

First Aid

1. What is first aid?
 - a. The quick help someone receives before professional help can arrive
 - b. The help given right away when someone gets hurt.
2. What do you do after an accident? The 4 Cs
 - a. Check--is the scene safe to approach?
 - b. Calm down & think--assess the situation and decide what to do
 - c. Call--Send someone to call for help if the victim is badly hurt. If no one else is there call for help then offer to assist the victim
 - d. Care--explain that you know first aid & get permission to treat the victim before doing anything else. Do not assist if the victim declines permission to treat.
 - e. Do not move a badly injured person unless they are in danger where they are.
 - f. Check for "hurry cases"
 - g. Treat for shock
3. Calling 911
 - a. Give your name, phone number in case you get disconnected
 - b. Explain the emergency
 - c. Give your location
 - d. Don't hang up until the operator tells you to
4. "Hurry Cases"
 - a. Serious bleeding
 - i. Protect yourself (gloves & eye protection)
 - ii. Apply pressure
 - iii. Grab neckerchief or other cloth & press to wound
 - iv. If possible wrap the cloth with gauze to hold it in place
 - v. If a limb, raise it above the victim's heart
 - b. Heart attack
 - i. Call for help
 - ii. AED if available
 - iii. CPR
 1. Place the heels of your hands on the center of the victim's chest, one on top of the other, lace fingers together
 2. Position yourself over the victim with your shoulders over your hands and arms straight
 3. Give 30 compressions. Push hard and fast. Let the chest rise completely before pushing down again.
 4. Perform 2 rescue breaths
 5. Continue until one of the following happens:
 - a. The victim shows signs of life
 - b. Trained help arrives
 - c. You are too exhausted to continue
 - d. AED ready to use

- e. Scene becomes unsafe
 - c. Stopped breathing
 - i. Open the airway
 - 1. Lay victim on his/her back
 - 2. Press down on the forehead & lift up the chin--this will keep the tongue from blocking the airway--DO NOT DO IF A NECK INJURY IS SUSPECTED
 - 3. If vomiting occurs once the victim begins breathing roll them on his/her side away from you to avoid aspiration. Roll the body as a unit, not just the upper half. You'll likely need help to do this.
 - ii. Breathing
 - 1. Once the airway is open check for breathing.
 - 2. Place your check 1-2 inches above the victim's mouth.
 - 3. Look, listen, and feel for movement of breathing.
 - a. You'd see the chest rising and falling
 - b. Feel the air flow on your check
 - 4. If not breathing give two rescue breaths
 - iii. Rescue breathing
 - 1. If available place a CPR breathing barrier over the victim's mouth to protect both of you from spreading disease/germs
 - 2. Continue tilting the head, pinch the nose closed, seal your mouth over theirs, and blow into their lungs. This should last about one second. Watch to see if the chest rises. Remove your mouth and then repeat a 2nd time.
 - 3. If the victim doesn't start breathing after two breaths his heart may stop beating too. Immediately begin CPR.
 - d. Stroke--FAST acronym
 - i. **F**ace drooping--does one side of the person's face droop? Is their smile uneven
 - ii. **A**rm weakness--is one arm weak or numb?
 - iii. **S**peech difficulty--is their speech slurred? Do they have a hard time speaking or repeating a simple sentence?
 - iv. **T**ime to call for help--if you see these signs call 911 immediately
 - e. Poisoning
 - i. Call 911 or Poison Control 800.222.1222
 - ii. Tell the operator what the poison is if you know and follow their directions
5. Choking victim
- a. Universal sign for choking--holding hands to throat (or turning blue)
 - b. Ask permission to help
 - c. Start with five back blows between the shoulder blades with the heel of your hand
 - d. Heimlich
 - i. Position yourself behind the person

- ii. Make a fist with one hand just above the person's belly button, cover the fist with your other hand
- iii. Make a series of five quick thrusts inward & upward to force air from the lungs (Pretend you are trying to pick them up)
- iv. Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious, or trained help arrives

6. Treating shock

- a. Treat for shock even before symptoms occur
- b. Call 911 immediately
- c. Have the person lie down on their back
- d. Raise the feet slightly unless you suspect injuries.
- e. If unconscious turn them on their side after assessing injuries
- f. If the weather is cool cover the person with a sheet/blanket/coat
- g. Do not give food or water
- h. Stay with them until help arrives

7. Demonstrate how to treat common minor injuries

a. Cuts & Scratches

- i. Wear gloves to protect yourself, wash hands thoroughly after treating
- ii. For small wounds wash them with soap & water then apply antibiotic ointment. Cover with a bandage.
- iii. For larger cuts stop the bleeding with direct pressure. Cover with a sterile gauze pad or clean cloth. Hold in place with tape or bandage made out of a neckerchief.
- iv. To avoid cutting off circulation you should be able to insert two fingers between the bandage and appendage.

b. Burns & Scalds

- i. 1st Degree
 - 1. Place under cool water until the pain stops
 - 2. If no water is available cover with a clean, dry, loose dressing
- ii. 2nd Degree
 - 1. Blisters form
 - 2. Place under cool water until the pain stops
 - 3. Gently dry the burned area
 - 4. Cover it with sterile gauze and hold it loosely in place with a bandage.
 - 5. Be careful not to break open any blisters--could cause infection
 - 6. Don't apply creams, ointments, or sprays.
 - 7. If needed treat for shock
 - 8. Should be evaluated by an adult to determine if additional medical help is needed
- iii. 3rd Degree
 - 1. Definitely need to call 911
 - 2. May have burned all the way through skin, nerves to the bone.

3. Do not clothing from around the burn.
 4. Wrap the victim in a clean sheet
 5. Cover with blankets if the weather is cool
 6. Treat for shock if needed (likely) and stay with the victim until trained help arrives
- c. Sunburn
- i. Can be avoided by wearing & re-applying sunscreen and/or wearing sun protection gear like a hat & long sleeved shirt.
 - ii. Treatment is similar to a 1st degree burn. If blisters appear this is a 2nd degree burn
- d. Blisters on the Hand & Foot
- i. Protect it with a doughnut bandage
 - ii. Use moleskin to make the bandage--stack them as high as the blister
 - iii. Cover with adhesive bandage
- e. Stings
- i. Tick
 1. Ask an adult for help
 2. Use tweezers to grasp the tick close to the skin and gently pull until it comes loose.
 3. Do not squeeze, twist, or jerk the tick which could leave the mouth parts in the skin
 4. Wash the wound with soap and water, apply antibiotic ointment
 5. If a rash or flu like symptoms appear see a doctor
 - ii. Bee & Wasp Stings
 1. Scrape away the stinger with the edge of a card, like Whittling Chip
 2. Use a piece of tape on top of the stinger to pull it out.
 3. Don't try to squeeze it out--will force more venom into the wound from the sac attached to the stinger
 4. If allergic reaction occurs seek medical assistance immediately
 - iii. Chigger Bites
 1. Try not to scratch
 2. Calamine or hydrocortisone may help
 - iv. Spider Bites
 1. Try to identify the spider
 2. If black widow or brown recluse see a doctor as soon as possible
8. Assemble a first aid kit
- a. Tweezers
 - b. Bandages
 - c. Sterile pads
 - d. Adhesive tape
 - e. Scissors
 - f. Safety pins

- g. 1 inch roller bandages
- h. 2 inch roller bandages
- i. Three triangular bandages
- j. Two 17 inch splints
- k. Antibiotic ointment
- l. Calamine lotion
- m. Disposable gloves
- n. Mouth barrier device
- o. Goggles
- p. Hand sanitizer