



What to do first when someone is suddenly sick or injured

1. First, determine the patient's condition.
2. If in doubt, quickly call 911 or an emergency room doctor.
3. Perform correct first aid according to the medical map (program above).
4. If you believe the patient's condition is critical, call 119 to request an ambulance.

What to do if you find someone in cardiac arrest (make the program ask if the person is in cardiac arrest first, and if so, automatically call 911).

1. Before approaching a patient, rescuers should make sure the scene is safe.
2. Gently tap the patient on the shoulder to determine their condition. 1) If the person needs medical attention, call 119 and follow the operator's instructions, checking the person's condition frequently. 2) If the person is unresponsive, not breathing, or has abnormal breathing (cardiac arrest breathing), determine that the person is in cardiac arrest.
3. If there are bystanders, identify them and ask them to call the police, get help, and get the AED. (Rotating rescuers can provide quality CPR.) If there are no bystanders, call the police and begin CPR.

-> CPR Methods

1. It opens up the airways and makes it possible to breathe.
To do this, place one hand on your forehead, tilt your head back, and use two fingers to lift your jawbone, keeping the tip of your chin pointing skyward.
2. Do chest compressions.
 - 1) Compression location: lower 1/2 of the breastbone (about two fingers up from the collarbone)
 - 2) Hand position: Hands clasped together, fingers not touching the patient's chest.
 - 3) Position: The patient is placed on a flat, hard surface, and the rescuer kneels with the legs shoulder-width apart centered on the pressure point, with the shoulders, elbows, and elbows vertical. Then press down with body weight.
 - 4) Compressions: 100-120 strokes/min, 5-6 cm deep, centered on a pressure point (not slow or fast, but a steady one-two-three-four-five pace).
3. Artificial respiration (for choking cardiac arrest due to drowning or poisoning, and if time has elapsed since the cardiac arrest, rescuers may proceed with chest compressions only).
 - 1) Hold your nose with your thumb and forefinger
 - 2) After taking a moderate breath, cover the patient's mouth with your own.
 - 3) Blow at a steady rate until the patient's chest is inflated.
 - 4) Open your mouth and nose to allow air to escape.(Give 2 rescue breaths at 30 compressions, lasting about 5-6 seconds per breath).

First aid for fever in children

1. Remove all clothing
2. Soak a washcloth in lukewarm water and wipe from head to toe for at least 30 minutes.
3. Give fever-reducing medications as directed (except for aspirin for children 14 and under with a doctor's prescription).
4. Drink fluids to prevent dehydration.
5. If the fever doesn't go down, see your pediatrician or call 911 for help.

-If you need to visit the hospital

1. When a child 3 months or younger has a fever
2. If your temperature is 39 degrees or higher
3. Fever does not go down after taking fever reducing medication
4. When fever is accompanied by the following symptoms
5. Confusion, when a child is fussing like they're sick.

First aid for cramps and seizures

1. In case of convulsions or seizures, turn the head to the side to prevent vomit from blocking the airway.
2. Loosen up your clothes, loosen up your tightness.
3. Remove items that could cause injury if bumped.
4. Don't put anything in your mouth.
5. Call 911 and keep an eye on the child to see if their skin color is turning blue (cyanosis) or if they are not breathing.

First aid for nosebleeds

1. From a seated position, lean your head forward slightly to prevent the nosebleed from moving to your neck.
2. Use your thumb and forefinger to apply pressure to the bridge of your nose, just below the tip of your nose bone, for at least 10 minutes.
3. Apply a cold compress to the bridge of your nose with a cold washcloth or ice pack.

-If you need to visit the hospital

1. No hemostasis for more than 20 minutes
2. Due to a head injury or accident (if trauma is the cause)
3. If you suspect you have a broken nose

First aid for a chipped tooth

1. If bleeding persists, apply pressure with gauze or a clean towel to stop the bleeding.
2. If the tooth is completely dislocated, place the tooth in a storage solution and take it to the dentist immediately. (Storage solutions: milk, patient saliva (stored on mucous membranes in the mouth), saline solution)

What to do if you swallow a foreign object

1. Don't force them to throw up or scare them.
2. Avoid swallowing water or food with your mouth.
3. You'll need to figure out what you swallowed, so be sure to check your surroundings.
4. A visit to the hospital, where X-rays are taken to determine the location, type, and shape of the foreign body and specialized treatment is provided.
5. If the person is choking on something in the airway, call 911 for help and provide first aid for airway obstruction. (Jump to First aid for airway obstruction)

