

Appendix A

Quick Reference



SAMPLE FIRST AID REPORT

Unit ID

CALL NUMBER

Patient :

Surname: _____ Given Names: _____ Date of Birth: _____ Sex: **M** **F**

Contact Information: _____ Telephone: _____

Details of the Illness/Injury

Date: _____ and Time: _____ am/pm Location: _____

Patient found: Ambulatory: Sitting: Prone: Supine: Side: Left Right

Patient brought in by: Self: Staff: Co-worker: Other: Name: _____

LOC: Alert: Verbal: Pain: Unresponsive:

Chief Complaint:

Symptoms (OPQRST)

Allergies
Medications
Previous Hx
Last Oral Intake
Events Prior

Vital Signs Record	Time	Time	Time
Blood Pressure			
Pulse			
Breathing			
Skin			
Pupils			
SpO2			
Blood Glucose			

Assessment

- A**brasion
- B**urn
- C**ontusion
- D**eformity
- F**racture
- H**aemorrhage
- L**aceration
- P**ain
- R**igidity
- S**welling
- T**enderness



Treatment Provided:

Oxygen: _____

Follow Up/Referral - None Nurse Doctor Ambulance Hospital Other _____

Refusal of Care: I _____ do not wish to receive medical/first aid care from these First Responders. I have been advised that I need medical/first aid care and have decided to refuse it. I do not hold the first responders and their parent agency responsible for any negative consequences that I may suffer from this refusal.

Signature of patient: _____ Signature of witness: _____

First Aid Attendant (Print): _____

Time: _____

Signature: _____

Date: _____

First Aid Attendant (Print): _____

Time: _____

Signature: _____

Date: _____

A

Quick first aid reference

Send for an ambulance as soon as there is indication of a life-threatening emergency:

- loss of consciousness
- breathing emergency (difficult or stopped breathing)
- circulatory emergency (severe bleeding, heart attack, stroke)

Signs and symptoms

First aid

Allergic reaction

Itchy, flushed skin
Sneezing, runny nose
Swelling of the airway
Nausea, vomiting

Position casualty at rest
If casualty has medication, help them to take it
Monitor the ABCs
Get medical help

Angina

Denial, sense of impending doom
Heaviness, tightness in chest
Indigestion, aching jaw
Pale skin, sweating

Position casualty at rest
If casualty has medication, help them to take it
Monitor the ABCs
Get medical help

Asthma

Shortness of breath
with coughing or wheezing
Sitting upright, trying to breathe
Blue colour to face (cyanosis)
Anxiety, tightness in chest

Position casualty for comfort sitting or semi-sitting
Assist with medication
Monitor the ABCs
Get medical help



Signs and symptoms

First aid

Bites and stings

Pain at site
Heat and swelling at site
Redness, itching
Rash or bumps on skin

Position casualty at rest
Remove stinger if appropriate
Clean affected area
Monitor the ABCs

Bleeding (external)

Obvious wound
External blood
Cold, clammy skin
Restlessness, apprehension
Faintness, dizziness

Apply pressure
Position casualty at rest
Apply dressings and bandages
Check circulation before and after bandaging

Bleeding (internal)

No obvious wound
Blood from ears, nose, in urine/
stool
Bloodshot or black eye(s)
Blood coughed up or in vomitus

Shock position, if injuries permit
If thirsty, moisten lips
Monitor the ABCs
Get medical help

A

Burns

Skin red to pearly white or charred
Pain in mild cases, no pain if severe
Blisters
Moist skin, dry leathery if severe

Position casualty at rest
Cool the affected area
Apply dressings and bandages
Check circulation

Signs and symptoms

First aid

Choking

Mild obstruction

Able to speak
Signs of distress
Red face

Stay with casualty
Encourage casualty to cough
If obstruction not cleared, get medical help

Severe obstruction

Not able to speak
Weak or no coughing
Grey face, blue lips, ears

Position yourself supporting the casualty
Give 5 back blows, 5 abdominal thrusts
Be prepared for loss of consciousness

Concussion

Partial or complete loss of consciousness
Shallow breathing, nausea
Pale, sweating, headache

If you suspect head/spinal injury, do not move
Monitor the ABCs
Get medical help

Diabetic emergency

Hypoglycemia (needs sugar)

Sweaty, pale, cold
Headache, trembling
Confusion, irritable, aggressive

Position casualty at rest
Give sugar
Monitor the ABCs
If no improvement, get medical help

Hyperglycemia (needs insulin)

Flushed, dry, warm
Drowsy, becoming unconscious
Thirsty, breath smells like nail polish

Position casualty at rest
If unsure, whether hyper or hypo, give sugar
Monitor the ABCs
Get medical help



Signs and symptoms

Embedded object

Obvious wound
Object visible in wound
Bleeding at wound site

First aid

Do not remove embedded object
Build up dressings around object
Apply dressings without pressure on object
Bandage get medical help

Emergency childbirth

Longer and stronger contractions
Mother tells you the baby is coming
Straining, bearing down
Feeling she has to have bowel movement

Position casualty at rest
Keep casualty warm
Place sanitary napkin or clean pad for bleeding
Get medical help

Fainting

A

Pale, sweaty
Dizzy and nauseous
Position casualty at rest
Unsteady, may collapse

Loosen tight clothing, get fresh air
Stay with casualty until fully recovered

Frostbite

White waxy skin
Skin firm but soft underneath
Skin becomes cold and hard
Painful at first, then numb

Get casualty out of cold
Position casualty
If frostbite is superficial, rewarm the area
Give first aid for wounds

Signs and symptoms

First aid

Head/spinal injury

Confused, lightheaded
Mechanism of injury to suggest
Pale, cold, clammy

Tell casualty not to move
Monitor the ABCs
Get medical help

Heart attack (see Angina)

Denial, sense of impending doom
Heaviness, tightness in chest
Indigestion, aching jaw
Pale skin, sweating
Unconsciousness
Stopped breathing

If conscious, position casualty at rest
If casualty has medication, help them to take it
Monitor the ABCs
Get medical help
If unresponsive and not breathing, get medical help, and send for AED
Begin CPR

Hypothermia

Shivering gets worse, then stops
Breathing slows, and may stop
Confused, sleepy, irrational
May lose consciousness

Get casualty out of cold
Position casualty at rest
Only rewarm a casualty with mild hypothermia
Get medical help

Heat exhaustion

Excessive sweating, dilated pupils
Dizziness, blurred vision, headache, cramps
Cold, clammy skin, shallow breathing
Possible loss of consciousness

Get casualty out of heat
Give as much to drink as they will take
Remove excessive clothing
Monitor the ABCs



Signs and symptoms

First aid

Heatstroke

Body temperature hot to touch
Skin flushed, hot and may be wet or dry
Restless, headache, dizziness
Vomiting, convulsions, unconsciousness

Cool the casualty
Remove excess clothing
Immersion in cold water
Get medical help

Poisoning

Swallowed

nausea, vomiting
discolouration at lips, burns

Position casualty
Conscious casualty - call Poison Control
Unconscious casualty - get medical help

Absorbed

Red skin, blisters, swelling, burns

If powder, brush off
Flush area with large amounts of water

Injected

Irritation at point of entry

Monitor consciousness and breathing
Monitor the ABCs

A

Inhaled

Trouble breathing, chest pain

Ensure safety of yourself and others
Get medical help.

Seizure

Sudden cry
Stiffening of body
Loss of consciousness, causing casualty to fall
Breathing irregular or stopped
Loss of bladder or bowel control

Do not interfere during seizure
Protect casualty from injury
When the seizure has ended, place the unconscious casualty into the recovery position
Monitor the ABCs
Get medical help

Signs and symptoms

First aid

Stroke

F.A.S.T.
Complains of sudden weakness
Symptoms related to affected area
Dizziness, headache

Position conscious casualty at rest
Give nothing by mouth
Monitor the ABCs
Get medical help

Unconsciousness

Eyes do not open
Does not respond to instructions
Does not respond to touch

Get medical help
Give first aid for injuries or illness
Position casualty in recovery position
Monitor the ABCs

Cardiopulmonary resuscitation

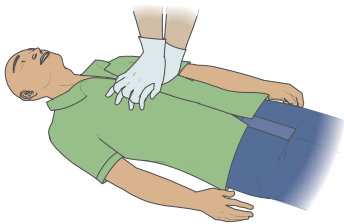
Assess responsiveness

If unresponsive, send someone to call for medical help and get an AED. Check breathing for at least 5 and not more than 10 seconds. If not breathing:

Begin compressions

Adult

Use two hands



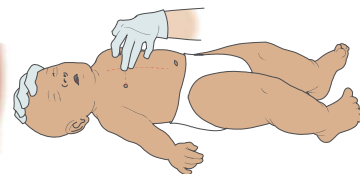
Child

Use one or two hands



Infant

Use two fingers



Push hard, push fast

- Compress at a rate of 100-120 per minute
- Give 30 compressions

- Open airway and give two breaths
- Continue CPR at ratio of 30 compressions to two breaths until:
 - medical help arrives
 - someone else takes over, or
 - you are too exhausted to continue

Additional rescue carries

The most common carries are presented in Chapter 2 in the section on Lifting and Carrying. In some cases, these carries may not be appropriate. Additional carries are presented here. Always be aware of the risk to both the first aider and the casualty, and the increased danger if a casualty suddenly loses consciousness.

Pick-a-back

This carry is used for a conscious casualty with lower limb injuries, provided he can use his arms. The casualty must be able to help get into position on your back or be already seated at chair or table height.

1. Crouch with your back between the casualty's knees.
2. Have the casualty hold on around your neck.
3. Support the casualty's legs and lift. Use your leg muscles to stand up, keeping your back straight.

A



If the casualty is to be carried pick-a-back for a long distance, make a carrying seat.

Make a large adjustable loop from a strap or belts. Put your arm through the loop, arranging it behind your neck and down the front of your shoulders. Leave the bottom half of the loop free at the back about the level of your buttocks

Pass the casualty's legs through the bottom of the loop; one on each side. Position the loop under the casualty's buttocks, adjusting it for a good carrying position and proper weight distribution.

Cradle carry

Use the cradle carry to lift children and lightweight adults.

1. Kneel on one knee at the casualty's side.
2. Place the casualty's arm around your neck as you support the back and shoulders.
3. Pass your other arm under the knees to grasp the thighs.
4. Ensure a solid footing and place the feet apart for good balance.
5. Lift using your legs, keep your back straight, and your abdominal muscles tense.



