

First Aid Key Points

Your First Response Can Save a Life

What is First Aid?

- **First aid** is the **immediate care** given to an injured or ill person until **professional medical help** arrives.
 - First responders often **bridge the gap** between incident and medical treatment.
 - A quality training course prepares you to act confidently in a wide range of emergency situations.
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Core Principles of First Aid

- **Assess the situation** – Ensure the scene is safe.
 - **Call 911** if the situation is life-threatening.
 - **Provide appropriate aid** – Based on the type of injury.
 - **Stay calm** – Reassure the patient and act confidently.
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Key First Aid Situations & Responses

Wounds

Includes: Cuts, scrapes, punctures, and open injuries.

Steps:

1. Apply **direct pressure** to stop bleeding.
 2. **Clean the wound** with soap and water.
 3. Apply **antibiotic ointment** and **sterile dressing**.
 4. **Watch for signs of infection**: redness, swelling, pus, fever.
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♥ Heart-Related Emergencies

Includes: Heart attacks, chest pain, respiratory arrest.

Signs of Heart Attack:

- Chest pain/pressure
- Shortness of breath
- Sweating, nausea, dizziness

Response:

1. **Call 911 immediately.**
 2. Help victim to rest comfortably.
 3. **Monitor breathing;** perform **CPR** if necessary.
 4. If available, **administer aspirin** (unless contraindicated).
 5. Use **AED** if trained and needed.
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🦴 Fractures, Sprains & Strains

Includes: Broken bones, bruises, joint injuries.

Steps:

1. **Immobilize** the area – do **not move** the limb.
 2. Apply a **splint or sling** if trained.
 3. **Elevate** if possible, and apply **ice** to reduce swelling.
 4. Seek professional medical help.
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🔥 Burns

Classifications:

- **1st-degree:** Redness, minor pain
 - **2nd-degree:** Blisters, deeper tissue damage
 - **3rd-degree:** Charred or white skin, nerve damage
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Response:

1. **Cool the burn** under running water (10–15 minutes).
 2. **Do not use ice or butter.**
 3. Cover with **sterile, non-stick dressing.**
 4. **Do not pop blisters.**
 5. For 2nd/3rd-degree burns, **call 911.**
 6. Monitor for **shock and infection.**
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Poisoning

Includes: Overdoses, bites, stings, household chemicals.

Steps:

1. **Call Poison Control (1-800-222-1222) or 911.**
 2. **Identify the source** of the poison if possible.
 3. For bites/stings, **remove stinger**, wash area, apply **ice.**
 4. **Do not induce vomiting** unless directed by Poison Control.
 5. Monitor breathing and consciousness.
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Hemorrhages

Severe bleeding and blood loss in various forms.

Four Classes of Hemorrhage:

- Class I: Mild (<15% blood loss)
- Class II: Moderate (15–30%)
- Class III: Serious (30–40%)
- Class IV: Critical (>40%)

Response:

1. **Apply pressure** with clean cloth.
 2. **Elevate** injured part above heart level (if safe).
 3. If needed, use a **tourniquet** (trained personnel only).
 4. **Call 911** immediately for Class III or IV hemorrhages.
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Choking

Occurs when an object blocks the airway.

Signs:

- Inability to speak
- Clutching throat
- Gasping or no breathing

Response:

- **Adults/Children (Conscious):**
 1. Perform **Heimlich maneuver** (abdominal thrusts).
 2. Continue until object is expelled or victim becomes unresponsive.
- **Infants (under 1 year):**
 1. Use **5 back blows**, followed by **5 chest thrusts**.
- **Unconscious:** Begin **CPR**, check mouth for object.

General Injuries

Includes: Head injuries, black eyes, chemical exposure, foreign objects.

Response:

- **Head injury:** Monitor for confusion, vomiting, vision changes – seek medical help.
- **Eye injury:** Rinse with water if chemical-related; avoid rubbing.
- **Black eye:** Apply cold compress; watch for vision changes.
- **Foreign object:** Do not remove embedded objects; stabilize and seek care.

Shock (Biological, Not Electrical)

Body's response to severe trauma, loss of blood, or illness.

Signs:

- Pale, cool, or clammy skin
- Rapid pulse and breathing

- Weakness or confusion
- Fainting or unconsciousness

Response:

1. **Lay the person down** with legs elevated.
2. **Keep warm and calm.**
3. **Do not give food or drink.**
4. **Call 911** immediately.
5. Treat any visible injuries.



Important Notes

- **Always assess the situation first** — don't put yourself in danger.
- **Wear gloves** when possible to protect against infection.
- **Document what you did** and pass on to medical professionals.
- Remember the acronym: **DR. ABC**
 Danger → Response → Airway → Breathing → Circulation



Quick Reference Summary Table

Condition	Key Actions
Wounds	Pressure, clean, bandage, watch for infection
Heart Issues	Call 911, CPR, AED, aspirin
Fractures	Immobilize, splint/sling, elevate, ice
Burns	Cool water, cover, never pop blisters, call 911 for severe burns
Poisoning	Call Poison Control, identify poison, don't induce vomiting
Hemorrhage	Pressure, elevate, tourniquet (if trained), call 911
Choking	Heimlich (or infant method), CPR if unconscious
Injuries	Varies—assess and treat per injury type
Shock	Lay flat, elevate legs, keep warm, call 911