-If you need to visit the hospital

1. If you swallowed a mercury battery
2. Sudden severe abdominal pain
3. Shows signs of airway or esophageal obstruction (cyanosis, drooling, etc.)
4. Swallowed a sharp or long object (safety pin, needle, etc.)
5. If you can't identify the swallowed object

First aid for airway obstruction

1. Check your health and call 911
 2. Perform the Heimlich maneuver (if conscious)
 - (1) Stand behind the patient's back and place the thumb of your fist on the upper abdomen.
 - (2) Place your other hand on top.
 - (3) Remove the foreign body by firmly pushing upward with both hands from the patient's navel to the abdominal area between the umbilicus and the mons pubis, making sure the foreign body is out.
- (For pregnant women or people with severe obesity, push out the chest area.)

-Caveats

The Heimlich maneuver puts a lot of pressure on the abdomen and can cause organ damage. Therefore, even if the foreign body has been removed from the airway, you should visit a hospital to check for abdominal organ damage. Never perform this maneuver on someone who does not have symptoms of airway obstruction).

First aid for fractures

1. Stabilize the person, do not touch the fracture, and call 911.
2. Secure it with a thick book or cloth. (Go to Securing the area.)

3. If you suspect a neck or back injury, keep the person down and immobile, cover them with clothing to keep them warm, and call 911 for help.

-Caveats

Don't intentionally try to fit broken parts together.

Anchoring methods by area

(Use whatever you can find in the field, such as magazines, newspapers, cardboard, plastic rulers, etc. as a substitute splint)

Fracture of the mandible (lower jaw bone)

1. Use the head itself as a splint.
2. Place the palm of your hand under the chin and gently raise the lower jaw to align the lower teeth with the upper teeth, then place a bandage or tripod under the lower jaw and tie it to the head. If the patient vomits, immediately remove the bandage or tripod. Send the patient to the hospital.

Clavicle fracture

1. Place the hand of the injured arm on the opposite shoulder, slightly higher than the elbow, and tie it with a tripod.
2. Again, tie it into a triangle so that the entire arm is attached to your body.

Fracture of the lower extremity (arm joint)

1. If the patient is in a straight arm position, pull the armpit toward the body to prevent the subject from tilting or collapsing. Then apply a wrist-to-finger splint to the palm and back of the hand.
2. If you find a patient with a flexed subjective limb, bring the arm up toward the body without strain and immobilize it with a tripod against the fuselage (neck, arm) as in the case of a clavicle fracture.
3. Don't try to force a bent subject clause to straighten.

Ankle fracture

1. Place the entire foot on a pillow and apply a bandage.
2. If you don't have a pillow, wrap and tie two splints, one on each side, reaching from the back axis of your foot to just below your knee.

Humerus (two large bones in the neck of the arm)

1. Have the person lie on his back while the EMT prepares the splint. (The

This is the best posture).

2. Make two splints that are long enough to reach your fingertips from the carpus and place one on the palm of your hand and the other on the back of your hand, tying them together with two or more tripods.
3. Raise the hand about 10 cm above the subjective limb, palm facing the chest, and pull the arm up and secure with a wide bandage.

Fractures and strains of the carpals (bones from the fingertips to the wrist) and sprains (stretched or torn muscles or tendons)

1. Place the cloth splint on the palm of your hand, from the middle of the leaflet to the tips of your fingers.
2. Do not apply the bandage too tightly and place the armrest with the fingertips about 10 cm above the subjective limb and the palm facing inward.

Fracture or sprain of the instep bone

1. Remove shoes and socks to prevent pain when the instep is swollen.
2. Roll up a large piece of cloth and tie the bandage around the instep, ankle, and calf. (You want to keep your foot immobilized.) But don't tie it too tightly.

First Aid for Pediatric Head Injuries

1. Briefly check the patient's consciousness or condition. (Is he making good eye contact, is he saying his name, etc.)
2. Wash and disinfect small cuts with running water.
3. If the wound is bleeding profusely, do not flush it with running water, but apply pressure to the bleeding area with clean gauze, tamponade, and call a doctor.