A

Fire fighter's carry

The fire fighter's carry is used for casualties who are helpless and are not too heavy for the rescuer.

1. With the casualty lying face up in front of you, stand with your toes against the casualty's toes. Grasp her wrists and pull her upward and forward.
2. Maintain a grip on one wrist as you turn and bend to catch the casualty's upper body across your shoulder. The lifting manoeuvre is a continuous, smooth motion to bring the casualty through a sitting position to an upright position, finishing with the casualty draped over your shoulder.
3. Adjust the weight across your shoulders, with the casualty's legs straddling your shoulder.
4. Pass your arm between the casualty's legs and grasp her wrist. This will stabilize the casualty on your shoulders and leave your other hand free.

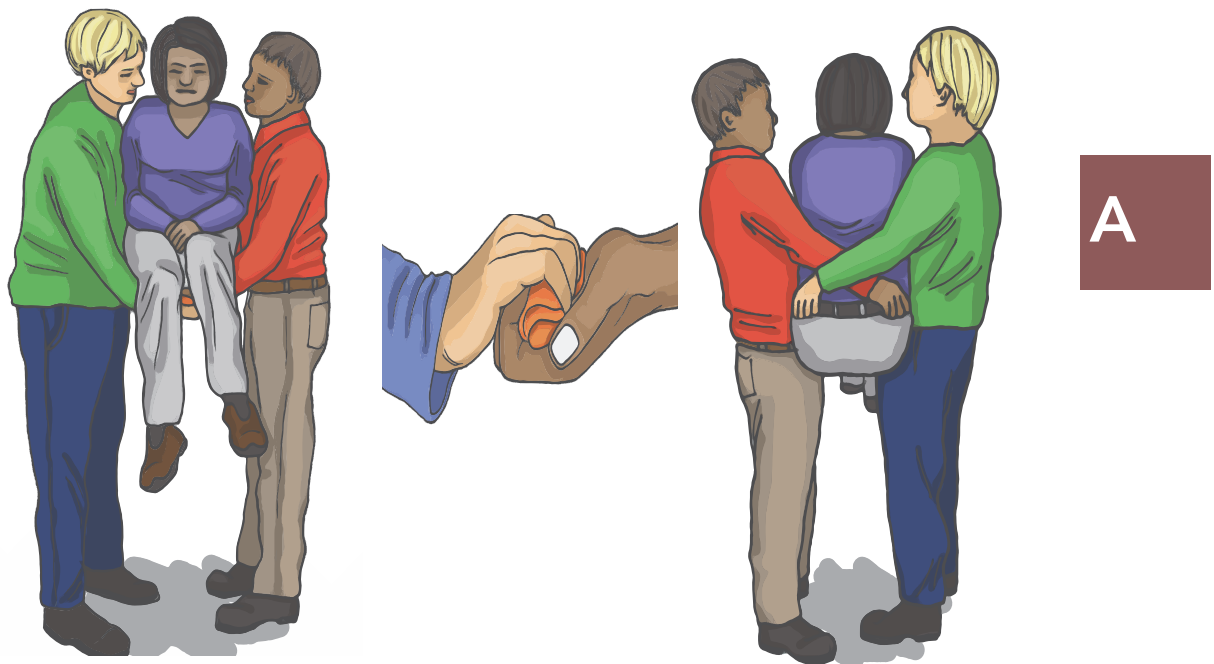
A



Two-hand seat

A casualty, who is unable to support his upper body, can be carried by two rescuers, using the two-hand seat.

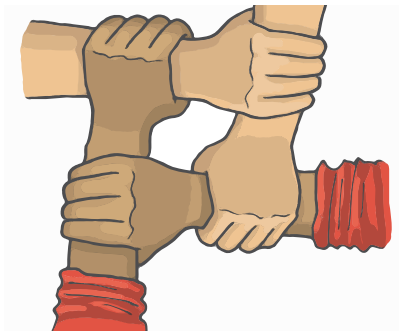
1. The rescuers crouch on either side of the casualty.
2. Each rescuer reaches across the casualty's back to grasp his clothing at the waist on the opposite side.
3. Each rescuer passes his other hand under the thighs, keeping his fingers bent and holding padding to protect against the fingernails. Hook the bent fingers together to form a rigid seat. Alternatively, the rescuers can hold each other's wrists.
4. The rescuers lift with their legs, keeping their backs straight. Once in the standing position, the rescuers adjust their hands and arms for comfort. When the casualty is securely positioned, the bearers step off together, each using the inside foot.



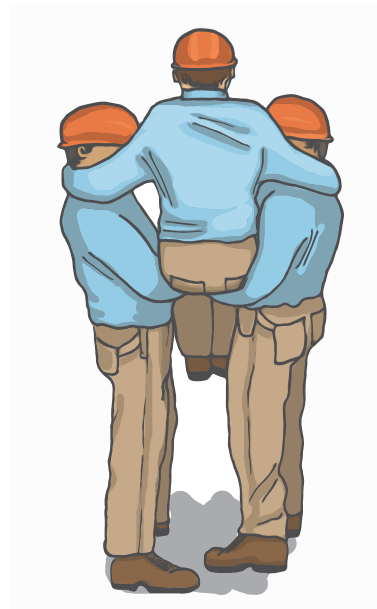
Four-hand seat

A conscious casualty who can use his hands and arms can be carried on a four-hand seat by two rescuers.

1. Each rescuer grasps his own left wrist with his right hand, then grasps the right wrist of the other rescuer with his left hand to form a square.
2. Tell the casualty to put his arms around the rescuers' shoulders and hoist himself up to permit the bearers to pass their hands under the buttocks to position them under the thighs at a point of balance.
3. Instruct the casualty to hold onto the rescuers' shoulders to keep his balance and support his upper body.
4. The bearers step off together, each using the inside foot.



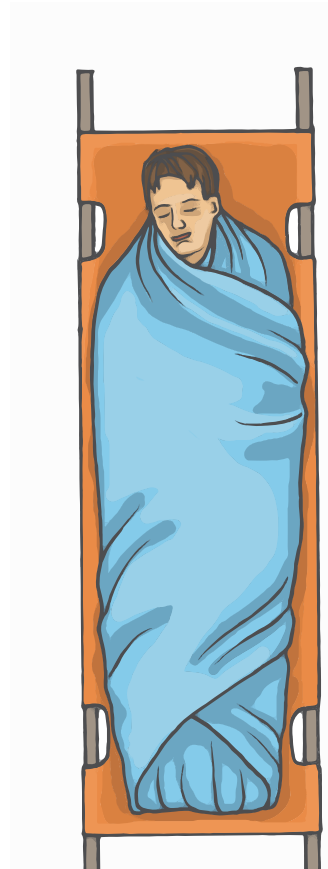
A



Using a blanket with a stretcher

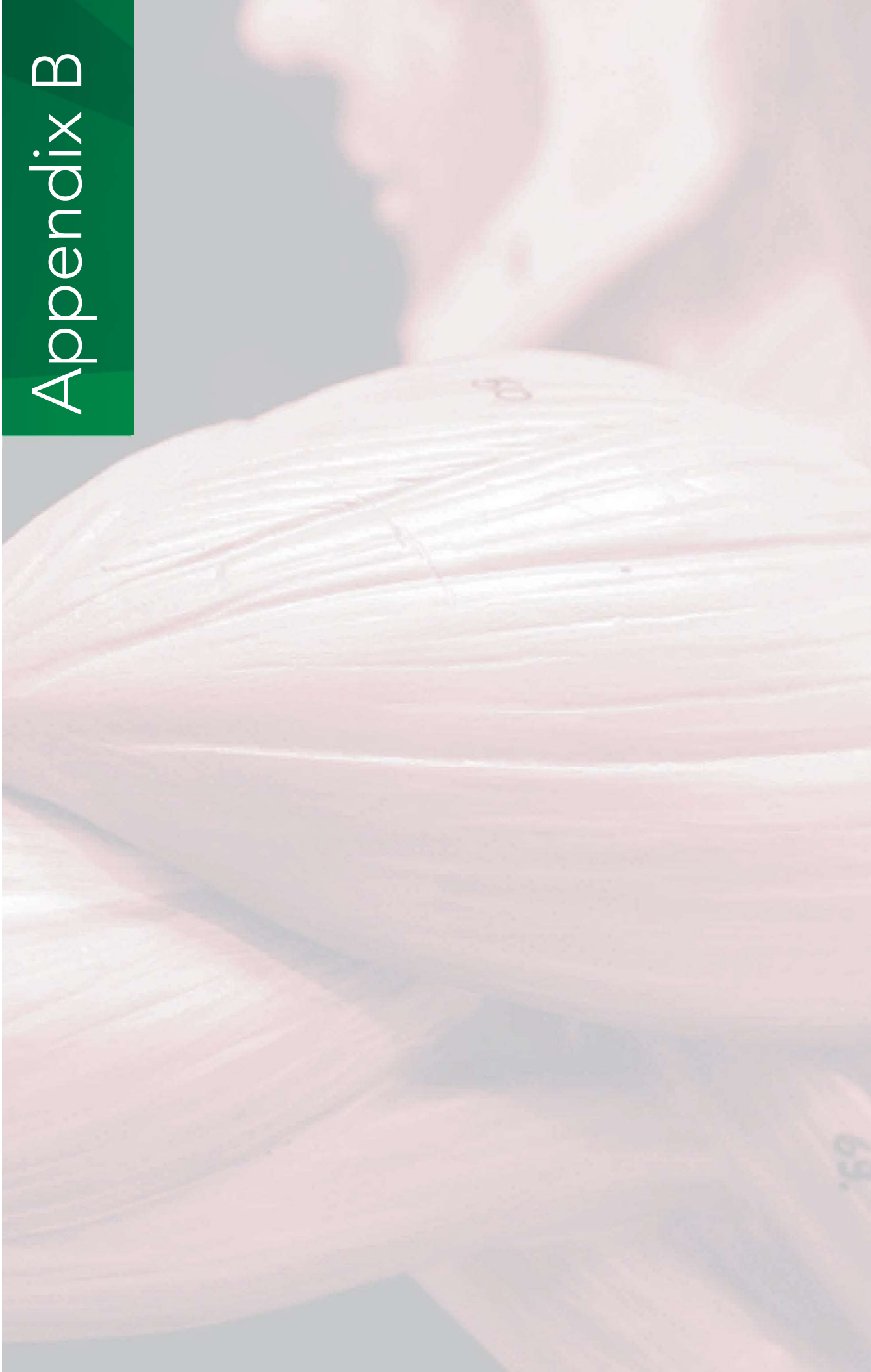
A casualty can be wrapped on a stretcher so that a blanket provides maximum warmth with minimum weight on the casualty. It will also allow easy access to the casualty's wounds if that is necessary during transportation.

