INJURY EMERGENCIES

External/Internal Bleeding, Wounds, Broken Bones,
Burns & Electrical Injuries, etc.

External Bleeding

Bleeding can quickly become life threatening if not controlled

- Severe bleeding occurs when a large blood vessel is cut or torn
- Minor bleeding occurs from small cuts or scrapes

Stop bleeding with pressure

- *Dressing* is a clean material used directly on a wound to stop bleeding
- *Bandage* is a material used to protect or cover an injured body part AND can help keep pressure on a wound

Actions Taken to Control Bleeding

1. Make sure the scene is safe and send someone to get the first aid kit
2. Wear your Personal Protective Equipment (PPE). If possible, have the injured person apply direct pressure to the wound while you put on your PPE
3. Apply dressings from the first aid kit. Put direct pressure on the dressings over the bleeding area, using the flat part of your fingers or the palm of your hand
4. If the bleeding doesn't stop, add more dressings on top of the first and press harder
5. Keep pressure on the wound until it stops bleeding
6. If you can’t keep pressure on the wound, wrap a bandage firmly over the dressing to hold the dressing in place

Control Bleeding

Use a tourniquet if an arm or leg has severe bleeding and you can't stop the bleeding with direct pressure

Actions to Apply a Premade Tourniquet

1. Make sure scene is safe
2. Phone 9-1-1, get the first aid kit and the AED
3. Wear your Personal Protective Equipment (PPE)
4. Place the tourniquet about 2 inches above the injury if possible
5. Tighten the tourniquet until the bleeding stops and note the time the tourniquet was placed on the body
6. Stay with the person until someone with advanced training arrives to take over

Actions to Make and Apply a Tourniquet

1. Make sure scene is safe
2. Phone 9-1-1, get the first aid kit and the AED
3. Wear your Personal Protective Equipment (PPE)
4. Fold a cloth or bandage so that it's long and at least one (1) inch wide
5. Wrap the bandage about 2 inches above the injury if possible
6. Tie the ends of the bandage around a small hand tool, stick, or something similar
7. Turn the item to tighten the tourniquet and continues until it stops bleeding
8. Secure the hand tool or stick so that it stays tight and note the time the tourniquet was placed
9. Stay with the person until someone with advanced training arrives to take over

Shock

Shock refers to circulatory system failure that happens when insufficient amounts of oxygenated blood is provided for every part of the body – results to loss of blood, loss of fluid, trauma, etc.

Signs of Shock

- Feels weak, faint, dizzy
- Feels nauseated or thirsty
- Have pale or grayish skin

Actions to Take

- Make sure the scene is safe
- Phone 9-1-1, get the first aid kit and the AED
- Help the person lie on their back
- Cover the person with a blanket to keep him warm
- Check to see if CPR is needed

Wounds

A wound is an injury of the soft tissue in the body and can range from minor to more serious injuries

Bleeding from the Nose

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE)
3. Have the person lean forward
4. Pinch the soft part of the nose on both sides with a clean dressing
5. Place constant pressure on the nostrils for a few minutes until the bleeding stops
6. Phone 9-1-1 if bleeding doesn't stop in about 15 minutes, bleeding is heavy such as gushing out, or injured person having trouble breathing

Bleeding from the Mouth

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE)
3. If bleeding is coming from the tongue, lip or cheek and you can reach it easily then apply pressure with a gauze or clean cloth
4. Phone 9-1-1 if bleeding doesn't stop and/or injured person having trouble breathing

Tooth Injuries

When a person suffers a mouth injury, one or more teeth may be broken, become loose, or have been knocked out which can be a choking hazard

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE)
3. Check the person's mouth for any missing or loose teeth
4. If the tooth is chipped, gently clean the injured area and call a dentist
5. If the tooth is loose, have the person bite down on a gauze to keep the tooth in place and call a dentist
6. If tooth has come out, it may be possible for a dentist to reattach the tooth. Hold the tooth on the crown – the top part of the tooth, NOT the root
7. Apply pressure with gauze to stop the bleeding in the empty socket
8. Clean the area where the tooth was located with saline or clean water
9. Put tooth in one of the following – egg white, coconut water, whole milk or the injured person's saliva
10. Take the injured person to the dentist or emergency department

Eye Injuries

Signs of Eye Injury – Pain, trouble seeing, bruising, bleeding redness or swelling

Actions to take with an Eye Injury

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. If something small like sand gets in the person's eye, rinse with lots of running water
4. Phone 9-1-1 if the sand or object is not coming out, person is having extreme pain or trouble seeing
5. Tell the person to keep their eyes closed until someone with more advanced training arrives

Actions to take with a Toxic Eye Injury

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. If chemical gets into the person's eyes, rinse with lots of running water for at least 15 minutes
   Caution: If only one eye is affected, make sure the eye with the chemicals is the lower eye as you rinse
4. If an eyewash station is nearby or if you have access to an eyewash kit, use it
5. If neither is available, use water from the tap or normal saline or contact lens solution
6. Phone 9-1-1

Penetrating & Puncturing Injuries

An object such as a knife, nail, or sharp stick can wound a person. If the object is stuck in the person's body, leave it in until a healthcare provider can treat it

