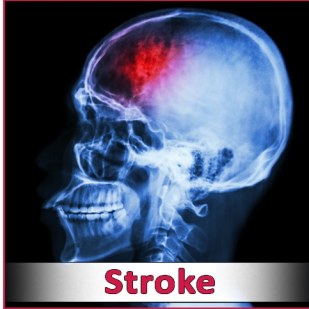


First Aid



Heart Attack

- 1) Symptoms** - Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders, and/or shoulder blades.
- 2) Treatment - Call 911.**
- 3) Monitor** the victim's breathing.



Stroke

- 1) If you suspect a stroke:**
Face - Does one side of the face droop or is numb?
Arm - Have them raise both arms, does one drift down?
Speech - Have them speak a simple sentence, is it slurred?
Time - Write the time of the first symptom - **Call 911.**



Shock

- 1) Skin** becomes cool, pale, and sweaty. Victim may vomit, feel weak or dizzy.
- 2) Position** victim on their back.
- 3) If** victim vomits roll them on their side and clean out the airway.
- 4) Treatment - Call 911.**
- 5) Monitor** the victim's breathing.



Seizures/Convulsions

- 1) Clear** away all objects that may cause injury.
- 2) Protect** the head.
- 3) DO NOT** attempt to restrain the victim or stick anything in the victim's mouth.
- 4) Treatment - Call 911.**
- 5) Monitor** the victim's breathing.



Diabetes

- 1) DO NOT** give insulin.
- 2) If** the victim is conscious and can swallow give them some form of sugar. Preferably some type of fruit juice.
- 3) Call 911.**
- 4) Monitor** the victim's breathing.



Allergic Reaction

- 1) Symptoms** - Trouble breathing, sweating, rash, loss of consciousness.
- 2) Treatment - Call 911.**
- 3) Monitor** the victim's breathing.



Bee Sting

- 1) Remove** stinger using a credit card or other stiff object to scrape the area (**DO NOT** use tweezers).
- 2) If** allergic reaction is suspected, follow the directions for allergic reaction.



Nose Bleed

- 1) DO NOT** tilt the head back.
- 2) Pinch** the soft part of the nose and tilt head forward to prevent the victim from swallowing the blood.
- 3) If** the blood is spurting or pulsating out of the nose **Call 911.**



Head & Neck Injuries

- 1) Attempt** to keep the victim from moving.
- 2) Call 911.**
- 3) Monitor** the victim's breathing.



Eye Injuries

- 1) Bandage** around any object sticking out.
- 2) Cover** both eyes to prevent the victim from moving them.
- 3) Call 911.**



Poisoning

- 1) Call 911**, then call poison control **1-800-222-1222** with as much information about the victim and the poison as possible.
- 2) DO NOT** induce vomiting unless instructed by poison control.



Cold Related Illness

- 1) Get** the victim out of the cold environment.
- 2) Change** any wet clothing with dry ones.
- 3) Apply** blankets and seek medical attention.



Heat Exhaustion

- 1) Get** the victim away from the heat source.
- 2) Cool** the victim by applying cool wet cloths.
- 3) Offer** water, a sports drink, fruit juice, or milk if the victim is conscious.



Heat Stroke

- 1) Hot, red, dry** skin.
- 2) Call 911.**
- 3) Get** the victim away from the heat source.
- 4) Cool** the victim by applying cool wet cloths.
- 5) DO NOT** give the victim any food or drink.



Dental Emergencies

- 1) Put** the tooth in egg white, coconut water, or whole milk. If none of these are available submerge in saliva and get the victim to the **dentist** as soon as possible.

Glove Removal



Pinch the outside of any glove & peel it off so it comes off inside out.



1) Hold the inside-out glove with the gloved hand, crumple up, and cup in gloved hand.

2) With your gloveless hand, slide your fingers under the wrist of the glove, **DO NOT** touch the outside surface of the glove.



Peel second glove off so it comes off inside out, with the first glove inside of it.



Place in biohazard bag or zip lock bag before disposing.

Bleeding



Direct Pressure with a clean sterile dressing.



Bandage wound with overlapping layers. If the blood soaks through, **DO NOT** remove the bandage; place another layer of dressing on top.



Embedded Objects

If something is embedded in the body, bandage around the object.

Do not remove the object from the body. Call 911

Closed Wounds Treat with R.I.C.E.



Rest the injured body part.



Stabilize the injured area in the same position found. **Only** splint the injured area if the victim must be moved **and** it doesn't cause more pain.



Apply an ice pack for only 20 minutes. **Never** put ice directly on the skin, wrap it in a cloth first.



Elevate the injured body part above the heart. **DO NOT** elevate the area if it causes more pain.

Burns

Do not remove any clothing stuck to a burn.



Stop the burning.



Cool with running water.



DO NOT apply water to a **3rd** degree burn.
(NEVER USE BUTTER) (NEVER USE ICE)



Cover 1st & 2nd degree burns with a clean sterile dressing
DO NOT apply bandages to a **3rd** degree burn.