

# Basic First Aid

[First Aid Training \(youtube.com\)](#)

# Medical emergencies

- Breathing difficulties
  - Asthma problems are increasing
  - Most have medicines
  - You may need to assist victim to administer medication
  - If symptoms continue to get worse call 911
- Anaphylaxis
  - Severe reaction to allergen
  - Victim may have epinephrine injector (EpiPen)
  - You may need to assist victim to administer injection
  - Call 911 if medicine is not administered
- Seizures
  - General rules – 1) Prevent injury 2) ensure open airway 3) maintain open airway after seizure is completed – place in recovery position
  - Never try to restrain a victim or place anything in their mouth.

# Injury emergencies

## ■ Bleeding

- Apply direct pressure is the best way to stop bleeding
- If bleeding continues add more gauze or cloth; do not remove gauze or cloth
- Use elastic bandage to apply pressure to gauze and hold it in place.
- The use of tourniquets should be avoided unless in extreme circumstances

# Wounds and abrasions

- Wounds and abrasions
  - Irrigate wounds until free of any foreign matter.
  - Small wounds and abrasions should be cleaned thoroughly and antibiotic ointment applied directly to the wound and then covered.
  - Larger wounds need to also be cleaned then covered and taken to doctor for possible stitches

# Burns

## ■ Burns

### ■ Thermal burns

- Cool burn with cold water until pain ceases
- Do not cool for more than 10 min. Can lead to further damage
- Burn blisters cover with loose gauze, but keep intact – breaking them can lead to infection

### ■ Electrical burns

- Make sure electrical current is shut off before trying to help victim.
- CPR and defibrillation may be needed as well as burn treatment
- All electrocution injuries should be checked out by a physician

# Spine Stabilization

## ■ Spine stabilization

- Suspect possible spinal injury if...
  - Car accident
  - Injured from fall greater than their height
  - Complains of neck pain, tingling, or extremity weakness
  - Is not fully alert
  - Appears to be intoxicated
  - Appears frail or is >65 yrs old
  - Has sustained a head injury

## What You Do

- Phone your emergency response number (or 911), and get first aid kit
- Manually stabilize the neck until help arrives.

# Musculoskeletal Trauma

- Sprains, strains, contusions, fractures
  - For sprains, strains, contusions – apply ice for 20.
    - Sprains- elevate and place compression bandage
    - R.I.C.E. – rest, ice, compression, elevation
    - If victim has aversion to cold – place wet cloth between ice and skin
      - Young kids and elderly especially susceptible
  - If you are unsure of the injury suspect fracture – do not move or straighten injury. Place ice on area and splint in position, send to ER.
  - If suspect dislocation – splint as is and send to ER.

# Dental Injuries

- Dental injuries
  - Avulsed tooth
    - Hold onto by the crown not the root (part embedded into gum)
    - Rinse off with water (do not scrub)
    - Either place back into socket or place in glass of milk and see a dentist immediately
  - Clean bleeding wound with saline solution or tap water
  - Use cotton to apply pressure to stop bleeding

# Environmental injuries

## ■ Snakebite

- Do not suck wound, it will only exasperate the problem
- In case of Coral snake – wrap a bandage around the extremity of the bite – it will help slow the poison – then get to medical facility immediately.
- Other snake bites, wash area with soap and water, try not to move extremity very much and get to medical facility.

## ■ Cold injuries

### ■ Hypothermia

- Immediately begin re-warming – remove wet clothes and wrap body surface with anything at hand; get to medical facility immediately
- If far from medical facility you begin active warming – placing near heat source, placing in warm (not hot) water.

### ■ Frostbite

- Remove wet clothing, usually occurs on extremities, do not re-warm if there is any chance it could freeze again or you are close to a medical facility.
- Use luke-warm water if you are far from medical facility

# Heat Injuries

## ■ Heat Injuries

- Heat cramps – muscle cramping, usually due to extreme loss of fluids
  - Get to cooler area
  - Replace fluids
  - Ice and stretch area
- Heat exhaustion
  - Dizziness, could have flushed skin or cool and clammy, disoriented, nausea, headache
  - Get victim to cool area immediately
  - Place ice on side of neck (carotid artery), arm pits, and groin area
  - Replace fluids
  - Watch for shock; could lead into heat stroke
- Heat Stroke – medical emergency – call 911 immediately
  - Extreme disorientation, possible unconsciousness, very little sweating, internal temperature of  $>105$ .
  - Cool down by any means

# Drowning

- Drowning
  - Immediately call 911
  - If trained and/or safe to do so, get victim out of water as soon as possible. (*DO NOT PUT YOURSELF AT RISK*)
  - Begin Rescue Breathing

# Poisons

- **Poison control center – 1-800-222-1222**
- **Chemical Burns**
  - Brush off any powder and remove all contaminated clothing
  - Alkali or acid exposure – rinse with copious amounts of water.
- **Ingested poisons**
  - Do not ingest any medication; milk, activated charcoal, syrup of ipecac unless instructed by poison control

# Shock

- Develops when there is not enough blood flowing to the cells of the body
- Causes in adults;
  - loss of blood
  - heart attack,
  - allergic reaction
- Symptoms
  - feel cold and shiver,
  - feel weak, faint, or dizzy,
  - restless,
  - vomit,
  - feel thirsty
- Treatment
  - Call 911
  - Put victim on their back
  - If no leg injury or pain, raise legs 12 inches
  - Cover victim with blanket
  - If bleeding is visible – use direct pressure

# Checking the Person

## What You See

- Person does not respond (or only groans or moves)
- Person responds

## What You Do

- Phone your emergency response number (or 911), and get first aid kit
- Check if the person needs CPR. Give CPR if needed and if you know how.
- If the person doesn't need CPR, look for injuries and medical information jewelry
- Ask what the problem is

# Choking

## What You See

- Person cannot breathe or
  - Person has a cough that has no sound or
  - Person cannot talk or make a sound or
  - Person makes choking sign
- 
- Person can make sounds and cough loudly

## What You Do

- Give abdominal thrusts until
  - The object is forced out and the person can breathe, cough, or talk
  - The person stops responding
  - If the person stops responding, check if they need CPR. If he does, provide it if you know how.

Allow the person to cough  
Watch the person

# Severe Allergic Reaction

## What You See

- Trouble breathing
- Swelling of tongue and face
- Signs of Shock

## What You Do

- Phone your emergency response number (911)
- Help lay the person flat use an epinephrine pen (EpiPen)

# Heart Attack

## What You See

- Chest pain that may feel like pressure, tightness, pain, squeezing or aching.
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly.
- Shortness of breath.
- Cold sweats.
- Fatigue.
- Lightheadedness or sudden dizziness.
- Heartburn.
- Nausea.

## What You Do

- Have the person sit quietly
- Phone your emergency response response number (or 911)
- Start chest compressions if the person has no pulse or isn't breathing
- Get an AED

# Stroke

## What You See

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

## What You Do

- Phone your emergency response number or (911)
- Note the time the signs of stroke first appeared

# Seizures

## What You See

- Loss of muscle control
- Falling to the ground
- Jerking movements of arms, legs, and other parts of the body
- No response

## What You do

- Protect the person from injury
- Phone your emergency response number  
(or 911)