Actions to Take

1. Make sure the scene is safe
2. Phone 9-1-1
3. Get the first aid kit and AED
4. Wear your Personal Protective Equipment (PPE)
5. Try to stop any bleeding you can see
6. Do not remove the object if it is stuck to the body

Amputation

Amputation occurs when any part of an arm or leg is cut or torn off. It may be possible to reattach amputated fingers or toes therefore, it is important to know the actions to stop the bleeding and protect the amputated part

Actions to Give First Aid

1. Make sure the scene is safe
2. Phone 9-1-1
3. Get the first aid kit and AED
4. Wear your Personal Protective Equipment (PPE)
5. Stop the bleeding from the inured area with pressure
6. If you found the amputated part, follow the "Actions to Protect an Amputated Part" section below

Actions to Protect an Amputated Part

1. Make sure the scene is safe
2. Rinse the amputated part with clean water
3. Cover it with a clean dressing
4. Place it in a watertight plastic bag
5. Place the bag in a container with ice or ice and water. Make sure to label it with the injured person's name, the date and the time.
6. Make sure the body part gets to the hospital with the injured person

<u>Remember:</u> Do no place the amputated part directly on ice because extreme cold can injure it

Internal Bleeding

When bleeding occurs inside the body, you may see a bruise under the skin or may not see any at all

You should suspect internal bleeding when –

- An injury from a car crash, hit by a car, or fallen from a height
- An injury in the abdomen or chest
- Sports injuries
- Shortness in breath after an injury
- Coughed up or vomited blood after an injury
- Signs of shock without external injury bleeding
- A knife or a gunshot wound

Actions to Take

1. Make sure the scene is safe
2. Phone 9-1-1
3. Get the first aid kit and AED
4. Wear your Personal Protective Equipment (PPE)
5. Have the person lie down and keep still
6. Check for signs of shock
7. Give CPR if needed

Head, Neck and Spinal Injuries

- With any kind of head, neck or spinal injury, be cautious about moving an injured person
- If person has a head injury that results in a change in consciousness, worsening signs or symptoms or any other concerns, the person should be evaluated by a healthcare provider as soon as possible
- Call 9-1-1 if the person becomes unresponsive
- When a person has a spinal injury, do not twist or turn the head or neck unless needed to give CPR, move the person out of danger, or reposition the person because of breathing problems, vomiting, or fluids in the mouth

Actions to Help Someone with a Head, Neck or Spinal Injury

1. Make sure the person stays calm and rests
2. Phone 9-1-1
3. Ask someone to get the first aid kit and AED if available
4. Have person remain as still as possible and wait for someone with more advanced training arrives to take over
5. Do not twist or turn the person's head or neck unless necessary

Broken Bones & Sprains

Without an x-ray, it may be impossible to tell whether a bone is broken, or the injury is a sprain

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Cover any open wound with a clean dressing
4. Put a towel on top of the injured body part
5. Place a bag filled with ice and water on top of the towel over the injured area – keep the ice in place for up to 20 minutes
6. Phone 9-1-1 if
   a) There is a large open wound
   b) The injured body part is abnormally bent
   c) You are not sure what to do
7. If the injured body part hurts, the person should avoid using it until checked by a healthcare provider

Splinting

A splint keeps an injured body part from moving and if a broken bone has come through the skin or is bent, it shouldn't be straightened

Actions to Take

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Find an object that you can use to keep the injured arm or leg from moving
4. Rolled-up towel, magazines, and pieces of wood can be used as splints
   a) Splints should be longer than the injured area to support the joints above and below the injury
5. After covering any broken skin with a clean or sterile cloth, tie or tape the splint to the injured limb
6. Use tape, gauze, or cloth to secure it
7. Keep the limb still until the injured person can be seen by a healthcare provider

Burns

- Burns are injuries that can be caused by contact with heat, electricity, or chemicals
- Heat burns can be caused by contact with fire, a hot surface, a hot liquid, or steam
- If a person with a burn gets too cold, they can get hypothermia
- The only thing you should put on a burn is cool water and clean dressings – never use ice as it can damage a burned area

Burns

Action to Take for Small Burns

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. Cool the burn area immediately with cold, but not ice-cold, water for at least 10 minutes
4. If you do not have cold water, use a cool or cold, but not freezing, clean compress
5. Run cold water on the burn until it doesn't hurt
6. You may cover the burn with a dry, nonstick sterile or clean dressing

Action to Take for Large Burns

1. Make sure the scene is safe
2. Wear your Personal Protective Equipment (PPE) and get the first aid kit
3. If the person or themselves is on fire, put the fire out
   a) Have the person stop, drop, and roll
4. Cover the person with a wet blanket
5. Remove the wet blanket once the fire is put out
6. For large burns, cool the burn area immediately with cold water for at least 10 minutes
7. After you cool the burns, cover them with dry, nonstick sterile or clean dressings
8. Cover the person with a dry blanket
9. Check for signs of shock
10. A person with a large burn should be seen by a healthcare provider

Electrical Injuries

Electricity can burn the body on the inside and outside

It can stop breathing or cause a deadly abnormal heart rhythm

May leave only small marks on the body where it entered and left the body

Actions to Take

1. Make sure the scene is safe
2. Phone 9-1-1
3. Get the first aid kit and AED
4. When it is safe to touch the injured person, give CPR if it is needed
5. A healthcare provider should check anyone who has an electrical injury as soon as possible