

ENVIRONMENTAL EMERGENCIES

Bites/Stings, Heat-related, Cold-related, Poison, etc.

When an animal bite, the skin may break, and the wound can bleed which can become infected and be at risk for rabies

Actions to Take

1. Make sure the scene is safe
2. With animal bites, be sure to wash the wound with plenty of soap and water
3. Apply a bag of ice and water wrapped in towel to help with bruising and swelling for up to 20 minutes
4. For all bites that break the skin, phone a healthcare provider as soon as possible

Animal & Insect Bites

Snakebites

Signs of Poisonous Snakebites

- Pain at the bite area that keeps getting worse
- Swelling of the bite area
- Nausea, vomiting, sweating or weakness

Actions to Take

1. Make sure the scene is safe
2. Phone 9-1-1
3. Get the first aid kit
4. Wear your Personal Protective Equipment (PPE)
5. Ask the injured person to stay as still and calm as possible and avoid moving the part of the body that was bitten
6. Remove any tight clothing and jewelry
7. Gently wash the area with running water and soap
8. Stay with the injured person until advanced training arrives

Bee & Wasp

Bites & Stings

- Usually cause only mild pain. Itching and swelling at the bite area
- Some may even be serious and fatal
 - Severe allergic reaction
 - Poison is injected into the person

Actions to Take

1. Make sure the scene is safe
2. Get the first aid kit
3. Wear your Personal Protective Equipment (PPE)
4. If the person was stung by a bee, scrape the stinger and venom sac away with something hard and dull that won't squeeze
5. Wash the area with running water and soap
6. Put a bag of ice and water wrapped in a towel over the area for up to 20 minutes
7. Watch the person for at least 30 minutes for signs of an allergic reaction

Poisonous Spider Bites & Scorpion Stings

Signs/Symptoms

- Severe pain at the site of the bite or sting
- Muscle cramps
- Headache
- Fever
- Vomiting
- Breathing problems
- Seizures
- Lack of response

Actions to Take

1. Make sure the scene is safe
2. Get the first aid kit
3. Wear your Personal Protective Equipment (PPE)
4. Phone 9-1-1
5. Wash the bite or sting area with lots of running water and soap
6. Put a bag of ice and water wrapped in a towel on the bite/sting

Tick Bites

Ticks are harmless but some carry serious diseases, the longer the tick stays attached to a person, the greater the chance of catching a disease

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Use tweezers to grab the tick by its mouth or head, as close to the skin as possible
4. Try to avoid pinching the tick
5. Lift the tick straight out
6. Place the tick in a plastic bag in case the person needs to take it with them when getting medical care
7. Wash the bite area with running water and soap
8. See a healthcare provider as needed

Marine Bites & Stings

It is important to be aware of marine fish and animals when swimming in the ocean. Bites and stings from jellyfish, stingray, etc., may cause pain, swelling, redness, or bleeding

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Keep the injured person quiet and still
4. Wipe the stingers or tentacles with a gloved hand or towel
5. If the sting is from a jellyfish, rinse the injured area for at least 30 seconds with lots of vinegar or baking soda and water solution
6. Put the part of the body that got stung in hot water for at least 20 minutes for as long as pain persists
7. Phone 9-1-1
 - a) If the person has a severe allergic reaction
 - b) If the person was bitten or stung in an area known to have poisonous marine animals
8. For all bites and stings that break the skin, see a healthcare provider

Heat-related Emergencies

Dehydration occurs when a person loses water or fluids

Signs of Dehydration

- Weakness
- Thirst or dry mouth
- Dizziness
- Confusion
- Less urination than usual

Actions to Take

1. If you suspect that a person is dehydrated, contact a healthcare provider right away
2. The best first aid for dehydration is PREVENTION
3. Make sure the person drinks and eats enough to stay hydrated

Heat-related Emergencies

Heat cramps are painful muscle spasms, often occurs in the calves, arms, stomach muscles and back

