

# FIRST AID

## BURNS & SCALDS

### CAUTION

DO NOT clean burns or break blisters.  
DO NOT remove any clothing that sticks to burn.  
DO NOT apply grease, ointment or medication to a severe burn. DO NOT use cotton or material with loose fibers to cover burns.

### TREATMENT

First degree burns – redness or discoloration of skin surface; mild swelling and pain.

1. Apply cool, wet cloths or immerse in water.  
DO NOT use ice.
2. Blot gently; apply a dry, sterile pad if necessary.
3. Usually medical treatment is not necessary; however, if severe exist, call for professional medical help. Be alert for signs of shock.

## CUTS & SCRAPES

**BEFORE INITIATING ANY FIRST AID TO CONTROL BLEEDING, BE SURE TO WEAR HEALTH CARE GLOVES TO AVOID CONTACT OF THE VICTIM'S BLOOD WITH YOUR SKIN.**

1. **CLEAN...** wound and surrounding area gently with mild soap and rinse. Blot dry with sterile pad or clean dressing.
2. **TREAT...** to protect against contamination.
3. **PROTECT...** and cover to absorb fluids and prevent further contamination. (Handle only the edges of sterile pads or dressings.) Secure with first aid tape to help keep out dirt and germs.

## BLEEDING

**BEFORE INITIATING ANY FIRST AID TO CONTROL BLEEDING, BE SURE TO WEAR HEALTH CARE GLOVES TO AVOID CONTACT OF THE VICTIM'S BLOOD WITH YOUR SKIN.**

### TREATMENT

1. **Act quickly.** Have victim lie down. Elevate injured limb higher than heart unless you suspect a broken bone.
2. **Control bleeding** by applying direct pressure on the wound with a sterile pad or clean cloth.
3. **If bleeding is controlled by direct pressure**, bandage firmly to protect wound. Check pulse to be sure bandage is not too tight.
4. **If bleeding is not controlled by use of direct pressure**, apply a tourniquet only as a last resort.
5. Call for professional medical help immediately.
6. **If you are bleeding and have no one to help you**, call for professional medical help. Lie down, so your body weight applies pressure to the bleeding site.

## BROKEN BONE (FRACTURE)

### TREATMENT

1. Keep victim warm and still, treat for shock if necessary.  
DO NOT move victim until a splint has been applied unless there is danger of a life-threatening emergency.
2. If bone is suspected to be broken but does not pierce the skin (closed fracture), splint the limb before the victim is moved, immobilizing the joint above and below the suspected fracture site.
3. If broken bone pierces the skin (open or compound fracture), apply pressure to appropriate pressure point to control bleeding.  
DO NOT try to straighten limb, return it to a natural position, or replace bone fragments. DO NOT touch or clean the wound. Secure a sterile pad or clean cloth firmly in place over the wound and tie with strong bandages or cloth strips.
4. If victim must be moved, apply a splint to prevent further damage.  
Use anything that will keep the broken bones from moving, including broomsticks, boards or rolled magazines. Pad splints with cotton, clothes or clean cloths tied firmly (but not tightly) in place. If victim complains of numbness, loosen splint.
5. Get professional medical help immediately.

## POISONING

**CALL 911, YOUR LOCAL FIRST AID SQUAD, OR POISON CONTROL CENTER IMMEDIATELY, BEFORE ADMINISTERING FIRST AID.**

### TREATMENT

1. DO NOT give any other first aid if victim is unconscious or is having convulsions. Begin rescue breathing techniques or CPR if necessary. If victim is convulsing, protect from further injury; loosen tight clothing if possible.
2. If professional medical help cannot be reached immediately:  
A. DO NOT induce vomiting if poison is unknown, a corrosive substance (i.e., acid, cleaning fluid, lye, drain cleaner), or a petroleum product (i.e., gasoline, turpentine, paint thinner, lighter fluid). DO NOT use activated charcoal.  
B. Induce vomiting if poison is known and is not a corrosive substance or petroleum product. To induce vomiting: Give adult one ounce of syrup of ipecac (1/2 ounce for child) followed by four or five glasses of water. If victim has vomited, follow with one ounce of powdered, activated charcoal in water, if available.
3. Take poison container (or vomitus if poison is unknown) with victim to the hospital.

**BE PREPARED :**

**CALL  
911**

**Keep emergency number  
by your telephone.**