

# ***Basic First Aid***

**What to do until help arrives**



# Medical Emergencies Happen

## **First Aid Can**

- Limit the seriousness of injuries
- Reassures victim until help arrives
- Even save a life



# Gloves

Gloves are your first line of defense in protecting yourself. **Anytime** that there is a possibility you will come in contact with other's body fluids, you **MUST** protect yourself by putting on gloves.

## **Body fluids include:**

- Blood
- Saliva
- Mucus membrane fluids



# Cuts

- Protect yourself with gloves
- Stop the bleeding with direct pressure
- Clean the wound with soap and water
- Let the wound air dry
- Apply sterile bandage
- If the wound is large, or will not stop bleeding, call **911**



# Burns

- Protect yourself with gloves
- Rinse area for 15 minutes with cool water
- Never pull at loose skin or clothing in burn area
- Never “pop” a blister
- Never apply any type of ointment

## **For Larger Burns or Charred Skin**

- Call **911**
- Stay with victim until 911 arrives
- Never try to remove debris or clothing

Run cool water  
over area of  
burn



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# Foreign Object in Eye

## **To remove a particle in the eye**

- Protect yourself with gloves
- Pull upper lid away from eyeball - the particle should drift down to the lower lid
- Remove the particle with a clean gauze

**OR**

- Rinse eye thoroughly with cool water until particle is removed
- If eyeball is bleeding or there is a penetrating object, call **911**



# Fractured Bone

- Call **911**
- Never move the victim, unless they are in immediate danger
- Comfort the victim
- Never offer water or food
- If body fluids are present, protect yourself with gloves



# Stings

- If stinger is visible, remove it by brushing sideways with the edge of a credit card, or similar flat object
- Apply ice pack to area
- Watch for adverse reaction, such as facial swelling, difficulties in breathing, and/or generalized swelling
- If adverse reaction is noted, call **911**



# Asthma Attack

- Reassure victim and help them relax
- If victim has asthma medication, help them take it
- Call **911** if symptoms do not improve within five minutes



# Nosebleed

- Most nosebleeds are not life threatening
- Protect yourself with gloves
- Apply firm pressure to the **bridge** of the nose for five minutes
- Have the victim lean slightly forward, not backward
- Do not have victim blow nose once bleeding stops
- For nosebleeds that last longer than 30 minutes, call **911**



# Dental Emergencies

- Protect yourself with gloves
- If a permanent tooth is accidentally knocked out, try to locate the tooth
- If tooth is located, attempt to firmly place back into the empty socket
- If you are unable to place the tooth into the socket firmly, place tooth in milk
- Transport victim to the nearest dental office
- **Never** attempt to rinse dislodged tooth, or the injured gum tissue if there is a chance of saving the tooth



# Choking

- If victim is coughing, do not interfere, but encourage them to continue coughing
- Stay with them until object is dislodged
- If victim can not talk or is turning blue, do the Heimlich Maneuver
- If victim becomes unconscious, call **911**, lower victim to floor and do abdominal thrusts until object is dislodged or help arrives



# Heat Stroke

- Heat stroke occurs when the body can not cool itself down through normal processes
- Brain damage and death can occur in minutes

## Treatment

- Call **911**
- Get victim out of the heat
- Soak the victim in cool water if possible
- Cool the air around the victim
- Raise the victim's feet to help circulation
- Stay with the victim until help arrives



# Shock

**Serious injuries can cause shock.**

## **Treatment**

- Call **911**
- Comfort the victim
- Locate and treat the injury if possible
- Keep the victim from getting chilled
- Stay with victim until help arrives



# Extreme Allergic Reactions

## Extreme allergic reactions can be fatal

- Symptoms include facial swelling, difficulty breathing, and a rapid heartbeat

## Treatment

- Call **911**
- If you know the victim has medication for extreme reactions, administered it
- Give reassurance
- Loosen any tight clothing
- If victim loses consciousness, be prepared to start CPR



# Cardiac Emergency

- call **911**
- Send someone for the AED
- Send for trained CPR/AED staff
- Stay with victim until help arrives
- Loosen any clothing



# Seizure

- Call **911**
- Protect yourself with gloves
- Stay with victim
- Move any furniture, or objects that victim can bump into
- Never try to “hold” victim down to prevent movement
- Never place anything in victim’s mouth
- If possible, try to prevent head from hitting hard surfaces
- Once seizure is over, roll victim on side until help arrives

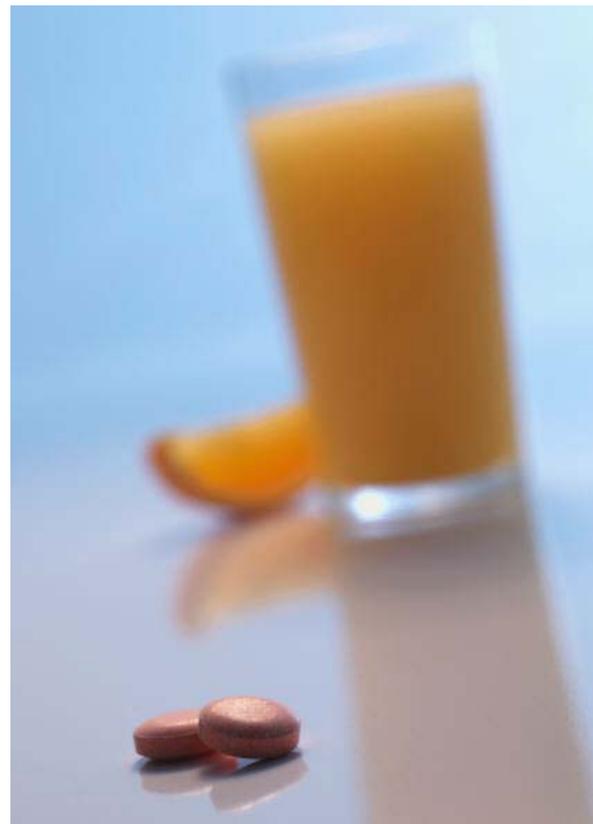
First Aid: Convulsions



Turn the person  
on his side

# Diabetic Low Blood Sugar

- Low blood sugar demands immediate attention
- Symptoms are confusion, profuse perspiration, pallor, shaking, generalized weakness, slow reaction time, slurred speech and a quick change in overall appearance
- If you know the victim is a diabetic, give them foods high in fructose
- If the victim is unconscious or uncooperative, call **911**



# Questions

