

First Aid Overview

Medical Emergencies

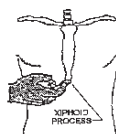
- Advance planning, particularly on communicating emergencies.
- **A**irway, **B**reathing, **C**irculation (**ABCs** and control of bleeding)
- Medical alert symbols



- Choking – inability to speak, abdominal thrusts



- Chest pain and heart attack
 - Recognize the signs, risk factors
 - Begin CPR – establish and maintain airway, chest compression: ventilation = 30:2



First Aid Overview

Bleeding, Shock, and Universal Precautions

- Bleeding
 - If possible, lie down and elevate legs.
 - Using gloves, remove obvious loose dirt/debris.
 - With sterile dressing or clean cloth, cover and apply direct pressure with hand until bleeding stops (may take 20 minutes or longer).
 - Immobilize body part.



direct pressure

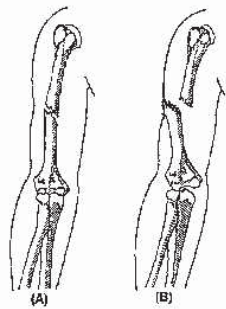
- Shock
 - Very low blood pressure caused by trauma (internal/external blood loss), heart attack, heatstroke, severe infection, significant allergic reaction, other
 - Cool and clammy, weak/rapid pulse, conscious or unconscious
 - Emergency, ABCs
 - Lie down, feet up
 - Keep warm and comfortable, loosen tight clothing
 - Manage bleeding, fractures
 - Nothing by mouth, monitor for vomiting



First Aid Overview

Sprains and Fractures

- Sprains
 - Injured ligaments
 - Pain and swelling
 - **Rest, Ice, Compression, Elevation (R.I.C.E.)**
- Fractures
 - Broken bone
 - Displaced/non-displaced, closed/open
 - Very painful, swelling, deformity
 - Stop bleeding (see bleeding), immobilize (do not realign), ice, first aid for shock



**Non- Displaced (A)
vs. Displaced (B)**

Immobilization



First Aid Overview

Wound Care

Wound care

- Direct pressure for bleeding
- Wash with soap and water
- Topical antibiotic
- Dry (with clean gauze) and dress
- Daily care, watch for redness, drainage, fever, infection
- Avoid removing penetrating objects
- Amputations – do no freeze or submerge; rinse with water, wrap in dry sterile gauze, seal in plastic bag, transport on ice
- Tetanus vaccine?

Allergic reactions, bites, stings

- Rash, oral/facial swelling, difficulty breathing, shock
- Bites/stings, pollen, foods, latex, drugs
- Emergency, ABCs
- Manage for shock
- If history of allergic reaction, may use epinephrine autoinjector if available, antihistamine if can swallow safely
- Wound care for bites/stings, steroid cream, special treatment for certain types, may need tetanus vaccine

Burns

- Thermal versus electrical versus chemical
- Partial thickness (1st degree redness, 2nd degree blisters) and full thickness
- Keep cool, clean, covered
- Over-the-counter pain relief