Signs of Heat Cramps

- Muscle cramps
- Sweating
- Headache

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Have the person rest and cool off
4. Have the person drink something with sugar and electrolytes, such as sport drink or juice, or water if these aren't available
5. If the person can tolerate it, apply a bag with ice and water wrapped in a towel to the cramping area for up to 20 minutes

Heat-related Emergencies

A milder condition where heat cramps can quickly turn into heat exhaustion

Signs of Heat Exhaustion

- Nausea
- Dizziness
- Vomiting
- Muscle Cramps
- Feeling faint or fatigued
- Heavy sweating

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Call 9-1-1
4. Have the person lie down on their back in a cool place
5. Remove as much of the person's clothing as possible
6. Cool the person with a cool water spray or cool damp cloths on the neck, armpit and groin
7. Have the person drink something with sugar and electrolytes, such as sport drink or juice, or water if these aren't available

Heat-related Emergencies

Heat stroke is a serious condition and life threatening

Signs of Heat Stroke

- Confusion
- Feeling faint or fatigued
- Dizziness
- Nausea or vomiting
- Muscle cramps
- Seizure

Actions to Take

1. Make sure the scene is safe
2. Call 9-1-1
3. Put the person in cool water up to their neck if possible, or spray the person with cool water
4. If the person becomes unresponsive and is not breathing normally or only gasping, give CPR

Cold-related Emergencies

Frostbite typically occurs outside in cold weather or if exposed to extremely cold material such as cold gases, without wearing gloves

Signs of Frostbite

- Frostbitten skin is white, waxy or grayish-yellow
- Frostbitten area is cold and numb
- Frostbitten area is hard, and the skin doesn't move when you push it

Actions to Take

1. Make sure the scene is safe
2. Move the person to a warm place
3. Wear your Personal Protective Equipment (PPE) and get the first aid kit
4. Call 9-1-1
5. Remove wet or tight clothing and pat the body dry
6. Put dry clothes on the person and cover their body with a blanket
7. Remove tight rings or any bracelets from the frostbitten part

Cold-related Emergencies

Hyperthermia is another name for low body temperature

Signs of Hyperthermia

- Skin that is cool to the touch
- Shivering
- Confusion
- Personality change
- Sleepiness
- Stiff, rigid muscle

Actions to Take

1. Make sure the scene is safe
2. Get the person out of the cold
3. Remove wet or tight clothing and pat the body dry
4. Get the first aid kit and AED
5. Call 9-1-1
6. Put dry clothes on the person
7. Stay with the person until advanced training arrives
8. Give CPR if the person becomes unresponsive

Poison Emergencies

Contact number for the Poison Control Centers is 1-800-222-1222

Questions the dispatcher may ask

- What is the name of the poison?
- How much poison did the person touch, breathe, or swallow?
- How old is the person?
- When did the poisoning happen?
- How is the person feeling or acting now?

Actions to Take in a Scene Safety in a Poison Emergency

1. Make sure the scene is safe
2. Look for signs that warn you that poisons are nearby
3. Look for spilled or leaking containers
4. If the scene seems unsafe, do not approach
5. Stay out of the scene if you see multiple people who may have been poisoned
6. If the scene is safe, get the first aid kit and AED
7. Phone 9-1-1
8. Tell the dispatcher the name of the poison and stay on the phone unless inform to hang up

Poison Emergencies

Actions to Help a Person Who Has Poison on the Skin or In the Eyes

1. Make sure the scene is safe by following the “Actions to Take for Scene Safety in Poison Emergency” section
2. If you approach the scene, wear your Personal Protection Equipment (PPE)
3. Move the person from the scene and help the person move to an area with fresh air
4. Wash and remove the poison from the person’s skin and clothing
5. Help the person to a faucet, safety shower or eyewash station
6. Remove clothing and jewelry from any part of body touched by poison
7. Use gloved hand to brush off any dry powder or solid substance from the person’s skin
8. Run lots of water over the affected area until someone with advanced training arrive and takes over
9. If an eye is affected, ask the person to blink as much as possible while rinsing the eyes
10. Give CPR if the person becomes unresponsive