

# First Aid Instructions

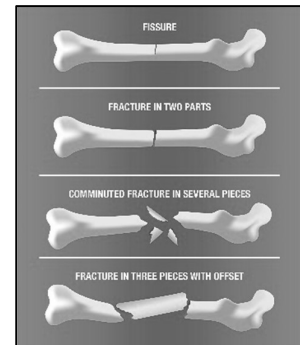
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# First Aid Instructions

## First Aid for a Broken Bone or Fracture

A broken bone or fracture occurs when there is a crack or complete break in the continuity of a bone. While these injuries require medical attention, immediate first aid can help stabilize the bone and reduce pain until professional medical care can be obtained.



### First Aid Steps for a Broken Bone or Fracture

If someone experiences a suspected broken bone or fracture, follow these first aid steps:

1. **Assess the Situation:** Determine if emergency medical assistance is needed. Call 911 if the person is bleeding excessively, unresponsive, having difficulty breathing, or has multiple injuries.
2. **Keep the Person Still:** Encourage the injured person to remain as still as possible to prevent further injury.
3. **Immobilize the Injured Area:** If it's safe to do so and you have proper training, splint the injured limb to prevent movement. Use padding around the injured area and a rigid material (such as a splint or folded magazines) to immobilize the bone.
4. **Apply Cold Pack:** Apply a cold pack or ice wrapped in a cloth to the injured area to reduce swelling and pain.
5. **Elevate the Injured Limb:** If possible, elevate the injured limb above the level of the heart to help reduce swelling.
6. **Provide Pain Relief:** If necessary, give over-the-counter pain medication like acetaminophen (Tylenol) or ibuprofen (Advil) for pain relief. Follow dosage instructions on the medication label.
7. **Monitor the Person:** Stay with the injured person and monitor their condition until medical help arrives.

### When to Seek Emergency Medical Care

Call or seek emergency medical care if:

- They are unresponsive or having difficulty breathing.
- There are signs of shock (pale skin, rapid pulse, shallow breathing).
- The injury involves the head, neck, spine, hip, pelvis, or thigh.
- The bone is visibly protruding through the skin (open fracture).
- There is severe pain, swelling, or deformity at the injury site.
- The injured person is unable to move the affected limb or experiences loss of sensation.

# First Aid Instructions

## First Aid for Burns

First aid for burns is essential to reduce pain, prevent infection, and promote healing. The severity of a burn depends on its depth and size, ranging from minor first-degree burns to severe third-degree burns. Here are the first aid steps for burns:



### 1. Stop the Burning Process:

- Move the person away from the source of the burn, such as fire or hot objects.
- If the burn is caused by a chemical, remove any contaminated clothing, and rinse the affected area with cool running water for at least 10-20 minutes.

### 2. Cool the Burn:

- Hold the burned area under cool (not cold) running water for 10-15 minutes or until the pain subsides. Do not use ice or ice water as it can further damage the skin.
- For minor burns, you can also apply a cool, wet compress to the burn area.

### 3. Remove Tight Items:

- Remove any tight clothing or jewellery near the burn before the area swells.

### 4. Protect the Burned Area:

- Cover the burn with a sterile, non-adhesive bandage or clean cloth to protect it from friction and infection.
- Do not apply butter, oil, ice, or any home remedies to the burn as they can worsen the injury and increase the risk of infection.

### 5. Manage Pain:

- Over-the-counter pain relievers like acetaminophen (Tylenol) or ibuprofen (Advil) can help alleviate pain and reduce inflammation. Follow the dosage instructions on the medication label.

### 6. Seek Medical Attention:

- For severe burns, especially those that cover a large area, are deep, or involve the face, hands, feet, groin, or major joints, seek immediate medical attention.
- Also, seek medical help if the burn shows signs of infection such as increased pain, redness, swelling, warmth, or pus.

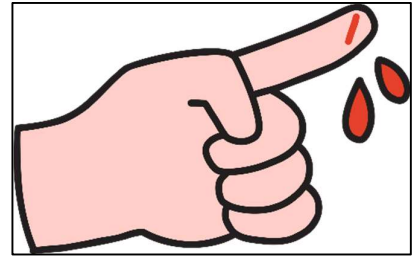
### 7. Do Not Pop Blisters:

- If blisters form, do not pop them as it can increase the risk of infection. Leave them intact and cover them with a sterile bandage.

# First Aid Instructions

## First Aid for Bleeding

First aid for bleeding is essential to control the flow of blood, prevent excessive blood loss, and reduce the risk of infection. The steps you take may vary depending on the severity of the bleeding. Here are the general first aid steps for bleeding:



### 1. Assess the Situation:

- Determine the type and severity of the bleeding. Is it minor, moderate, or severe? Is it arterial, venous, or capillary bleeding? Arterial bleeding is the most serious and requires immediate attention.

