

# EMERGENCY FIRST AID GUIDE

## To Control Bleeding



APPLY DIRECT PRESSURE AND ELEVATE LIMB ABOVE HEART



APPLY A BANDAGE

IF BLEEDING DOESN'T STOP:



APPLY PRESSURE TO A NEARBY ARTERY



INSIDE UPPER ARM, BETWEEN SHOULDER AND ELBOW



CREASE AT FRONT OF HIP, IN THE GROIN

## Scalds & Care for Burns

**WHAT'S THE DIFFERENCE?**  
A burn results from your skin coming in contact with a dry kind of heat such as fire, electricity, touching a hot pan or iron, and from friction.



**STOP THE BURNING**  
COOL BURNED AREA WITH LARGE AMOUNTS OF COOL WATER

COVER THE BURN WITH DRY CLEAN DRESSINGS

Scalds are caused by wet heat: usually steam or boiling water. Most first and second-degree burns can be treated at home but if the burn is bigger than your hand it should be seen by your doctor.

### CALL AN AMBULANCE IF:

- Skin looks dry, white, blackened or swollen
- Any bone or muscle is exposed
- These are the symptoms of a third degree burn and most of the time they are not painful because your nerves have been damaged.

## Shock

**SHOCK** is a dangerous condition that can occur if the blood fails to circulate properly in the body. Shock is likely to develop with any serious illness or injury.

### SIGNS OF SHOCK OR INJURY:

- Fainting
  - Rapid heartbeat & pulse
  - Altered consciousness
  - Pale, cool, moist skin
  - Breathing becomes rapid and shallow
  - Restlessness, nausea and arrhythmias
  - Increase or decrease in normal body temperature
- TO PREVENT SHOCK, ALWAYS CONSIDER THIS A PERSON IN SHOCK WHO SHOULD:**
- Have the victim positioned onto their back with their legs raised slightly.
  - Control bleeding
  - Maintain victims normal body temperature
  - Reassure the victim, so that they don't lose consciousness
  - Elevate the legs unless you suspect head, neck, or back injuries or possible broken bones

**CALL YOUR LOCAL EMERGENCY NUMBER** and give anything to me if you can't call until the PROFESSIONAL MEDICAL PERSONNEL arrive on the scene



IF A CONSCIOUS VICTIM HAS A HEAD WOUND OR IS HAVING TROUBLE BREATHING, ELEVATE THE HEAD AND SHOULDERS.

## Positions

IF POSSIBLE READ, NECK OR BACK INJURY, OR IF UNSURE OF THE VICTIM'S CONDITION, KEEP FLAT.



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IF BLEEDING FROM THE MOUTH, VOMITING, OR MAY VOMIT, ROLL VICTIM ON SIDE.

### POISONING SYMPTOMS

The symptoms of poisoning will depend on the type of poison taken. You may not have any signs or symptoms in the initial stages (as with paracetamol poisoning) but they can include:

**NAUSEA, VOMITING OR DIARRHEA**

## TYPE OF INJURY OR ILLNESS

### FRACTURES & DISLOCATIONS

- Pain & tenderness
- Obvious swelling, injured part
- Obvious deformities
- Swelling and discoloration

### CARE FOR SUDDEN ILLNESS

**NEVER COVER A PERSON WHO COMES SUDDENLY ILL, OR IS SICK OFTEN**

**COMMON SIGNS INCLUDE:**

- Light-headedness
  - Changes in skin color (pale/flushed)
  - Sweating
  - Nausea or vomiting
  - Cloniness
- NEVER COVER LESIONS BUT ALSO INCLUDE:**
- Changes in consciousness
  - Belching
  - Paralysis or inability to move
  - Slurred speech
  - Difficulty seeing
  - Severe headache
  - Breathing difficulty
  - Persistent pressure or pain

### POISON

**IF ANYONE SWALS GREATLY, NOW IN EXTREMES OF POISONING INCLUDE:**

- Inflammation from victim or witness
- Presence of poison container
- Condition of victim (sudden onset of pain or shock)
- Slurred speech
- Sweaty odor
- Pupils constricted

### COLD AND HEAT-RELATED ILLNESSES

**HYPERTHERMIC**

- Shivering, numbness, glassy eyes, speech
  - Weakness, impaired judgment or loss of consciousness
- HEAT EXHAUSTION:**
- Clod, moist, pale or flushed skin
  - Headache, nausea, dizziness, weakness, exhaustion
  - Heavy sweating

**HEAT STROKE, LIFE-THREATENING**

- Hot, hot, dry skin
- Changes in level of consciousness
- Vomiting

**HEAT RASH OR ITCH**

- Be prepared for an emergency
- Keep a first aid kit in your home and your car
- Carry a first aid kit when doing outdoor activities
- Know locations of first aid kits where you work
- Check your kit regularly for replacement of batteries and supplies
- Personalize your first aid kit by stocking it with over-the-counter medications (pain reliever, cold tablets, medication to control diarrhea, etc.)
- Keep an emergency supply of any vital prescription medication (or prescription kit) that you or a family member must have to ensure your well-being.

### FIRST AID KIT AVAILABLE THROUGH YOUR LOCAL AMERICA RED CROSS

## FIRST AID

- Keep broken bones ends and adjacent joints from moving
- Give care for Shock and CALL for an ambulance

**CARE FOR ANY LIPS-TINGLING/NUMBNESS FIRST, THEN:**

- Help the victim rest comfortably
- Keep victim from getting chilled or overheated
- Reassure the victim
- Watch for changes in consciousness and breathing
- Do not give anything to eat or drink unless victim is fully conscious.

**IF THE VICTIM:**

- Wounds - Place on his or her side
- Painful - Position on back, elevate legs 8 to 10 inches; if you do not suspect head or back injury
- Diabetic Emergency - Give victim some form of sugar
- Seizures - Do not hold or restrain the person or place anything between the victim's teeth; remove any nearby objects that might cause injury; maintain the victim's head using folded clothing or a small pillow

**ALL VICTIMS:**

- CALL 911
- Give first aid or comfort to victim until help arrives
- Call Poison Control Center
- Do not give anything to drink or induce vomiting unless instructed to do so by the Poison Control Center

**UNCONSCIOUS VICTIM:**

- Roll victim onto side
- Give rescue breathing or CPR if necessary
- Will never expire unless you stop
- Do not give any fluids or induce vomiting

**CARE FOR HYPOTHERMIA: CHECK PULSE & BREATHING**

- Send someone to CALL for an ambulance
- Reassure the victim rest comfortably
- Remove wet clothing and dry the person
- Give person GLOVES! DO NOT WALK! TOO QUICKLY! Use warm blankets with head

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- Reassure the victim
- Remove wet clothing and dry the person
- Give person GLOVES! DO NOT WALK! TOO QUICKLY! Use warm blankets with head

**IF UNCONSCIOUS, GIVE COOL WATER TO DRINK IF PERSON BECOMES WARMER, STOP, OR STARTS TO GAG**

**UNCONSCIOUS, CALL FOR AMBULANCE IMMEDIATELY**

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# SAFETY

PRODUCT: FA-10 August 2003



AMERICAN RED CROSS  
FIRST AID KIT  
PRODUCT: FA-10