1. Place a blanket on the stretcher under the casualty with diagonally opposite corners at the head and feet.
2. Place padding at appropriate places on the blanket to fill the natural hollows at the casualty's neck and back. Centre the casualty on the blanket.
3. Cover the feet with the bottom corner and bring the corner at the head around the neck to the chest. Wrap the legs and lower body with one side.
4. Tuck in the last corner on the opposite side.



A

Appendix B



Appendix B The Body and How it Works



Introduction to anatomy and physiology

As a first aider, you don't need a full knowledge of anatomy and physiology. However, you should know the basic structure of the human body and how it functions normally. This chapter describes the terms used in anatomy so that you can be more precise when giving information about a person's condition. It gives a short description of the major organs and functions of the skin, musculoskeletal system, nervous system including the eye, digestive and urinary, circulatory and respiratory systems.

Anatomical terms

These are the words used to describe where things are on the body and how they relate to each other.

Proximal—

closer to the attachment of arm/leg: e.g., the elbow is proximal to the wrist

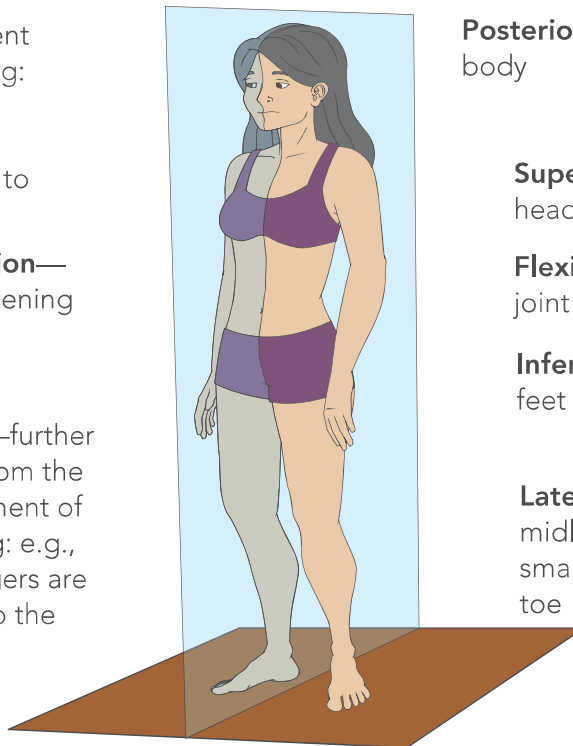
Extension—

straightening a joint

B

Distal—further away from the attachment of arm/leg: e.g., the fingers are distal to the wrist

Anterior—toward the front of the body



Posterior—toward the back of the body

Superior—part toward the head of the body

Flexion—bending a joint

Inferior —the part toward the feet of the body

Lateral—away from the midline of body: e.g., the small toe is lateral to the big toe

Medial—nearer to midline: e.g., the big toe is medial to the small toe

The skin

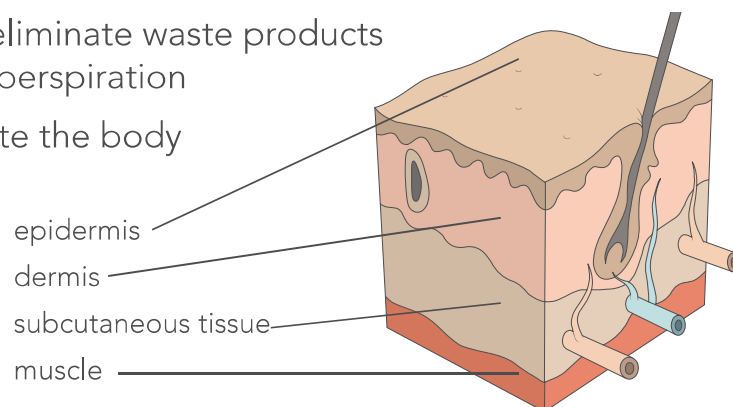
The skin is an important organ of the body. Its primary functions are to protect the body from environmental hazards and infection, eliminate waste in the form of sweat, help maintain normal body temperature and tell the brain of environmental temperature changes.

Environmental control

A rich supply of nerves in the skin keeps the brain aware of environmental changes. These nerves are sensitive to heat, cold, pain and touch, and they transmit these sensations to the brain. The skin helps the body adjust to its environment and protects it from extreme temperatures. In cold temperatures, blood vessels constrict to reduce blood flow near the surface of the skin. This helps prevent loss of heat from the body core. The fatty layers under the skin insulate the body to keep in body heat. In hot temperatures, the blood vessels near the skin surface dilate (get larger), allowing more blood flow near the skin. This cools the body by moving heat from the core to the surface, where it either radiates from the body, or is used to evaporate perspiration, having a cooling effect.

Functions of the skin

- To protect the body from bacterial invasion
- To help control body temperature
- To retain body fluids
- To help eliminate waste products through perspiration
- To insulate the body



B

Musculoskeletal system

The musculoskeletal system is the framework of the body within which organs and body systems function. This framework includes bones, muscles, tendons and ligaments. Bones act as levers for muscle action; muscles shorten to produce movement; tendons attach muscles to bones; ligaments attach bones to bones at the joints. The musculoskeletal system protects organs, supports the body, and provides for its movement.

Muscles

Muscles are made of a special kind of tissue that contracts (shortens) when stimulated by nerve impulses. Generally, body movement is caused by several muscles working in combination—as some are contracting, others are relaxing. The nerves in the muscles carry impulses to and from the brain.

Muscles are classified as either voluntary or involuntary. Voluntary muscles are consciously controlled by the person, meaning they can be contracted or relaxed as the individual wishes. The muscles that move the skeleton are voluntary.

Involuntary muscles contract and relax rhythmically without any conscious effort on the part of the person. The heart, which has its own regulating system, is a good example of an involuntary muscle.

The diaphragm, a large dome-shaped muscle that separates the chest and abdominal cavities and is used in breathing, has characteristics of both voluntary and involuntary muscles. The contraction of this muscle, and thus the rate of breathing, can be changed at will for short periods of time.

B

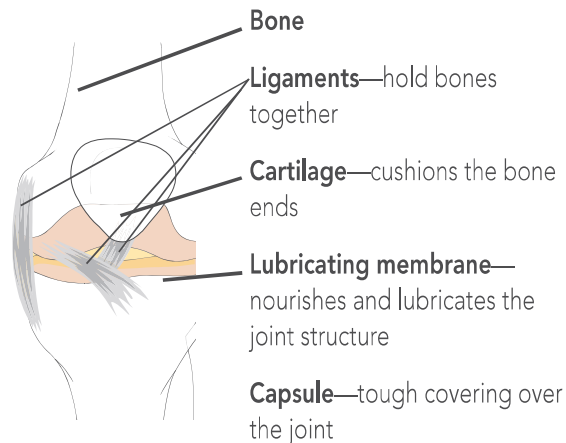
Skeleton

The skeleton, made up of bones, forms the supporting structure that gives the body its shape. It also protects many of the organs—for example, the brain is protected by the skull, the heart and lungs by the ribs, and the spinal cord by the vertebrae.

The joints

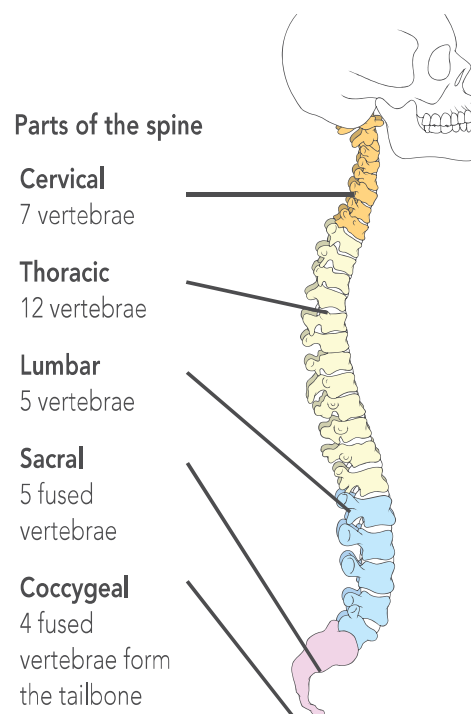
The bones allow body movement by serving as rigid levers for tendons and muscles. The joints are formed where two or more bones come together. Immovable joints allow no movement, as in the bones of the adult skull. Slightly movable joints allow only

limited movement and are found between the vertebrae and between the pelvis and the spine. Freely moving joints are covered with smooth **cartilage** to minimize friction, and are held together by bands of strong tissue called **ligaments**.



Spine

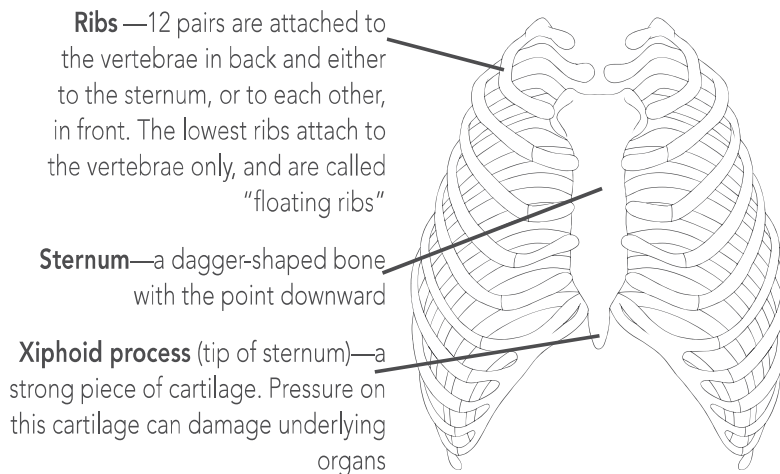
The spine is divided into five parts as shown in the diagram. There are 33 bones in the spine, called **vertebrae**. The vertebrae stack on top of each other with **discs** between them. The discs are made of a tough flexible material and serve as shock absorbers in the spine. All the discs and vertebrae have an opening in the centre such that, when they stack together, there is a long channel that runs from the top to the bottom of the spine. The spinal cord, which carries all nerve impulses to and from the brain, runs through this channel. The spine protects the spinal cord, but if the spine is fractured, broken



bones, displaced tissue and swelling can damage the spinal cord, possibly causing lifelong disability.

