

BASIC FIRST-AID

BLEEDING:

- 1) APPLY DIRECT PRESSURE TO WOUND, USE A DRESSING OR YOUR HAND
- 2) IF BLEEDING CONTINUES, ELEVATE THE WOUND ABOVE THE LEVEL OF THE HEART AND CONTINUE TO APPLY DIRECT PRESSURE.
- 3) IF BLEEDING STILL CONTINUES, APPLY PRESSURE AT A PRESSURE POINT.
ARMS/HANDS - WRIST WHERE PULSE IS CHECKED OR INSIDE OF UPPER ARM
LEGS - THE CREASE OF THE GROIN
- 4) APPLY A PRESSURE BANDAGE - A BANDAGE THAT IS WRAPPED WITH PRESSURE. MAKE SURE IT IS NOT TOO TIGHT AND HAS NOT AFFECTED THE CIRCULATION. CHECK FOR ANY CHANGES IN THE PULSE RATE.

SIGNS OF INTERNAL BLEEDING: * BRUISED, SWOLLEN, TENDER OR RIGID ABDOMEN - * BRUISES ON CHEST OR SIGNS OF FRACTURED RIBS - * BLOOD IN VOMIT - * WOUNDS THAT HAVE PENETRATED THE CHEST OR ABDOMEN - * BLEEDING FROM THE RECTUM OR VAGINA - * ABNORMAL PULSE AND DIFFICULTY BREATHING - * COOL, MOIST SKIN

SHOCK: SIGNS - CONFUSED BEHAVIOR, VERY FAST OR VERY SLOW PULSE RATE, VERY FAST OR VERY SLOW BREATHING, TREMORING AND WEAKNESS IN THE ARMS OR LEGS, COOL AND MOIST SKIN, PALE OR BLUSH SKIN, LIPS, FINGERNAILS AND ENLARGED PUPILS.

TREATMENT - 1) HAVE VICTIM LAY DOWN 2) IF NO HEAD, NECK OR LEG INJURIES, ELEVATE THE LEGS. 3) IF HEAD, NECK OR LEG INJURIES EXIST, HAVE VICTIM REMAIN LYING FLAT. IF THE VICTIM VOMITS, TURN ON THEIR SIDE. 4) MAINTAIN VICTIM'S BODY TEMPERATURE BUT DO NOT OVERHEAT.

BURNS: FIRST DEGREE - LEAST SEVERE; REDNESS, DISCOLORATION OR MILD SWELLING. **TREAT** - FLUSH WITH COOL RUNNING WATER, APPLY MOIST DRESSINGS AND BANDAGE LOOSELY. **SECOND DEGREE** - LOOK RED OR MOTTLED AND HAVE BUBBLES. **TREAT** - APPLY DRY DRESSINGS AND BANDAGE LOOSELY. DO NOT USE WATER AS IT MAY INCREASE RISK OF SHOCK. **THIRD DEGREE** - WHITE OR CHARRED AND EXTEND THROUGH ALL LAYERS OF SKIN. **TREAT** - SAME TREATMENT AS SECOND DEGREE.

FRONT OF THE CARD

BACK OF THE CARD