Chapter Four

Injury Emergencies

1- Internal Bleeding

Definition: An injury inside the body may be minor or severe. Being hit hard in the chest or abdomen or falling can cause bleeding inside the body. You may not see physical signs of this bleeding, or you may see a bruise.

Signs: Suspect bleeding you can't see if a person has

- ✓ An injury from a car crash, from being hit by a car, or after a fall from a height.
- ✓ An injury to the abdomen or chest (including bruises such as seat belt marks)
- ✓ Sports injuries such as slamming into other people or being hit with a ball
- ✓ Pain in the chest or abdomen after an injury.
- ✓ Shortness of breath after an injury
- ✓ Coughed-up or vomited blood after an injury.
- ✓ Signs of shock without bleeding that you can see.
- ✓ A knife or gunshot wound.

#Actions Internal Bleeding

Follow these steps when giving first aid to a person who may have internal bleeding:

2- Wounds

In this section we'll cover

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- **Bleeding From the Nose**

Definitions: With nosebleeds it's sometimes hard to tell how much bleeding there is because the injured person often swallows some of the blood. This may cause the person to vomit.

#Actions Follow these steps when giving first aid to a person with a nosebleed:

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- **Bleeding From the Mouth**

  Definitions: You can usually stop bleeding from the mouth with pressure.

  Bleeding from the mouth can be serious if blood or broken teeth block the airway and cause breathing problems or if you can't reach the bleeding area.

  #Actions Follow these steps when giving first aid to a person with bleeding from the mouth

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- Tooth Injuries

  Definitions: A person with a mouth injury may have broken, loose, or knocked-out teeth. This can be a choking hazard.

  #Actions Follow these steps when giving first aid to a person with a tooth injury:

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- Eye Injuries

  Eye injuries may happen.

  - ✓ With a direct hit or punch to the eye or the side of the head
  - ✓ When a ball or other object directly hits the eye

- ✓ When a high-speed object, such as a BB gun pellet, hits the eye
- ✓ When a stick or other sharp object punctures the eye
- ✓ When a small object, such as a piece of dirt, gets in the eye

Signs of an eye injury include

- ✓ Pain
- ✓ Trouble seeing
- ✓ Bruising
- ✓ Bleeding
- ✓ Redness, swelling

#Actions Follow these steps for eye injuries:

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- ## Penetrating and Puncturing Objects

  Definitions: An object such as a knife or sharp stick can wound a person by penetrating the body or puncturing the skin. Leave the object in place until a healthcare provider can treat the injury.

- **#Actions** Penetrating and Puncturing Objects

  Follow these steps when giving first aid to a person with an injury from a puncturing or penetrating object:

  Important: Leave penetrating objects in. If a person is injured and a sharp object, such as a nail or a knife, remains partly stuck in the body, leave it in the body. Taking it out may cause more damage.

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- Amputation

Definitions: If a part of the body, such as a finger, toe, hand, or foot is cut off (amputated), save the body part because doctors may be able to reattach it. You can preserve a detached body part at room temperature, but it will be in a better condition to be reattached if you keep it cool.

#Actions amputated part

Follow these steps to protect an:

#Figure 22:

A, If you can find the amputated part, rinse it with clean water. B, If it will fit, place the wrapped part in a watertight plastic bag. C, Place that bag in another labeled bag.

Important: Never place the amputated body part directly on ice or in water because the ice or water may damage it.

#Actions: Follow these steps when giving first aid to a person with an amputation:

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3- External bleeding

In this section we'll cover

A) How to Stop Bleeding ("Skill You Will Demonstrate)

Definitions: Bleeding often looks worse than it is. When a large blood vessel is cut or torn, the person can lose a lot of blood within minutes.

However, you can stop most bleeding with pressure. If the injured person can help you, ask him to put direct pressure on the wound while you put on your personal protective equipment (PPE).

A dressing is wound covering used to stop bleeding. It helps prevent infection. A dressing can be a gauze pad or any other clean piece of cloth or even a gloved hand.

Phone or ask someone to phone your emergency response number (or 123) if

- ✓ There is a lot of bleeding.
- ✓ You cannot stop the bleeding.
- ✓ You see signs of shock.
- ✓ You suspect a head, neck, or spine injury.
- ✓ You are not sure what to do.

#Actions for external Bleeding: Take the following actions to stop bleeding that you can see:

Important: If the cut or scrape is minor, wash the area with lots of clean water to get the wound clean before applying the dressings. You'll use less direct pressure to stop the bleeding for a minor cut or scrape than for a major cut or scrape.

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- Bandaging (*Skill You Will Demonstrate)

  Definitions: A bandage is material used to protect or cover an injured body part. A bandage may also help keep pressure on the wound.

  #Action

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- ## Using Tourniquets

  Definitions: If an arm or leg has severe bleeding and you can't stop the bleeding with direct

pressure, you can use a tourniquet.

The best tourniquets are premade, or manufactured, ones. If you don't have one, you can make a tourniquet out of a piece of cloth and a windlass, essentially a stick-like object used to tighten the tourniquet. If you apply the tourniquet correctly, it will cause pain as it stops the bleeding.

#Action Use A Premade Tourniquet

The following steps apply to a premade tourniquet:

Important Once you have the tourniquet in place, leave it alone until someone with more advanced training arrives and takes over.

#Action If you need to make a tourniquet, follow the steps in this table:

Then apply the If you

need to make a tourniquet, follow the steps in this table.