Thorax

The thorax is made up of the ribs, the 12 thoracic vertebrae and the sternum (breastbone). The thorax protects the organs in the

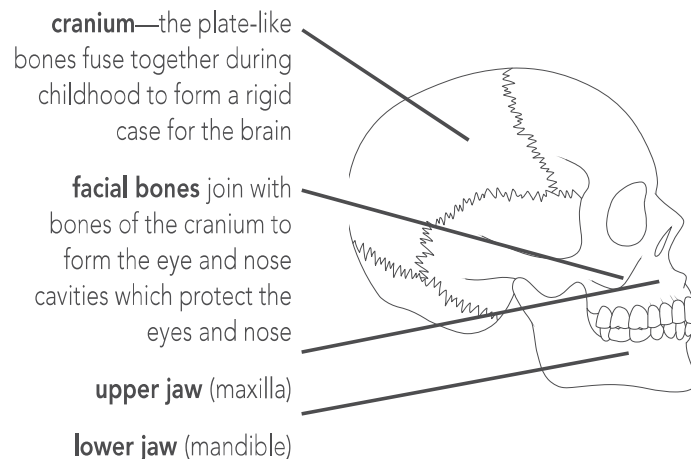


chest, mainly the heart and lungs. It also provides some protection for the upper abdominal organs, including the liver at the front and the kidneys at the back. Injuries to the bones of the thorax threaten the organs they protect, and can therefore be life-threatening.

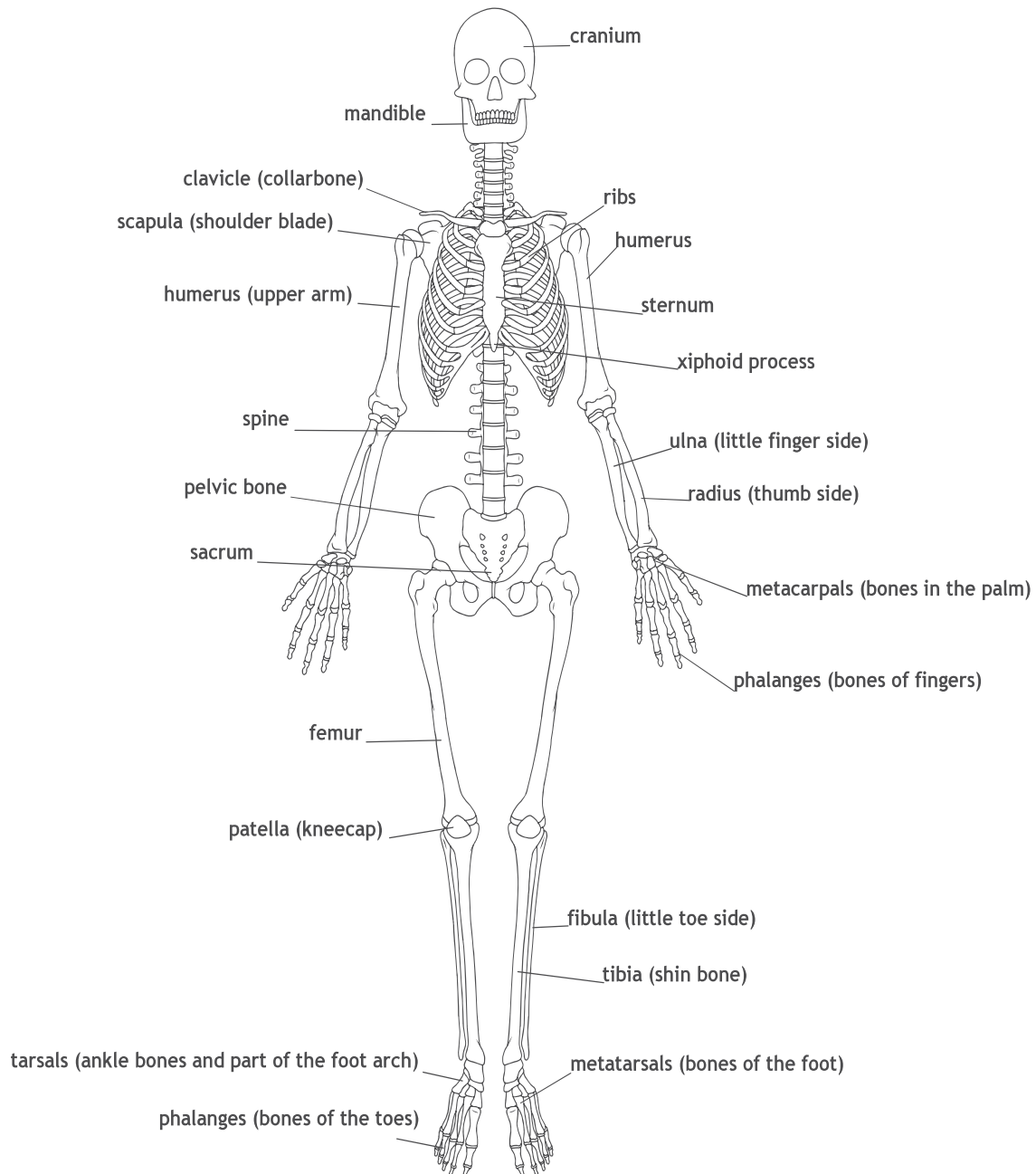
Skull

All the bones of the head make up the skull. The skull gives the head its shape and also protects the brain. When the skull is fractured, the brain may also be injured.

B



Main bones of the skeleton



Nervous system

The nervous system is composed of the brain, spinal cord and nerves. The brain and spinal cord together are called the **central nervous system**. The nerves that spread out to all parts of the body are called **peripheral nerves**. The nervous system is sub divided into the **voluntary nervous system** and the **autonomic nervous system**. The voluntary nervous system controls functions at the will of the individual. The autonomic nervous system controls functions without the conscious effort of the individual—e.g. heartbeat, breathing, blood pressure, digestion and glandular secretions such as hormones.

The peripheral nerves that extend from the spinal cord to all parts of the body are of two kinds—motor nerves and sensory nerves. Motor nerves control movement. Sensory nerves transmit sensations of touch, taste, heat, cold and pain to the brain.

Brain

The brain, the controlling organ of the body, occupies almost all the space in the cranium. It is the centre of consciousness, memory and thought. It receives information and transmits impulses to all parts of the body for voluntary and involuntary activities.

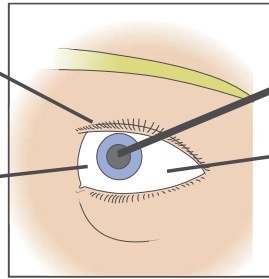
Eyes

The eye is the organ of sight. Any injury to the eye is potentially serious and may result in impaired vision or blindness. The quick response of the first aider and the correct first aid may help prevent permanent damage to the eye.

B

Eyelid—movable layers of skin that provide a protective covering for the eye

Iris—coloured set of muscles which control the size of the pupil, which in turn controls the amount of light entering the eye



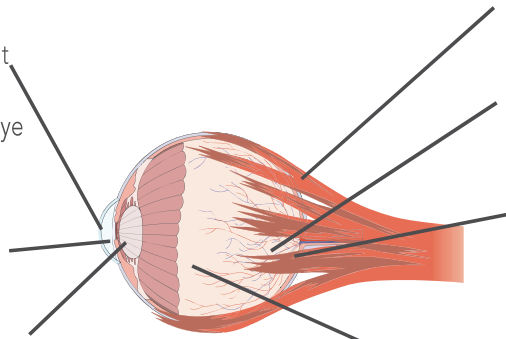
Pupil—opening that lets light into the eye

Conjunctiva—smooth, transparent membrane covering the front of the eye and inner eyelids

Cornea—thin, transparent front of the eyeball that allows light to enter the eye

Aqueous humour—the watery fluid filling the space between the cornea and the iris

Lens—changes shape to focus light rays upon the retina



Muscles—used to control eye movement

Optic nerve—transmits nerve impulses to the brain for visual interpretation

Retina—light-sensitive layer covering the back of the inside of the eye. It changes the light images into nerve impulses

Vitreous humour—the clear, jelly-like fluid filling the cavity behind the lens

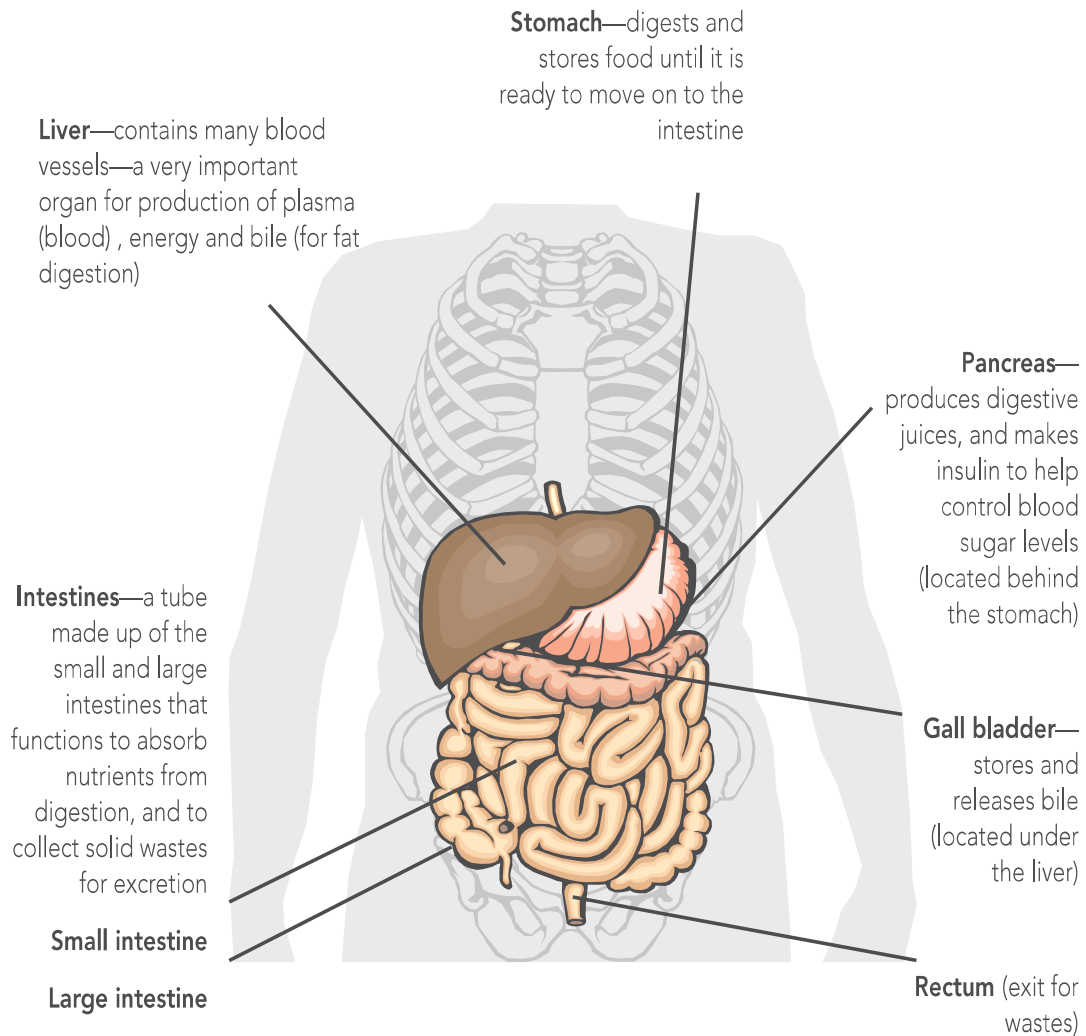
Digestive and urinary systems

The digestive and urinary systems convert food and drink into nutrients for the cells and collect and dispose of solid and fluid waste. The organs of these systems are classified as hollow or solid. The hollow, tubular organs carry digestive and urinary materials. The solid organs are tissue masses with a rich blood supply.

