
- ♥ Use the edge of a credit card or something similar.
- ♥ The edge will snag the venom sack above the skin level and pull the embedded stinger out of the skin.



Spiders: **SEEK MEDICAL ATTENTION!**

Ticks: Ticks must be removed with tweezers.

Apply antiseptic ointment.

If you are unable to remove the head or if the rash persists,
SEEK MEDICAL ATTENTION!



Snakes:

- ♥ **Call Poison Control (1-800-336-6997) or 9-1-1**
- ♥ **DO NOT ATTEMPT TO SUCK THE VENOM OUT!**
- ♥ Keep the affected limb **BELOW** heart level
- ♥ Calm and reassure the victim

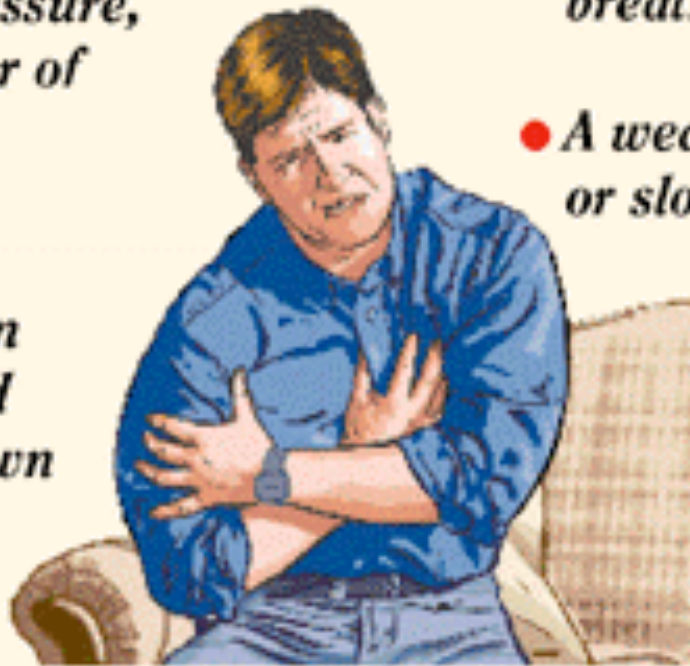


Heart Attack



- *Severe pain, or sense of pressure, in the center of the chest*

- *Pain or a numbness in the jaw, and possibly down either arm*



- *Difficulty breathing*

- *A weak, irregular or slow pulse*



- *Feeling faint or dizzy*

- *Indigestion*

- *Sweating*

- *Nausea*

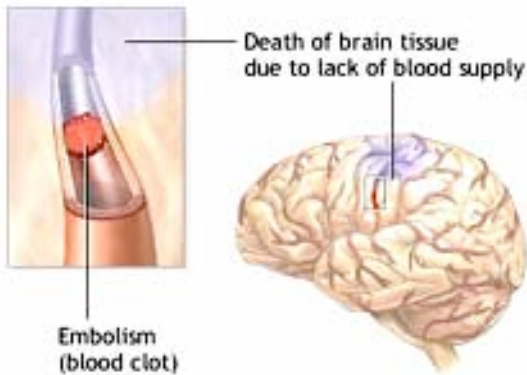


Stroke

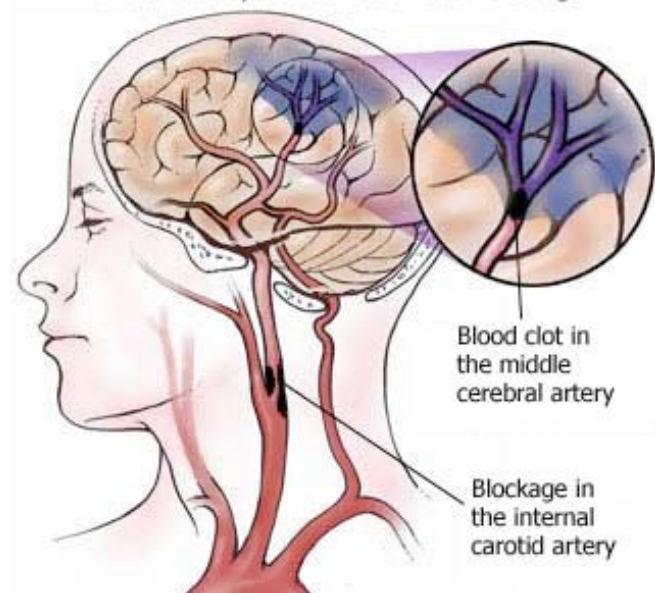
There are 3 easy SYMPTOMS to look for to tell if a person has just had a stroke:

1. A **twisted face** best seen when the person smiles.
2. **Slurred speech**.
3. Ask the person to stretch out their arms and close their eyes. One side will **drift** down in a stroke.

If you find any one of these symptoms in a person that never had it before, the chance that they've had a stroke is 72%!!!!



Ischemic Stroke
Occurs when oxygen-rich blood flow to the brain is restricted by a blood clot or other blockage



Things you might actually *feel* if you're having a stroke include:

- Sudden **Violent Headache** - the worse you've ever had.
- Sudden **Loss of Seeing** with one or both eyes.
- Sudden **Weakness** of a part or half of your body.
- Suddenly having **Slurred Speech** or **Inability to Speak**.