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4- Head, Neck, and supune Injuries

In this section we'll cover how to recognize and provide first aid for head, neck, and spine injuries.

Definitions for Head Injury: Suspect a head injury if the person

- ✓ Fell from a height
- ✓ Was hit in the head
- ✓ Was injured while diving

- ✓ Suffered an electrical injury
- ✓ Was involved in a car crash
- ✓ Was riding a bicycle or motorbike involved in a crash, and has no helmet or a broken helmet.

Signs of Head Injury: Suspect a head injury if an injured person:

- ✓ Does not respond or only moans or moves.
- ✓ Acts sleepy or confused.
- ✓ Vomits.
- ✓ Complains of a headache.
- ✓ Has trouble seeing.
- ✓ Has trouble walking or moving any part of the body.
- ✓ Has a seizure.

Definitions for Spine and Neck: The bones of the spine protect the spinal cord. The spinal cord carries messages between the brain and the body.

If the spine is damaged, the spinal cord may be injured. The person may not be able to move her legs or arms and may lose feeling in parts of the body. Some people call this a "broken back."

Important: You may cause further injury to the spinal cord if you bend, twist, or turn the person's head or neck. When you give first aid to someone with a possible spine injury, you must not bend, twist, or turn the head or neck unless it's necessary to provide CPR or if you need to move the person out of danger.

If she is vomiting or has fluids in her mouth, wear PPE and roll her to the side.

Signs of a Neck or Spine Injury: Suspect that the spine bones are broken if an injured person

- ✓ Was in a car or bicycle crash.
- ✓ Has fallen from a height.
- ✓ Has tingling or weakness in the extremities.
- ✓ Has pain or tenderness in the neck or back.

- ✓ Appears to be intoxicated or not fully alert.
- ✓ Has other painful injuries, especially of the head and neck.

#Actions for Head, Neck, and Supine Injuries:

Follow these steps when giving first aid to a

person with a possible head, neck, or spine injury:

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5- Broken Bones and Sprains

In this section we'll cover how to recognize and provide first aid for broken bones and sprains.

Definition: Joint sprains happen when joints move in directions they're not supposed to go. Without an x-ray, it may be impossible to tell whether a bone is broken. But you will perform the same actions even if you don't know whether the bone is broken.

Signs: There may be swelling, and the joint may turn slightly blue if it is sprained.

#Actions Broken Bones and Sprains

Follow these steps when giving first aid for a person with a possible broken bone or sprain:

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- **Splinting (*Skill You May Demonstrate; Optional Practice)**

Definitions: A splint keeps an injured body part from moving. In general, healthcare providers apply splints.

At times, you may need to splint an arm or a leg. For example, if you are hiking in the wilderness, you may need to splint an injured arm.

Rolled-up towels, magazines, and pieces of wood can be used as splints.

#Actions Splinting To splint, follow the actions in the table:

You should be able to put a few fingers between the splint and the injured body part. Do not tie the splint too tightly. This might cause further pain. If you use something hard for the splint, pad the inside of the splint with cloths or dressings, if possible, to keep the person comfortable.

Important: If the injured part is bleeding, apply direct pressure to stop the bleeding and apply a dressing to the wound before applying the splint.

#Actions Self-Splinting an Arm:

If you don't have anything to use as a splint, a person can use his other arm to hold the injured one in place. Follow these steps to self-splint an arm:

Important: Leave bent and deformed body parts in their bent or deformed positions as you apply the splint. If a broken bone has come through the skin, cover the wound with a clean dressing, and splint as needed.

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6- Burns and Electrical Injuries

In this section we'll cover how to provide first aid for burns and electrical injuries.

- **Burns**

Definitions: Burns are injuries that can be caused by contact with heat, electricity, or chemicals. Heat burns can be caused by contact with fire, a hot surface, a hot liquid, or steam.

Use cool water on burns. Ice can damage burned areas. If someone with a burn gets too cold, she can get hypothermia (low body temperature).

#Actions for Small Burns:

Follow these steps to give first aid to a person with a small burn:

Important: Phone or send someone to phone your emergency response number (or 123) if

- ✓ There is a fire
- ✓ The person has a large burn
- ✓ You are not sure what to do
- ✓ If someone is on fire, put the fire out: Have that person stop, drop, and roll; then cover the person with a wet blanket to put the fire out. Once the fire is out, remove the wet blanket.

#Actions for Large Burns:

Follow these steps to give first aid to a person with a large burn:

Cover the person with a dry blanket to keep the person warm because once the skin has burned, the person can no longer control body temperature well and often gets cold.

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- **Electrical Injuries**

Definitions: Electricity can burn the body on the inside and outside. Electricity can stop breathing or cause a deadly abnormal heart rhythm.

Signs: Electricity may leave only small marks on the body. No one can tell how much damage there is inside the body based on the marks on the outside.

#Actions Follow these steps for giving first aid for an electrical injury:

Touching someone With an Electrical Injury: Stay clear of the injured person as long as he's in contact with a power source that is on. Electricity can travel from the source through the injured person to you: Turn off the main power switch only if you know how and can safely do so. Once the power is off, you may touch the injured person.

High Voltage

If the electrical injury is caused by high voltage, such as a fallen power line, electricity can travel through everything that touches the power line or source (even a wooden stick). Wait until the power has been turned off to enter the area and provide help.

Important: Many people have heard about different ointments for burns. The only thing you should put on a burn is cool water and clean dressings unless you are given other instructions by a healthcare provider.