


First Aid Flashcards

**First Aid is the first help given
to the victim of an accident.**

3 objectives: 1-stop life threatening dangers 2-keep the victim safe from further harm 3-get proper medical help

4 vital steps: 1-Treat Life-threatening cases 2-Send for Help 3-Treat for Shock 4-Treat other Injuries

TREATING SHOCK

Symptoms: confused behavior; very fast or very slow breathing; very fast or very slow pulse rate; weakness in the arms and legs; cool & moist skin; pale or bluish skin, lips & fingernails; & enlarged pupils.

Treatment: 1- Have them lie down on their back and elevate their feet 2-Keep the person warm and comfortable. DO NOT GIVE THEM ANYTHING TO DRINK! 3-If they are vomiting place them on their side 4-treat any injuries

5-Call 911 IMMEDIATELY!!

CRAVAT BANDAGE

Is used to hold a pad or splint in place. You can also make a splint out of it or use it to tie on an arm or leg to help slow bleeding.

HOW TO: Fold a square piece of fabric in to a triangle, fold the point up to the long edge, then fold the bottom edge twice to the top edge.

BURNS

1st & 2nd degree burns: Skin turns red & possibly blisters. Immediately cool burned area in cool water until there is little to no pain. Pat dry & cover with a moist dressing & bandage loosely. DON'T BREAK THE BLISTERS!! DON'T USE OINTMENTS, CREAMS OR SPRAYS!!

3rd degree burns: Skin can be burned away & some flesh will be charred. NO CREAMS, OINTMENTS or SPRAY! DON'T REMOVE CLOTHES! CALL 911!!

BEE STINGS

Use the side of this card and scrape it across the area until the stinger comes out. Wash with soap and cool water and apply an ice pack.

CALL 911 if the person knows they are allergic or if they have trouble breathing or show other signs of an allergy such as swelling of the face or tongue, hives fainting or itching

Blisters

Never pop a blister. Keep the area clean and protected with a fresh Band-Aid. If the area is being rubbed (such as the heel by new shoes) remove the item rubbing it or cover it with mole skin or gauze for padding.

Inform an adult if the area appears infected.

Choking

If the person cannot speak, breath or cough stand behind him/her and place the fist of one hand pointing inward just above the navel and placing the other hand over the fist to guide it. Thrust inward and upward. Repeat until the object is expelled. This is called the Heimlich maneuver.

Call 911 if Heimlich maneuver doesn't work or if person becomes unresponsive.

HEAT EXHAUSTION

SYMPTOMS: Pale face with cold sweat, shallow breathing, nausea & vomiting, dilated pupils & headache & dizziness.

TO TREAT: Move to cool shady spot, lay her on back & raise her feet, loosen clothing, fan her & put cool wet cloths on her. Give her sips of water.

HEAT STROKE

SYMPTOMS: Red very hot face, very small pupils, slow noisy breathing, rapid strong pulse & possibly unconscious.

TO TREAT: SEND FOR HELP!!! Quickly get her to a cool shady spot. Lay her on back with head & shoulders up. Undress down to her underwear. Cover with dripping wet towels. And be ready to start rescue breathing at any time.

POISONING

1-Eat no wild plants unless you are sure they are safe 2-If someone is poisoned, get to a phone quickly with the container or item that caused the POISONING 3-Call a poison control center, 911 or a doctor and follow their instructions 4-Treat the victim for shock & check breathing of ten 5-Don't give anything by mouth unless you have been told to do so by doctors 6-Save any containers & vomit. These will help the doctor identify the poison & give Treatment

RESCUE BREATHING

- 1) chin lift/head tilt
- 2) 2 slow breaths (watch chest)
- 3) pulse 5-10 seconds
- 4) 1.5 breaths-Adult, 1.3-Child/Infant
- 5) check pulse every minute

Mouth to Nose same steps as mouth to mouth. Close mouth and open to release air. Mouth to Stoma same steps as mouth to mouth. Look, listen feel at stoma. Dentures - Are good they support the mouth Neck/back injury - only chin lift or slow tilt

Sprains & Fractures

If an injured arm or leg begins to swell, roll a magazine or newspaper around it to make a splint. Tie securely using pieces of clothe to keep the limb from moving. You'll also want to make a sling for an injured arm.

If the limb appears misshapen or bone is showing call 911!! Otherwise call an adult to evaluate.

Insect Bites & Stings

- TICKS burry their heads in your skin. Remove any that you find. Grasp it with tweezers and gently pull it away from the skin. Wash area with soap and water.
- Chiggers burrow into the skin & cause itching & redness. Don't scratch. Use calamine lotion or clear fingernail polish.
- Poisonous Bites & Stings: CALL 911, be sure the victim keeps breathing, if bite is on arm or leg use a constricting band. Tighten it to stop blood flow, keep arm or leg below body. Use cold compress on bite, treat for shock, get medical care quickly!!

Cuts & Abrasions

Wear rubber gloves. If the cut is not deep or just a scrape wash the area and apply a Band-Aid. If the cut is deeper, apply direct pressure using a clean cloth or large gauze bad until bleeding stops and then clean and bandage the area.

If there is a large amount of blood or you are not able to stop the bleeding call 911.

SEVERE BLEEDING

1-Stop bleeding ASAP! 2-If bleeding is from an artery (blood is spurting out) push the artery against the bone on a pressure point 3-if blood is not spurting out or you can't use a pressure point, cover the wound with a pad or bandana/scarf 4-Press hard to stop flow of blood 5-raise injured arm or leg above heart 6-if a pad becomes blood soaked, DON'T REMOVE IT! Just add another over the top & continue pressure 7-When you have stopped the flow of blood, tie the pad firmly in place 8-GET MEDICAL HELP!!

CPR:

No Pulse, No Breathing START CPR

- 1- Position the heel of one hand on the center of the chest. Place the other hand on top of the other hand.
- 2- With elbows locked and straight, compress the chest 2 inches in depth 30 times. Give 2 breaths. Continue with 30 compressions/2 breaths, 30 compressions/2 breaths, until:

Continue CPR until you see signs of life, another rescuer takes over for you or help arrives.

Transporting an Injured Person

Walking Assist: Bring one of her arms over your shoulder & hold on to her wrist. Place your free arm around her waist.

One-Person Carry: Best way is to carry them piggyback.

Two-Person Carry: Two people kneel on either side of the patient. Each slide one arm under the patient's back & the other under her thighs. The bearers grasp wrists & shoulders & rise from the ground with the girl between them

Four Handed seat carry: Each bearer grasps her own right wrist with left hand. Then grasp other bearers wrist with free hand. Patient sits on hands and wraps arms around shoulders

Poisonous Snakebites

- Have them lay down & place the bitten part lower than the rest of the body. Keep them calm and quiet.
- Put a constricting band 2"-4" above the bite to slow spread of venom. Make it tight enough that it's not easy to push fingers in. If it starts to swell loosen the band
- Treat victim for shock
- CALL 911 IMMEDIATELY!! And if you know what kind of snake it was tell them

Puncture Wounds

These Can be caused by pins, splinters, nails fishhooks & knives. These can allow tetanus germs into a wound that is hard to clean.

How To Treat: take out any foreign matter; squeeze gently around the wound. Wash wound with soap and water. Apply a sterile bandage and get the person to the doctor. They may need a tetanus shot. If they have been snagged by a fishhook but the line then push the barb out of the skin and snip it off with pliers. Then back the barbless hook out of the wound.