Injury to hollow organs may allow the contents to spill out into the abdominal or pelvic cavities, causing infection. Injury to the solid organs can result in severe internal bleeding.

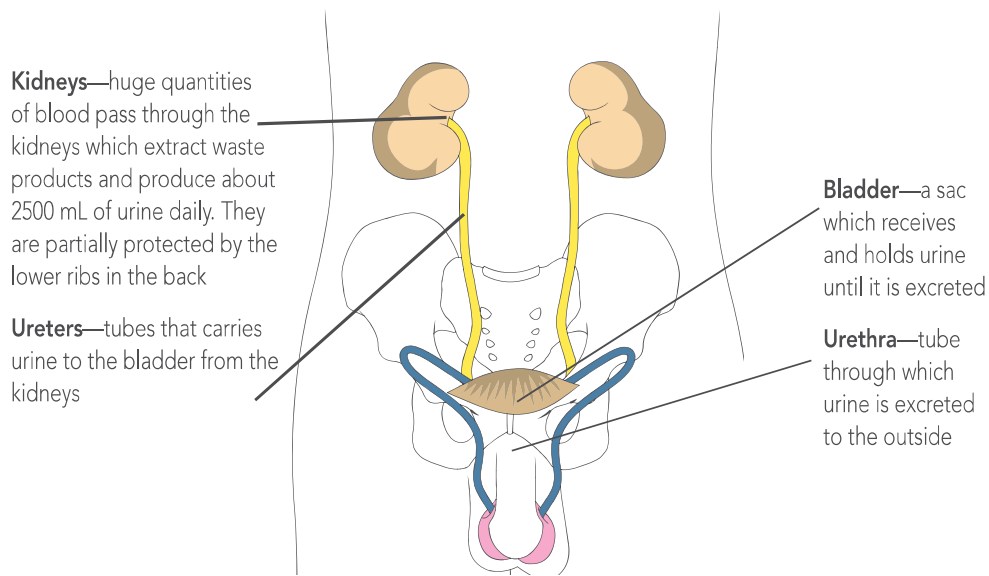
B

Digestive system



Urinary system

The urinary system removes and collects waste products from the blood and eliminates them from the body in the form of urine. It is made up of the kidneys, ureters, bladder and urethra.

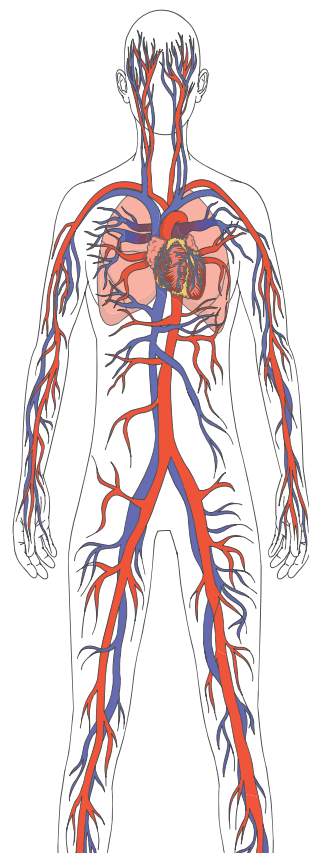


Circulatory system

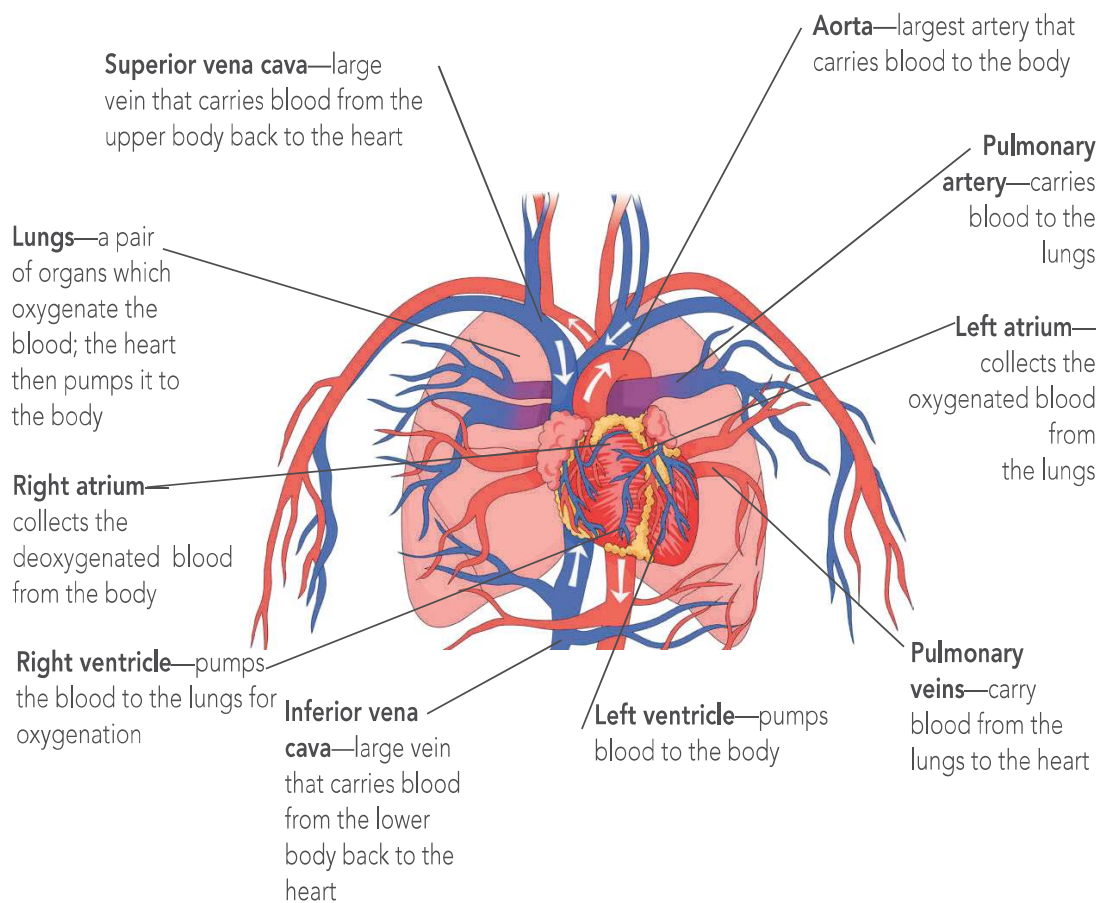
The circulatory system is a complex closed circuit consisting of the heart and blood vessels that circulates blood throughout the body. Blood circulation is essential for distributing oxygen and nutrients to cells, and for collecting waste products from cells for excretion from the body.

Heart

The heart is a hollow, muscular organ about the size of a fist. It is located in the chest cavity behind the sternum. The heart functions as a two-sided pump, continuously pumping blood to the lungs and throughout the body. It pumps by first relaxing and filling up with blood, then contracting to squeeze or pump the blood out



B



into the blood vessels. To make the heart beat effectively, it has a complex system of nerves. These nerves carry electrical impulses that control the beating of the heart.

B Blood vessels

The blood travels through blood vessels. There are three main types of blood vessels: arteries, capillaries and veins. The **arteries** are the strongest blood vessels. They carry blood, under pressure, from the heart to all parts of the body. The arteries expand according to the volume of blood being forced through them by the pumping action of the heart, and return to normal size as the heart refills for the next contraction. This pressure wave can be felt as a pulse.

The largest artery, the aorta, emerges from the top of the heart. The coronary arteries branch off from the top of the aorta to supply the heart with blood. The smallest arteries are called arterioles and eventually form **capillaries**.

Capillaries are the tiny blood vessels that reach every living cell to deliver oxygen, food, etc. and collect waste products. They have very thin walls to allow for the exchange of fluids and gases. Capillaries eventually join to form tiny venules, which in turn form veins. The **veins** take the blood back to the heart. Veins have thinner walls than arteries and most have cuplike valves that allow blood to flow only toward the heart.

Blood

Blood is the fluid that circulates through the heart and blood vessels. It transports oxygen and nutrients to the cells and carries away carbon dioxide and other waste products. Blood is composed of plasma, red cells, white cells and platelets—see sidebar.

Blood circulation

The blood circulation system is a closed loop beginning and ending at the heart. It consists of:

Pulmonary circulation—starting at the right side of the heart, blood is pumped to the lungs, where it drops off carbon dioxide and picks up oxygen, and then moves it back to the left side of the heart

Systemic circulation—starting at the left side of the heart, blood is pumped to the body, where it delivers oxygen and picks up carbon dioxide, and then moves it back to the right side of the heart

Blood components

- Plasma—pale yellow liquid that carries cells, platelets, nutrients and hormones
- Red blood cells—carry oxygen
- White blood cells—protect the body against microbes
- Platelets—help form blood clots to stop bleeding

A red square containing a white capital letter 'B'.

