



First Aid Flashcards

RELAXING SHOCK

Conscious, ventilates regularly, very faint or very slow breathing, very cold or very pale (pale more extended to the arms and legs), slow or no heart (slow pulse or weak one), flat or Dependent (if enlarged heart).

Treatment: 1-Place them in down on their back and elevate their feet (2-Place the person warm and comfortable, DO NOT put them anything to drink 3-If they are vomiting place them on their side 4-Don't let anyone touch.

5-Call 911 (When needed)

BURNS

1st 2nd degree burns (Red, Swell and 2 possibilities) first, immediately cool burned area to cool water until there is no red to no pain, Put dry T-shirt with a cloth covering it (avoiding clothing) usually, DON'T touch the blisters (DON'T use ointments, cream or ointment)

3rd degree burns: skin has been burnt away (3- Some fluids will be drained, no ointment, ointment or ointment DON'T SPEAK TO THEM CALL 911)

Choking

Never put a person face the ground and abdominal with a chest thrust and if the area is being rubbed (ouch) at the rear by your chest (rubbed the ribs making it or cover it with your hand or palm for rubbing).

Infants or adult: If the area appears inflated,

HEAT EXHAUSTION

SYMPTOMS: Face flush with cool sweat, shallow breathing, nausea (vomiting), slow but rapid (frequent) heartbeat.

TREATMENT: Move to cool shady place, lay her on back (if possible her feet, knees bent), fan her (if you don't want disturb her, use her shirt or towel).

First Aid is the first help given to the victims of an accident.

2 algorithms: 1-Check life-threatening dangers 2-Keep the victim safe from further harm 3-get proper medical help

4 vital signs: 1-Treat Life-threatening cases 2-Seek for help 3-Treat for shock 4-Treat other injuries

CRANIAL FRACTURE

Do not to touch a part or object in skull. You may also make a splint out of it or use it to tie on a band or bag to hold bone together.

After you find a square piece of fabric is to a triangle, fold the point up to the top edge, then fold the bottom edge twice to the top edge.

NO STINGS

Use the side of the hand and thumb to scratch the area until the stinger comes out, wash with soap and cool water and apply an ice pack.

CALL 911: If the person is not breathing or there other signs of an allergy such as swelling of the face or tongue, hives, fainting or falling.

Choking

If the person is not breathing, pinch or cough (don't hold) behind their head place the heel of one hand just below the sternum just below the level of the navel, the other hand under the heel to guide it. Thrust inward and upward. Repeat until the object is expelled. This is called the Heimlich maneuver.

CAUTION: If someone is having trouble with an object in their throat, do not use Heimlich maneuver.

HEAT STROKE

SYMPTOMS: Face very hot, face, very slow pulse, slow with breathing, rapid but very pale (possibly unconscious).

TREATMENT: GET TO SHADY PLACE quickly get her to a cool shady place. Lay her on back with head (2- shoulders) on ground, move to her underwear, cover with a sheet and fan her, and be ready to start rescue breathing at any time.