Everyday First Aid YouTube Videos by British Red Cross

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Directions: view the YouTube videos and answer competency questions below.

Please keep in mind that we should always call 911 if there is an emergency and someone's health and safety is at risk.

Heart Attack

1. Help the person Sit down
2. When a person is having a heart attack, 911 should be called
   a) immediately
   b) after 10 minutes
   c) in 2 minutes
   d) only when the person asks you to call
3. Give constant reassurance

Unconscious/Not Breathing

1. Check for breathing by tilting head backwards and Look & feel and feeling for breaths.
2. Call 911 and give chest compressions until help arrives.
3. Chest compressions are done by pushing down middle of chest

Unconscious/Breathing

1. Check for breathing by tilting head backwards and looking and feeling for breaths.
2. If a person is unconscious, but breathing, move them onto their side and tilt their head back.
3. You should call 911if you find someone unconscious, but still breathing. True or False

Choking

1. Hit them firmly on the back between the Shoulder blades to dislodge the object.

Per American Red Cross, we should perform 5 back blows and then 5 quick abdominal thrusts by placing the thumb side of your fist against the middle of the victim's abdomen, just above the navel. Grab your fist with the other hand. Repeat until the object the person is choking on is forced out and person breathes or coughs on his or her own.

911 should be called if the choking isn't immediately resolved.

Heavy Bleeding

1. Put pressure on the wound.
2. Do not call 911. True or False
3. Keep pressure on the wound until help arrives

Burns

1. Cool the burn under cold running water for at least 10 minutes.
2. Cover the burn with clean cling wrap or a clean plastic bag. True or False
3. For serious burns call 911.

Broken Bones

1. Support the injury to prevent movement.
2. If unable to take the person to the emergency room
   a) ignore the injury
   b) Call 911
   c) put the bone back into place
3. Continue to support injury until help arrives.

Stroke

1. Carry out the Fast test.
2. The "F" stands for Face. Is there Weakness on one side?
3. The "A" stands for Arms. Can they raise both Arms?
4. The "S" stands for Speech. Are they easily understood?
3. The "T" stands for time to call 911.

Seizures

1. Make them Comfortable Safe and protect injury.
2. Do not ~~restrain~~ the person.
3. After the seizure, move them onto their side and tilt their head back, check for breathing, and if necessary call 911.

Head Injury

1. Ask them to rest.
2. Apply a cold compress
3. If they become drowsy or vomit, or are behaving out of the ordinary, call 911.

Asthma

1. If someone is having an asthma attack, you should help them sit in a Comfortable position.
2. If someone is having an asthma attack, you should help them take their meds.
3. If someone is having an asthma attack, reassure them, call 911 if attack
   a) stops
   b) becomes severe
   c) makes them stop breathing

Poison and Harmful Substances

1. If someone has ingested poison, you should establish
   a) What they have taken. When? How much?
   b) Where they got it from
   c) Who gave it to them
2. If someone has ingested poison, you should 911.
3. If necessary, do not make them sick

Distress

1. If someone is in distress, the first thing you should do is
   a) calm yourself
   b) call 911
   c) ignore them
2. If someone is in distress, you should establish trust.
3. If someone is in distress, you should show them you are listening and ask them what they need.

Diabetic Emergency (Low Blood Sugar)

1. If someone is diabetic and has low blood sugar, you should give them a diet drink or food low in carbohydrates. True or False
2. If someone is diabetic and has low blood sugar, you should _____the person.
   a) ignore
   b) restrain
   c) reassure
3. Most people will gradually improve, but if in doubt, 911.

87.2 verbal
50.6 Physical
37.3 Neglect

70% report various abuse