Blood pressure

Blood pressure is the pressure of the blood pushing against the inside walls of the blood vessels. With each heartbeat, there is a wave of pressure that travels throughout the circulatory system. The pressure wave is strong enough to be felt as a pulse at various points in the body, including the wrist (radial pulse), the neck (carotid pulse), and the upper arm

(brachial pulse). Three factors control blood pressure:

- Blood volume (how much blood is in the body)
- The capacity and elasticity of the blood vessels
- The strength of the heartbeat

If blood pressure is too low, the body's tissues don't get enough oxygen. This results in shock. Severe bleeding reduces the blood volume, which affects blood pressure. The body tries to compensate for blood loss by constricting the blood vessels and reducing the capacity of the circulatory system. With continued blood loss, however, the body cannot compensate and blood pressure drops.



B

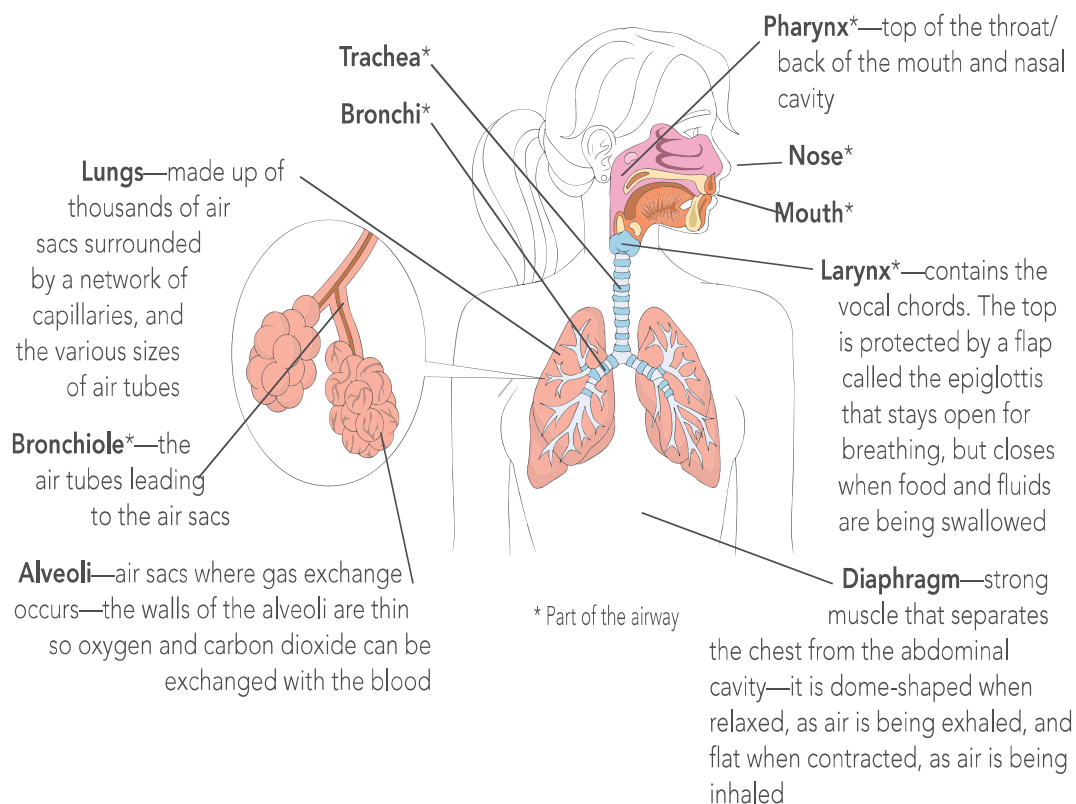
Respiratory system

The respiratory system causes air to be drawn in and out of the lungs. The fresh air we breathe contains about 21% oxygen. In the lungs, blood picks up some of the oxygen and releases carbon dioxide. The air we breathe out has less oxygen (about 16%) and more carbon dioxide.

The respiratory system has three main parts: the airway, the lungs and the diaphragm. The airway is the passage which air follows to get from the nose and mouth to the lungs. In the lungs, blood drops off carbon dioxide and picks up oxygen. This process is called **gas exchange**. The diaphragm, a smooth, flat muscle just below the lungs, is used in breathing.

Respiratory control

Breathing is controlled by the respiratory centre in the brain,



located near the base of the neck. It monitors the amount of oxygen and carbon dioxide in the blood. As the levels of oxygen and carbon dioxide change, the respiratory centre responds by changing the rate and depth of breathing.

How much oxygen is used, and how much carbon dioxide is given off, is related to the level of physical activity of the person. As physical activity goes up, more oxygen is used and more carbon dioxide is given off, so the respiratory centre increases the rate and depth of breathing to compensate (the heart rate also goes up). Breathing slows down when less oxygen is needed and less carbon dioxide is being produced.

Mechanism of breathing

The lungs have no way of drawing air into themselves. Instead, the diaphragm and the muscles between the ribs work together to expand the chest, which in turn expands the lungs. This causes air to be pulled into the lungs. As the breathing muscles relax, the chest returns to its smaller size and air is forced out of the lungs.

The lungs are covered with a smooth, slippery tissue called the pleural membrane. It is a continuous, double-layered tissue, one layer attached to the lungs and the other to the inside of the chest wall. The **pleura** acts as a lubricating layer to allow easy movement between the chest wall and the lungs, and to ensure that the lungs expand with the action of the chest wall.

A red square containing a white capital letter 'B'.



Glossary

A

Abandonment: a first aider leaves the casualty without consent and without the care of a responsible person.

Abdominal thrust: the Heimlich manoeuvre; the manual thrusts to create pressure to expel an airway obstruction.

ABCs: Acronym meaning A= airway; B = breathing; C= circulation.

Abortion: the premature expulsion from the uterus of the products of conception.

Abrasion: a scraped or scratched skin wound.

Acute: a condition that comes on quickly, has severe symptoms and lasts a relatively short time.

Adam's apple: the bump on the front surface of the neck formed by part of the larynx (voice-box).

AED: automated external defibrillator- a device used to deliver a shock to help restart a stopped heart.

AIDS.: Acquired immunodeficiency syndrome; a fatal disease spread through the HIV (human immunodeficiency virus).

Airway: the route for air in and out of the lungs.

Allergens: substances which trigger an allergic reaction in the body.

Allergic reaction: a hypersensitive response of the body's immune system to a particular allergen

Alveoli: air sacs of the lungs.

Amniotic sac: a sac holding fluid surrounding a fetus in the uterus.

Amputation: complete removal of an appendage (leg, arm, finger, etc.).

Anaphylaxis: serious, potentially life-threatening allergic reaction.

Anatomy: the structure of the body.

Angina (pectoris): a spasmodic pain in the chest due to a lack of blood supply to the heart.

Aorta: the largest artery in the body; originates at the left ventricle.

Aqueous humour: the watery fluid produced in the eye and located between the lens and the cornea.

Arteries: blood vessels that carry blood away from the heart.

Arteriosclerosis: a name for several conditions that cause the walls of the arteries to become thick, hard and inelastic.

ASA: acetylsalicylic acid—a medication available without prescription used to relieve pain, reduce swelling, reduce fever, etc.

Asthma: attacks of difficult breathing with wheezing/coughing, often due to allergens.

Atherosclerosis: a form of arteriosclerosis caused by fat deposits in the arterial walls.

Aura: a sensation of an impending seizure; may be a smell, taste, etc.

Autonomic nervous system: part of the nervous system that regulates involuntary functions (not controlled by conscious thought) , such as pulse, breathing, digestion, hormone secretion, etc.

Avulsion: an injury where a piece of tissue is partially or completely torn away.

B

Back blows: sharp blows to the back, done to relieve an airway obstruction.

Bacteria: germs which can cause disease.

Bandage: material which holds a dressing in place.

G

Basic life support (BLS): maintaining the ABCs without equipment (excluding barrier devices)

Blood clot: a semi-solid mass of blood products used by the body to stop bleeding.

Blood pressure: the pressure of blood against the walls of arterial blood vessels.

Blood volume: the total amount of blood in the heart and the blood vessels.

Bloody show: the mucous and bloody discharge signalling the beginning of labour.

Brachial pulse: pulse felt on the inner upper arm, normally taken on infants.

Breech birth: the delivery of a baby's buttocks or a foot first, instead of the head.

Bronchi: the main branches of the trachea carrying air into the lungs. Smaller branches called bronchioles.

Bronchospasm: severe tightening of the bronchi/bronchioles.

Bruise: broken blood vessels under the skin.

C

Capillaries: very small blood vessels that link the arteries and the veins; allow gases and nutrients to move into and out of the tissues.

Carbon dioxide (CO₂): a waste gas produced by the cells; an important stimulant for control of breathing.

Carbon monoxide (CO): a dangerous, colourless, odourless gas which displaces the carrying of oxygen by the red blood cells.

Cardiovascular disease: refers to disorders of the heart and blood vessels; e.g. high blood pressure and arteriosclerosis.

Cardiac arrest: the sudden stopping of cardiac function with no pulse, and unresponsiveness.

Carotid artery: the main artery of the neck; used to assess the carotid pulse.

Carpals: small bones of the wrist.

Cartilage: a tough, elastic tissue covering the surfaces where bones meet, also forms part of the nose, and ears.

Central nervous system: part of the nervous system consisting of the brain and the spinal cord.

Cerebrovascular accident (CVA): stroke; sudden stopping of circulation to a part of the brain.

Cervical collar: a device used to immobilize and support the neck.

Cervix: the lowest portion, or neck, of the uterus.

Chest thrusts: a series of manual thrusts to the chest to relieve an airway obstruction.

Cholesterol: a fatty substance found in animal tissue or products; also produced by the body; thought to contribute to arteriosclerosis.

Chronic: a condition with a long and/or frequent occurrence.

Chronic obstructive pulmonary disease (COPD): a term describing a group of lung diseases that cause obstructive problems in the airways: usually consists of chronic bronchitis, emphysema.

Circulatory system: the heart and blood vessels.

Clavicles: the collarbones.

Clonic phase: describes a convulsion where tightness and relaxation follow one another.

Closed wound: wound where the skin is intact.



Compression: is a condition of excess pressure on some part of the brain, usually caused by a buildup of fluids inside the skull.

Concussion: a temporary disturbance of brain function usually caused by a blow to the head or neck.

Congestive heart failure: failure of the heart to pump effectively, causing a back-up of fluid in the lungs and body tissues.

Conjunctiva: the transparent membrane covering the front of the eyeball (cornea) and the inner eyelids.

Contamination: contact with dirt, microbes, etc.

Contract: to shorten; usually refers to a muscle which exerts a pull when it shortens.