### 2. Protect Yourself:

- Put on disposable gloves if available to protect yourself from exposure to bloodborne pathogens and to prevent the spread of infection.

### 3. Apply Direct Pressure:

- For minor cuts and wounds with bleeding, apply direct pressure to the wound using a clean cloth, sterile gauze pad, or your gloved hand. Maintain pressure continuously for at least 5-10 minutes until the bleeding stops.

- Do not remove the dressing or cloth to check the wound while applying pressure, as it can disrupt the clotting process and cause bleeding to restart.

### 4. Elevate the Wound:

- If possible, elevate the injured limb above the level of the heart to help reduce blood flow and bleeding. This is particularly useful for bleeding from extremities.

### 5. Apply Pressure Dressing:

- Once the bleeding has stopped, if the wound is still bleeding through the dressing, apply additional dressings and continue applying pressure.

- Secure the dressing in place with adhesive tape or a bandage wrap, ensuring it is not too tight to restrict blood flow.

### 6. Assess for Severe Bleeding:

- For severe or arterial bleeding (bright red blood spurting or gushing out), apply firm, direct pressure on the wound with your hand or dressing while awaiting medical help.

- If the bleeding is from an extremity and cannot be controlled with direct pressure, consider using a tourniquet as a last resort. Apply the tourniquet proximal (closer to the body) to the wound site and tighten until the bleeding stops. Note the time the tourniquet was applied and seek immediate medical attention.

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### 7. Monitor the Injured Person:

- Keep the injured person calm and reassured.
- Monitor their vital signs (pulse, breathing, consciousness) while waiting for medical help.

### 8. Seek Medical Attention:

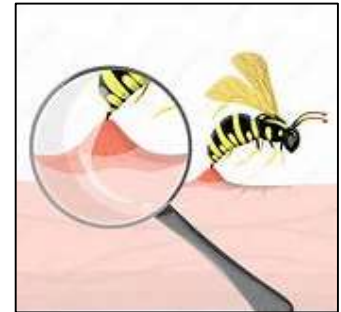
- For severe bleeding that cannot be controlled with first aid measures, or if the wound is deep, gaping, or caused by a major trauma, seek immediate medical attention.
- Also, seek medical help if the bleeding continues despite applying pressure and other first aid measures.

Remember, the goal of first aid for bleeding is to control the bleeding, protect the wound, and seek professional medical care as needed to ensure proper treatment and prevention of complications.

# First Aid Instructions

## First Aid for Bee Stings:

Bee stings can cause a lot of pain, but they are usually minor for most people. However, for individuals allergic to bee venom, a bee sting can be life-threatening. It is essential to always be aware of signs of an allergic reaction after a bee sting. Some common signs include swelling away from the sting area, flushing, hives, itching, and signs of anaphylaxis, such as chest pain, confusion, sweating, blue lips and nails, and difficulty breathing.



### How to Remove a Bee Stinger

If stung by a bee, it's crucial to remove the stinger immediately to prevent additional venom from entering the skin. To remove the stinger, it's recommended to use a straight-edged object like a credit card to scrape the stinger out of the skin. Avoid squeezing the venom sac with tweezers or fingers, as this can inject more venom into the skin.

### First Aid Steps for Bee Stings

After removing the stinger, follow these first aid steps:

1. Wash the affected area with soap and water.
2. Apply a cold pack to reduce swelling (avoid applying ice directly to the skin).
3. Use an allergy medication or antihistamine like Benadryl to reduce swelling and itching.
4. Use Tylenol or Advil for pain relief.

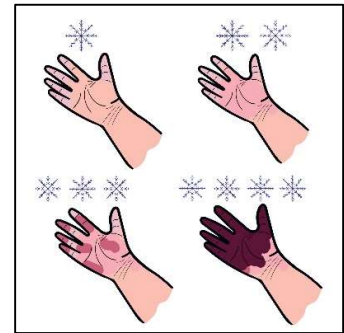
### When to Seek Medical Attention

If the person stung shows signs of an allergic reaction, such as severe swelling, hives, or difficulty breathing, it's crucial to seek medical help immediately. For individuals with known bee sting allergies, using an EpiPen to prevent anaphylaxis is recommended. Always monitor for signs of an allergic reaction while providing first aid for bee stings.

# First Aid Instructions

## First Aid for Frostbite

Frostbite occurs when body tissues freeze deeply due to exposure to extreme cold temperatures. This can result in skin damage like a burn. It is crucial to treat frostbite carefully and gradually warm the affected area to prevent refreezing, if possible.