Cold Injuries

		Temperature (°F)																		
Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45		
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63		
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72		
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77		
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81		
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84		
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87		
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89		
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91		
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93		
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95		
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97		
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98		

Frostbite Times

30 minutes

10 minutes

5 minutes

Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})

Where, T= Air Temperature (°F) V= Wind Speed (mph)

Effective 11/01/01

Mild Hypothermia

Signs & Symptoms: Shivering, slurred speech, stumbling, or staggering (usually, victim is conscious and can talk)

Treatment:

- ♥ Remove from the cold environment
- ♥ Provide a source of heat (warm water, fireplace)
- ♥ Replace wet clothing with dry clothing
- ♥ Provide a hat, blanket and coats to help insulate the victim
- ♥ Seek medical attention

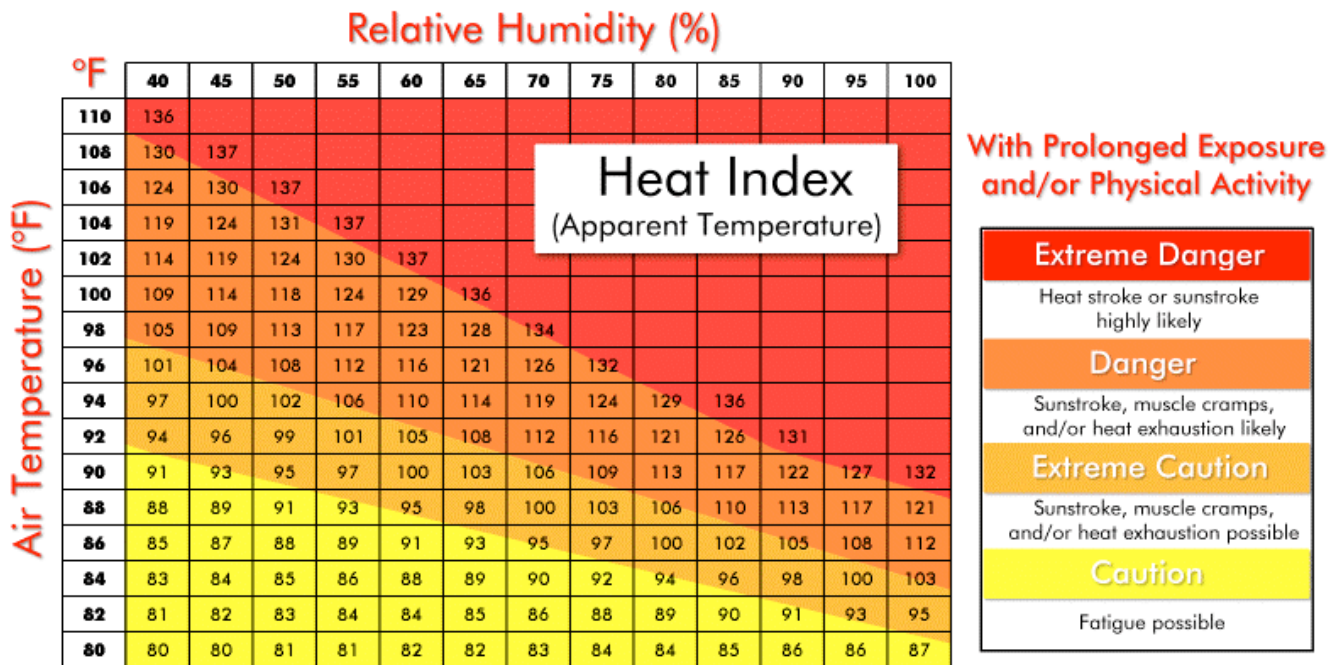
*****Severe Hypothermia*****

Signs & Symptoms:

- ✓ Body core temperature below 90°F
- ✓ Shivering has stopped and muscles have become stiff and rigid
- ✓ Skin has a bluish appearance and doesn't react to pain
- ✓ Pulse and respirations are slow and pupils are dilated

Treatment:

- ♥ **CALL 9-1-1**
- ♥ Keep victim warm
- ♥ DO NOT RE-WARM the victim if they can be transported in 12 hours
- ♥ Take care when moving victim – treat the victim as if they could break
- ♥ Continue to check the pulse to determine if you need to do CPR



Heat Injuries

Heat Cramps

Signs & Symptoms: Painful muscle cramps; moist and cool skin; sweating

Treatment: Move to a cool place, give water (take small sips), and massage muscle

Heat Exhaustion

Signs & Symptoms: cold; clammy; sweating; weak pulse; shallow breathing; nausea; stomach cramps; weakness; fatigue; headache

Treatment: Move to a cool place, elevate legs, remove soaked clothing, apply cold packs, give water (take small sips), monitor victim

*****Heat Stroke*****

Signs & Symptoms: hot, dry, red skin; confusion or unconsciousness; little or no sweating; full, rapid pulse

Treatment: Move to a cool place, IMMEDIATELY cool victim by fanning and applying cool water, remove excess clothing, and **CALL 9-1-1!**