Convection: the loss of heat caused by the movement of air over the body.

COPD: Chronic obstructive pulmonary disease (see above).

Cornea: the transparent front part of the eyeball.

Coronary artery: vessel which feeds the heart muscle.

Cranium: the part of the skull covering the brain.

Crepitus: the grating noise made when fractured bone ends rub together.

Croup: a group of viral infections that cause swelling of the inner throat.

Cyanosis: a bluish or grey colour of the skin due to insufficient oxygen in the blood.

D

Decapitation: the traumatic removal of the head.

Defibrillation: applying an electrical shock to a fibrillating heart.

Deoxygenated blood: blood containing a low level of oxygen.

Dermis: the inner layer of the skin containing hair germinating cells, sweat glands, nerves and blood vessels.

Diabetes: a disease caused by insufficient insulin in the blood; causes excessive blood sugar.

Diaphragm: a large dome-shaped muscle separating the chest and abdominal cavities.

Diarrhea: excessive watery bowel movements.

Direct pressure: force applied directly on a wound to help stop bleeding.

Dislocation: when the bone surfaces at a joint are no longer in proper contact.

Distal: refers to a part that is farther away from the attachment of a leg/arm/finger/toe.

Dressing: a covering over a wound, used to stop bleeding and prevent contamination of the wound.

E

Embedded object: an object stuck onto the surface (usually on the eye) or impaled into tissues.

Embolus: any foreign matter such as a blood clot, fat clump or air bubble carried in the blood stream.

Emetic: a substance used to cause vomiting.

EMS.: Emergency medical services system—a community's group of services which respond to emergencies including police, fire fighters, paramedics.

Emphysema: a chronic lung disease characterized by overstretched alveolar walls. See COPD.

Epidermis: The outermost layer of the skin.

Epiglottis: a lid-like piece of tissue which protects the entrance to the larynx (voice-box).

G

Epiglottitis: an infection usually in children resulting in a swelling of the epiglottis —may cause an airway obstruction.

Epilepsy: a chronic brain disorder characterized by recurrent convulsions.

ESM.: Emergency scene management—the sequence of actions a first aider should follow to give safe and appropriate first aid.

Exhalation: expiration; breathing out.

Extrication: freeing from being trapped (usually a car collision).

F

Femur: the thigh bone.

Fibrillation: uncoordinated contractions of the heart muscle, so that the blood out-flow is almost nil.

Fibula: the bone of the lower leg on the little toe side.

Flail chest: a condition in which several ribs are broken in at least two places, allowing a free-floating segment.

Flexion: bending a joint.

First aid: the help given to an injured or suddenly ill person using readily available materials.

First aider: someone who takes charge of an emergency scene and gives first aid.

Fracture: a broken or cracked bone.

Frostbite: tissue damage due to exposure to cold.

G

Gallbladder: a sac under the liver that concentrates and stores bile; used for fat digestion.

Gastric distention: a swelling of the stomach usually with air, due to ventilating with excessive volume or force during artificial respiration .

Gauze: an open mesh material used for

dressings.

Guarding: a tightening of the abdominal muscles when the casualty has abdominal pain and is touched there.

H

Head-tilt chin-lift manoeuvre: opening the casualty's airway by tilting the head backward and lifting the chin forward.

Heart attack: the damaging or death of an area of the heart muscle caused by loss of blood supply.

Heart failure: a weakened heart muscle that is unable to push blood forward

Heat cramps: painful muscle spasms due to excessive loss of fluid and salts by sweating.

Heat exhaustion: excessive sweating causing a loss of water and salts.

Heat stroke: a life-threatening emergency where the temperature regulation mechanism cannot cool the body and the temperature is far above normal.

Heimlich manoeuvre: abdominal thrusts done to remove an airway obstruction.

History: information about the casualty's problem: symptoms, events leading up to the problem, applicable illnesses or medications, etc.

Hyperglycemia: abnormally elevated blood sugar.

Hypertension: high blood pressure.

Hyperthermia: too high body temperature.

Hyperventilation: too deep and rapid respirations.

Hypoglycemia: too low blood sugar levels.

Hypothermia: too low body temperature.

Hypoxia: too low levels of oxygen in the body tissues.



Impaled object: an object which remains embedded in a wound.

Immobilization: placing some type of restraint along a body part to prevent movement.

Incontinence: loss of bladder and bowel control.

Infarction: an area of tissue death due to lack of blood flow.

Infection: inflammation due to microbes.

Inflammation: a tissue reaction to irritation, illness or injury; shows as redness, heat, swelling, and pain.

Inhalation: breathing in; inspiration.

Insulin: hormone produced by the pancreas; important in the regulation of blood sugar levels.

Insulin coma/reaction/shock: hypoglycemia (too low blood sugar levels) due to excessive insulin.

Intra-pleural space: a tiny space containing a negative pressure (vacuum) between the two pleural layers.

Involuntary muscle: muscles not under conscious control; heart, intestines etc.

Iris: coloured part of the eye; made of muscles which control light entering the eye.

Ischemic: lacking sufficient oxygen; as in ischemic heart disease.

G

Joint: a place where two or more bones meet.

Joint capsule: a tough covering over a joint.

K

Kidneys: a pair of organs which filter blood and produce urine.

L

Labour: the muscular contractions of the uterus which expel the fetus.

Laceration: a jagged wound from a rip or a tear.

Laryngectomy: removal of the larynx (voice-box); results in a neck-breather.

Lens: a part of the eye which focuses light rays on the retina.

Ligament: a tough cord of tissue which connects bone to bone.

Lipoproteins: substances floating in the blood; made of proteins and fats.

Lymph: a fluid similar to plasma that circulates in the lymphatic system.

Lymphatic system: a system of vessels, nodes and organs which collects strayed proteins leaked from blood vessels and cleanses the body of microbes and other foreign matter.

M

Mandible: the bone of the lower jaw.

Mechanism of injury: the force that causes an injury and the way it is applied to the body.

Medical alert: a means of identifying casualties (usually a bracelet, necklace) who have a condition that may alter first aid treatment.

Medical help: the treatment given by or under the supervision of a medical doctor.

Mental Health Continuum: The Mental Health Continuum shows the range of mental health. Those with mental health illness or mental health problems can move through this range of healthy, reacting, injured and ill.

Mental Health Problem: A mental health problem is a broad term that includes both mental disorders and symptoms of mental disorders which may not be severe enough to warrant a diagnosis of a mental disorder.

Metacarpals: bones of the palm of the

hand.

Metatarsals: bones of the arch of the foot; between the ankle and toes.

Micro-organisms: germs which can cause illness.

Miscarriage: the lay term for an abortion; the loss of the products of conception.

Mouth-to-mouth ventilation: artificial respiration by blowing air into the mouth of the casualty.

Mucous membrane: thin, slick, transparent lining, covering tubes and cavities that open to the outside; the inner surface of the mouth, nose, eye, ear, rectum, etc.

Musculoskeletal system: all of the bones, muscles, and connecting tissues which allow locomotion (movement of the body).

Myocardial infarction: death of part of the cardiac (heart) muscle; heart attack.

N

Nail bed test: a method of assessing the adequacy of circulation to the extremities; gentle pressure is exerted on the nail bed until the tissue whitens; the return of colour to the area is assessed upon pressure release.

Negligence: failure to perform first aid at the level expected of someone with similar training and experience.

Nerve: a cord made up of fibres which carry nerve impulses to and from the brain.

Nervous system: the brain, spinal cord and nerves which control the body's activities.

Nitroglycerin: a drug used to ease the workload on the heart; often carried as a pill or spray by casualties with angina.

O

O₂: the chemical symbol for oxygen.

Obstructed airway: a blockage in the

air passageway to the lungs.

Oxygen: an odourless, colourless gas essential to life.

P

Pancreas: an organ located under the stomach; produces digestive enzymes and hormones which regulate blood sugar.

Paralysis: the loss of muscle function in part of the body.

Patella: the bone of the knee cap.

Phalanges: bones of the fingers and toes.

Pharynx: the back of the mouth and above the voice box (larynx); a passageway for both air and food.

Physiology: the study of functions of the body.

Placenta: an organ attached to the uterus which provides a fetus with nourishment.

Plasma: a pale yellow fluid containing blood cells, nutrients, gases and hormones.

Platelet: a small, cell-like blood element important in blood clotting.

Pleural membrane: a slick membrane covering the outside surface of the lungs and the inside surface of the chest cavity (thorax).

Pneumonia: inflammation of the lungs.

Pneumothorax: an accumulation of air in the pleural space. Normally the pleural space contains a negative pressure or a vacuum; the air mass (instead of a vacuum) collapses the lung under it.

Position of function: refers to the position an injured hand is placed in when bandaged and/or splinted; i.e. fingers are gently curved with palm slightly downwards.

Primary survey: a step of ESM—

G

assessing the casualty for life-threatening injuries and giving appropriate first aid.

Proximal: refers to a part that is closest to the attachment of a leg/arm/finger/toe/intestine.

Pulmonary artery: the major artery emerging from the right ventricle; carries deoxygenated blood to the lungs.

Pulse: the rhythmic expansion and relaxation of the arteries caused by the contractile force of the heart; usually felt where the vessels cross a bone near the surface.

R

Radiate: to diverge or spread from a common point; the pain of a heart attack in the chest radiates to the left arm.

Radius: the bone on the thumb side of the lower arm.

Red blood cells: the most numerous type of blood cells; carry oxygen.

Respiratory arrest: stopped breathing.

Retina: the covering at the back of the eyeball; changes light rays into nerve impulses.

Reye's Syndrome: A rare but serious disease in children and adolescents that is reported to be associated with taking ASA for a viral infection. Reye's Syndrome affects the brain, liver and blood. It can cause permanent brain damage or death.

G

RICE.: R=rest; I= Immobilize; C= Cold; E= elevation. First aid for certain bone and joint injuries.

Rule of nines: a system of estimating the amount of skin surface burned.

S

Sacrum: a bone formed from five fused vertebra; forms the back of the pelvis.

Scapula: shoulder blade.

Scene survey: the initial step of ESM (emergency scene management) where the first aider takes control, assesses any hazards and makes the area safe, finds out what has happened, identifies self as a first aider, gains consent from the casualty, calls for help from bystanders and starts organizing them to get help for the casualty.

Sclera: the white of the eye; the tough, opaque layer of the eyeball.

Secondary survey: a step of ESM; assessing the casualty for non-life-threatening injuries and giving appropriate first aid.

Sign: objective evidence of disease or injury.