-If you need to visit the hospital

1. If you are unconscious or have difficulty waking up
2. If you have a convulsion or seizure
3. Unable to move body parts, or uncomfortable with movement)
4. You have clear fluid or blood coming out of your ears or nose.
5. If you continue to have headaches and vomiting
6. Unusual behavior or speech
7. If you have a severe head wound

What to do in case of eye injury
1) Foreign object in the eye

1. Do not rub your eyes to dislodge debris.

2. Run water or saline solution into the eye and let it drain on its own, along with the tears.

Case 2) You received a shock or bruise

1. Close both eyes, place the person in a comfortable position on the floor, and quickly call for help to get them to a hospital.

-Caveats

Close both eyes when moving. (This is because when you move the pupil of the uncovered eye, the opposite eye moves with it).

What to do if you're bitten or wounded by an animal

1. Wash and disinfect the bite site thoroughly.
2. To prevent bacterial or infectious inflammation, go to the hospital for antibiotic treatment or rabies shots.

First aid for bee stings

1. Apply a cold compress, such as ice, to reduce pain and swelling.
2. It's a good idea to check your bees for stingers and remove them. This can be done by gently scraping the stinger with a needle and gently pushing it out with a credit card.
3. If you experience allergy symptoms such as decreased consciousness or difficulty breathing, go to the hospital immediately.

-> Do you want to go? (Call 911 for help if selected)

First aid for snakebites

1. Stabilize the person and minimize activity, as the venom spreads more quickly if the person is running in excitement.
2. If you have soap and water, wash the bite thoroughly.
3. Place the bite site below the heart and transport to a hospital with antivenom quickly.

-Caveats

1. If bitten on the arm, remove rings and watches as they can swell and impede circulation.
2. Do not incise wounds in the field or suck them out with your mouth.
3. Be careful not to tie the tourniquet too tightly, as this can block arterial blood flow and cause tissue necrosis.

How to provide first aid in case of shock

-Symptoms and signs

1. Decreased consciousness: talking incoherently, resisting help, delirious,

having convulsive seizures, or comatose.

2. Pale, cold, clammy skin: Skin feels sticky and clammy to the touch or is covered with a thick layer of sweat.
3. Thin, weak pulse: When palpating the pulse at the wrist or elbow, the pulse is hard to find or is thin and weak.
4. Rapid breathing: Fast, gasping breaths, as if you're trying to catch your breath.
5. Mucosal dehydration: the person is very thirsty and when you look into the mouth, the tongue and mouth mucosa are dry and saliva is reduced.

How to provide first aid

1. Call 119. (Make a report.)
2. Lay the patient on a flat surface and elevate the legs to allow blood to flow to the head and upper body.

-Caveats

1. People with heart failure will struggle more and have worse breathing if they are lying down or in the shock position, so having them sit up or elevating their head and upper body to about 45 degrees is better for their breathing.

First aid for bleeding (introduction to tourniquets)

1. Direct pressure: Apply direct pressure to the bleeding area with sterile gauze or a clean cloth.
2. Indirect compression (selective arterial compression): Compresses an artery close to the bleeding site toward the heart when direct compression fails to achieve hemostasis.
3. Tourniquet: This is the last resort for tourniquets. The tourniquet should be removed and reapplied about once an hour, and the time of removal should be noted on the tourniquet, as it is dangerous to cut off circulation to the area below. (The method is the same as indirect compression).

First aid for cuts

1. Use running water to remove debris from the wound.
2. Cover the wound with antiseptic, gauze, and a sterile bandage to protect it from germs. (This process is called dressing.
3. Apply a bandage to keep the dressing in place and to control bleeding. Bandage the toes and fingers to check circulation. (The bandage should be tight, but not so tight as to impede circulation).

First aid for burns

1. Move the victim to a safe area, remove any burned or scorched clothing, and cool the victim with cool or icy water and wet wipes for at least 30 minutes.
2. Check the extent of the burn.

First-degree burns: the burned area turns red, but does not blister, and causes swelling and mild pain.

It accompanies hospitalization and heals without sequelae.

Second-degree burns: These are slightly deeper burns that cause blistering, swelling, and severe pain and require hospitalization for professional treatment.

Third-degree burns: These are injuries where all layers of skin have been burned, and the skin looks burnt and is painless because the nerves are dead.

3. If the person loses consciousness or has a faint pulse and breathing due to severe burns, they are in danger of going into shock and should be taken to a larger hospital as soon as possible.

-Caveats

1. Do not pick or pop blisters as they can cause bacterial infection.
2. Children should not immerse the burned area in cold water for more than 10 minutes. They may become hypothermic due to heat loss.
3. Avoid lotions, miso, soy sauce, and shochu as they can cause infection.
4. All burns should be taken to a hospital for treatment.