

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 irritability
 - Increase or decrease in normal body temperature
- TO PREVENT SHOCK, ALWAYS CONSIDER THIS:**
A PERSON IN SHOCK YOU 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 WHOSE CONSCIOUSNESS IS GOING AWAY. ALWAYS CHECK:

CONSCIOUSNESS

- Light-headedness
- Changes in skin color (pale/flushed)
- Sweating
- Nausea or vomiting
- Cloniness

NEVER COVER LESIONS BUT ALWAYS:

- 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 SOMETHING, HOW TO IDENTIFY IT:

- Information from victim or witness
- Presence of poison container
- Condition of victim (sudden onset of pain or illness)
- Bitter, sour
- Metallic taste

COLD AND HEAT-RELATED ILLNESSES

HYPERTHERMIA:

- Hot, dry, red skin
- Weakness, impaired judgment or loss of consciousness

HEAT EXHAUSTION:

- Cold, moist, pale or flushed skin
- Headache, nausea, dizziness, weakness, exhaustion
- Heavy sweating

HEAT STROKE, HYPERHIDROSIS:

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

FIRST AID KIT AVAILABLE THROUGH YOUR LOCAL AMERICA RED CROSS

PREPARE FOR AN EMERGENCY:

- Keep a first aid kit in your home and your car
- Carry a first aid kit when doing outdoor activities
- Know location 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

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

CARE FOR ANY LIPS-TINGLING OR NUMBNESS FIRST, THEN:

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

IF THE VICTIM:

- Wakes - Place on his or her side
- Faints - Position on back, elevate legs 8 to 10 inches; if you do not suspect head or back injury
- Develops emergency - Give victim acute form of sugar
- Returns - Do not feed 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
- Remove wet clothing and dry the person
- Move person to WARMER, DRYER, WINDY, TOOK QUICKLY! Use warm blankets with heat

CARE FOR HYPERTHERMIA: CHECK PULSE & BREATHING

- Send someone to CALL for an ambulance
- Move person to cool place
- Loosen tight clothing
- Remove person's wet clothing
- Fan the person
- If conscious, give cool water to drink
- IF PERSON BECOMES UNCONSCIOUS, OR STARTS TO LOSE CONSCIOUSNESS, CALL FOR AN AMBULANCE IMMEDIATELY
- Place person on side, continue to work, monitor pulse and breathing

A FIRST AID KIT SHOULD INCLUDE:

- Small flashlight (extra batteries and bulb)
- Scissors & tweezers
- Emergency blanket
- Triangular bandages
- Antiseptic wipes (hand sanitizer)
- Adhesive strips (sterile) and adhesive tape
- Gauze pads and roller bandage (sterilized) (sterile)
- Disposable gloves
- Instant cold packs (use alcohol or water)
- Cold pack, plastic bags
- Sprays of iodine & antiseptic ointment
- List of emergency telephone numbers
- Copy of American Red Cross First Aid book

SAFETY

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