Sling: a support for an arm or shoulder, usually brought around the neck.

Spleen: an organ of the lymphatic system; functions to cleanse foreign matter from the blood; blood reservoir.

Spontaneous pneumothorax: air in the pleural space due to an unexplained rupture of the underlying lung.

Splint: is a rigid and padded support used to prevent movement in a bone or joint injury.

Sprain: supporting tissues about a joint (such as ligaments) are stretched, partly or completely torn.

Sternum: the breastbone.

Stoma: an opening in the neck through which the person breathes.

Strain: a stretched or torn muscle.

Sucking chest wound: a wound in which air is pulled into the chest cavity through the chest wall; it can cause a collapse of the lung beneath.

Superficial: on the surface of the body; as opposed to deep.

Superior vena cava: one of the two largest veins; it drains the arms and head of deoxygenated blood and

empties into the right atrium.

Symptom: an indication of illness or injury experienced by a casualty; cannot be detected by an observer without asking.

Syrup of ipecac: an emetic; used to cause vomiting.

T

Tendon: a tough cord of tissue that attaches muscles to bones or other tissues.

Tension pneumothorax: air in the pleural space presses on the heart and blood vessels and affects their function.

Tetanus: a type of bacteria in a wound; can cause severe muscle spasms.

TIA: transient ischemic attack: a mini-stroke.

Tibia: the bone in the lower leg; on the large toe side; the shin bone.

Tonic phase: first stage of a convulsion where the muscles are rigid.

Tourniquet: a constricting band used to stop severe bleeding.

Trachea: a tube for air, kept open with cartilage rings; is located between the larynx (voice-box) and the bronchi.

Traction: gently but firmly pulling below a fracture to bring the limb into alignment.

Transient ischemic attack (TIA): temporary signs and symptoms of a stroke due to a lack of sufficient oxygen to the brain.

Trauma: any physical or psychological injury.

Triage: a system of placing priorities for first aid and/or transportation for multiple casualties.

U

Ulna: bone in the lower arm; on the little finger side.

Urethra: a tube which carries urine from the bladder to the outside.

Uterus: the muscular sac which holds, protects a fetus.

V

Vein: a blood vessel; carries blood to the heart.

Ventilation: supplying air to the lungs.

Ventricles: the muscular lower chambers of the heart which pump blood into the arteries.

Ventricular fibrillation: a quivering action of the heart muscles so that little blood is pumped.

Vital signs: the four signs that show the basic condition of the casualty: level of consciousness; breathing; pulse; skin condition and temperature (sources vary as to the components of vital signs).

W

White blood cells: blood cells which are involved in immunity and control of microbes.

X

Xiphoid process: the cartilage tip at the lower end of the breastbone.

G

Index

#

5-rights 13

A

Abandonment 17

Abdominal injuries 155

Adult CPR 115

AED 124, 281

Airway emergencies 82

Alcohol Considerations 259

Allergies, Severe 90

Amputations 141, 146

Anaphylaxis 90

Angina 107

 Signs and symptoms 110

Animal and human bites 180

Arm sling 136

Arterial bleeding 142

Artificial respiration 270

Asthma 86

 Signs and symptoms 86

Atherosclerosis 107

Automated External Defibrillation.

See AED

AVPU 45

Avulsions 141

B

Bag-valve mask (BVM) 272

Bandages 132

 Broad 133

 Narrow 133

 Roller 136

Bites 182

Blanket stretcher 75

Blast injury 155

Bleeding 142

 Arterial 142

 Internal 145

 Vaginal 258

 Venous 142

Bone injuries 188

Breathing 45

 Emergency 82

 Ineffective 83

Bruises 139

Burns 167

 Chemical 168

 Electrical 168

 Heat (Thermal) 167

 Inhalation 172

 Radiation 168

Bystanders 22

C

Cardiac arrest 115

Cardiopulmonary Resuscitation.

See CPR

CARE 261

Chain of Survival® 109

Chair carry 71

Cheek injury 161

Chemical burns 168

Chest injury 154, 201

Child		Dressings	130
Fever	230	Drug use	259
Childbirth	253	E	
Child CPR	118	Ear injury	159
Choking	93	Electrical burns	168
Infant	101	Embedded objects	152
Self-help	97	Emergency scene management	34
Wheelchair	99	Epilepsy	228
Chronic Obstructive Pulmonary Disease (COPD)	85	Epi-Pen	90
Circulation	144	Extremity carry	72
Cleaning up	20	Extrication	79
Cold emergency	235	Eye injuries	162
Collarbone	205	Chemical burns	165
Communication	27	Embedded object	164
Compression only CPR	122	Extruded eyeball	165
Concussion	196	Intense light burns	167
Consent	16	Lacerations	164
Contusions	139	Particle	162
Convulsions	228	F	
Cots	66	Face mask/Shield	19
CPR	115, 118, 278	Facial injuries	158
Adult	115	Fainting	59
Child	118	FAST	114
Compression only	122	Fentanyl	231
Dispatcher-assisted	122	Fever	230
Infant	120	Figure-8	135
Two-rescuer	124	Fingernail	150
Crush injuries	157		
D			
Diabetes	226		
Dislocations	189, 190		



First Aid	12	Joints	191
Abdominal wounds	156	Nosebleed	160
Age	14	Overdose	234
Amputations	146	Pinched fingernail	150
Anaphylaxis	90	Puncture wounds	152
Angina	111	Roles	12
Asthma	87	Scalp	158
Bites	180	Seizures	229
Blast injury	155	Shock	58
Bleeding	143	Slivers	150
Bone	205	Snakebite	181
Bruise	151	Splinter	150
Burns	173	Stroke	114
Cheek	161	TIA	114
Chest injury	201	Tongue	161
Chest wound	154	Tooth	161
Choking	95	Five Rights	13
Choking Infant	101	Flail chest	202
Contusion	151	Fractures	188
Crush injuries	157	Skull	195
Ear	159	Frostbite	241
Embedded objects	152	Frozen state	244
Eye injuries	162		
Fainting	60	G	
Gums	161	Gastric distension	277
Gunshot wounds	152	Gauze	131
Hands and feet	148	Gloves	19
Head injury	195	Removing	21
Heart attack	111	Golden hour	25
Hypothermia	238	Good Samaritan	15
Ineffective breathing	84	Gunshot wounds	152
Internal bleeding	145		



H			
Hand injury	148	Inhalation injuries	84
Head injury	194	Injuries	29
Head-to-toe exam	47	Life-threatening	37
Healthcare Providers	268	Spinal	39
Heart attack	108	Internal bleeding	145
Signs and symptoms	110	J	
Heat burns	167	Jellyfish	185
Heat cramps	245	Joint injuries	205
Heat emergencies	244	K	
Heat exhaustion	245	Knots	
Heatstroke	247	Figure-8	135
Helicopters	67	Reef knot	134
Hemostatic dressings	131, 143	L	
High blood pressure	106	Lacerations	140
History	44	Leeches	184
Human crutch	70	Legal	15
Hyperglycemia	226	Level of consciousness (LOC)	45
Hypoglycemia	226	Decreased	61
Hypothermia	236	Lifting casualties	66
Immersion	239	Lightning injuries	248
Hypoxia	82	M	
I		Mechanism of injury	23
Illness	30	Medical help	25
Implied consent	16	Mental Health Awareness	260
Incisions	140	CARE	261
Infants		Mental Health Continuum	262
Choking	101	Occupational Stress Injury	263
CPR	120	Panic Attack	261
Fever	230	Miscarriage	253, 258
Infection, Preventing	18		



MIST	26	Q	
Moving casualties	41	Quebec	17
Multiple casualties	62		
N		R	
Naloxone	233	Rabies	180
Negligence	17	Radiation burns	168
Nitroglycerin	112	Rapid body survey	36
Nosebleed	160	Recovery Position	52
		Reef knot	134
		Rescue carries	69
O		RICE	192
Occupational Stress Injury	263	Roller bandage	136
Ongoing casualty care	34, 52	Rule of nines	170
Open fracture	216		
Opioid Overdose	231	S	
		SAMPLE	44
P		SAVE ME	234
Pathogens	18	Scalp injury	158
Pelvic injury	200	Scene Survey	35
Personal protective equipment (PPE)	17	Scrapes	140
		Secondary Survey	43
Pneumothorax	154, 202	Seizures	228, 230
Poisons	249	Semi-consciousness	61
Absorbed poisons	252	SHARP	147
Inhaled poisons	251	Sharp objects	19, 20
Injected poisons	252	Shock	55
Swallowed poisons	251	Shoulder injury	205
Pressure dressings	131	Signs of injury	23
Primary Survey	35	Skin condition	46
Pulse	46	Skull fracture	195
Puncture wounds	141, 152	Slings	136
		Arm	136

Tubular	137	Two-rescuer CPR	124
Slivers and splinters	150	U	
Snakebite	180	Unconsciousness	61
Snow blindness	167	V	
Spinal injuries	39, 193, 198	Vaginal bleeding	258
Splints	203	Venous bleeding	142
Commercial	203	Vital signs	44
Improvised	204	W	
Sprains	189, 190	Wound Cleaning	147
Stings	182	Wounds	130, 139
St. John tubular sling	137	Abrasions	140
Strains	223	Avulsions	141
Stress management	31	Bruises	139
Stretchers	66, 73	Contusions	139
Stroke	113	Incisions	140
Sunburn	177	Infection	147
Symptoms	23	Lacerations	140
T		Minor	147
Temperature	46	Puncture	141
Tetanus	147	Scrapes	140
Ticks	184		
Tongue injury	161		
Tooth, knocked out	161		
Tourniquets	143		
Transient ischemic attack (TIA)	113		
Transporting a casualty	67		
Trench Foot	243		
Triage	62		
Triangular bandage	132		
Tubular sling	137		
Turning a casualty	37, 42		



Notes

Notes

Notes

Notes

Notes

When you choose St. John Ambulance first aid training and products, you help support vital programs and services in your community.

Every year, St. John Ambulance volunteers give over one million hours of community service, providing medical first response teams at your local public events, therapy dog teams visiting children and the elderly, or working with local emergency response units when disaster strikes.

You can also contribute by donating online at sja.ca or by calling 1-888-840-5646.

Charitable registration number 89903 4730 RR0001

Interested in volunteering? Register at www.sja.ca or contact your local St. John Ambulance branch. Together, let's build healthy and safe communities!



BE PREPARED FOR ANY
EMERGENCY THAT COMES
YOUR WAY



St John

Charitable Registration No.:
89903 4730 RR0001



sja.ca