### First Aid Steps for Frostbite

If someone experiences frostbite, follow these first aid steps:

1. Get out of the cold immediately.
2. Put the affected area in warm water (between 98 to 105 degrees Fahrenheit) for 20 to 30 minutes. Avoid using dry heat sources like heating pads or fireplaces.
3. Do not rub the affected area, as this can cause further damage to the skin.
4. For fingers and toes, place clean cotton balls between them after they have warmed up.
5. Loosely wrap the area with bandages.
6. Use Tylenol or Advil for pain relief.
7. Get medical attention as soon as possible.

### When to Seek Emergency Care

If the skin affected by frostbite becomes hard and begins turning white, it's essential to seek emergency medical care immediately. Severe frostbite requires professional medical treatment to prevent complications. Always prioritize safety and warmth when treating frostbite, and seek medical help promptly for severe cases.

# First Aid Instructions

## First Aid for Sprains

A sprain is an injury to the ligaments that hold bones, cartilage, and joints together. It often occurs due to the twisting of a joint, leading to overstretched or torn ligaments. While sprains can be painful, they typically do not require emergency treatment unless severe.



### First Aid Steps for Sprains

If someone experiences a sprain, follow these first aid steps:

1. Stop any unnecessary activity to prevent further injury.
2. Keep the injured limb as still as possible.
3. Apply a cold pack to the sprained area to reduce swelling.
4. Elevate the injured limb if possible and if it can be done safely.
5. Use non-steroidal anti-inflammatory drugs (NSAIDs) like Advil or Aleve for pain relief.
6. Seek immediate medical care if the person experiences severe pain, cannot put weight on the injured joint, has increased bruising, numbness, or shows signs of infection.

### When to Seek Emergency Care

While most sprains can be treated with first aid measures and rest, severe sprains may require medical attention. If the injured person experiences severe pain, cannot put any weight on the injured joint, or shows signs of infection such as redness, warmth, or pus around the injury site, it's important to seek medical help promptly.

Always prioritize safety and follow up with healthcare providers as needed for proper evaluation and treatment of sprains.



# First Aid Instructions

## First Aid for a Stopped Heart

First aid for a stopped heart, also known as cardiac arrest, is critical and requires immediate action to increase the chances of survival. Here are the steps to follow:



### 1. Call for Emergency Help:

- If you witness someone experiencing cardiac arrest, call emergency services immediately. In most places, this is done by dialing 911 or the local emergency number.

### 2. Check Responsiveness:

- Tap the person's shoulder and shout, "Are you okay?" Check for any response, such as movement, sounds, or opening their eyes.

### 3. Check Breathing:

- If the person is unresponsive and not breathing normally (or not breathing at all), start CPR (Cardiopulmonary Resuscitation) immediately.

### 4. Perform CPR:

- Place the person on their back on a firm surface.
- Kneel beside them and position yourself to perform chest compressions.
- Interlock your fingers and place the heel of your hand on the center of the person's chest, between the nipples.
- Push down firmly and rapidly at least 2 inches deep, allowing the chest to fully recoil between compressions. Perform compressions at a rate of 100-120 per minute.
- After 30 compressions, open the person's airway using the head-tilt, chin-lift maneuver. Pinch their nose closed and give two rescue breaths, watching for the chest to rise.
- Continue cycles of 30 compressions and 2 breaths until help arrives or the person shows signs of life.

### 5. Use an Automated External Defibrillator (AED):

- If an AED is available, use it as soon as possible. Follow the voice prompts and instructions provided by the AED device.
- Place the pads on the person's bare chest as directed by the AED. Make sure no one is touching the person while the AED analyzes their heart rhythm.
- If the AED advises a shock, ensure everyone is clear of the person and press the shock button as instructed.

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- Resume CPR immediately after delivering the shock, following the AED's prompts.

### 6. Continue CPR and Monitor:

- Continue CPR until emergency medical services (EMS) personnel arrive and take over or until the person shows signs of life and starts breathing normally.

### 7. Follow EMS Instructions:

- Follow any instructions given by the EMS dispatcher or arriving medical professionals. Provide them with information about what happened and the actions you took.

### 8. Stay Calm and Reassure Others:

- Stay calm and focused during the emergency. Reassure bystanders and provide updates as needed.

It is important to note that immediate initiation of CPR and early defibrillation with an AED significantly improve the chances of survival in cases of cardiac arrest. Training in CPR and AED use is valuable for anyone, as it equips individuals with life-saving skills in emergency situations.