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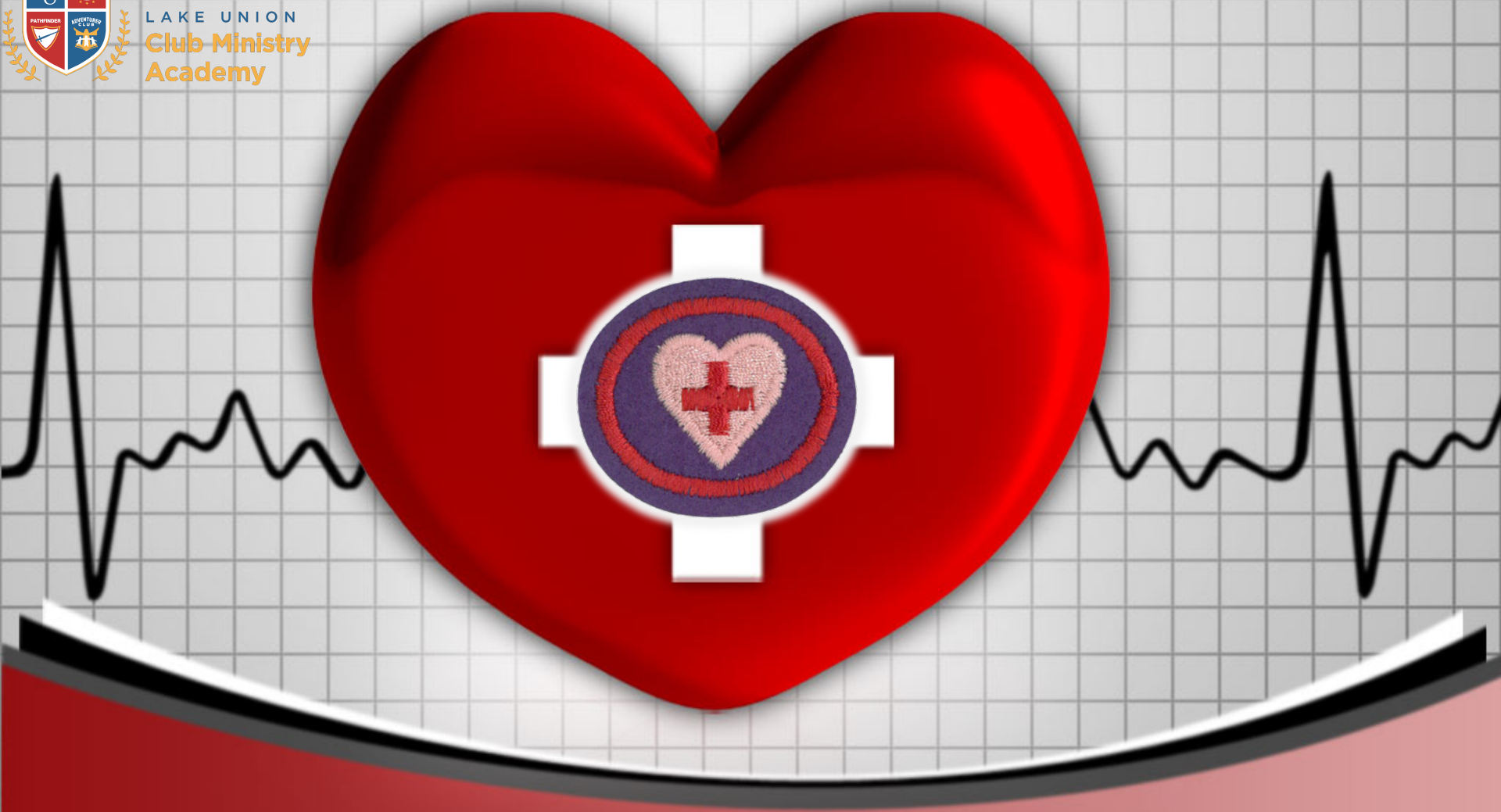

First Aid, Basic

Sherri A. Wheeler, DNP, MG

General Conference Health & Science Skill Level 1 Honor, 1951

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Scripture: Luke 21:25-26

“And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the seas and the waves roaring; men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken…”

Causes of Shock

Shock is a medical condition where the delivery of oxygen and nutrients is insufficient to meet the body's needs.

The main carrier of oxygen and nutrients in the body is the blood, so anytime there is a loss of blood, there is a risk of shock.

Shock is a life-threatening emergency.

Treatment for Shock

Safety First! Ensure the area is safe.

Immediate reassurance and comfort victim.

Get help! (One Person vs. Two persons)

Ensure that the airway is clear.

Place victim in recovery position, if possible.

Attempt to stop any bleeding.

Treatment for Shock

Cover the victim (blanket, jacket) not thick.

Do not give victim a drink.

Think cardiopulmonary resuscitation (CPR) if victim goes unconscious.

Wait until rescue team arrives, and give as much information as possible.

Recovery Position

1 Tilt head backwards, ensure clear airway and straighten head and neck

2 Place arm at side and other arm across chest with hand against cheek

3 Bring far knee up to a 90° angle

4 Roll person over towards you with knee at angle and ensure head is supported

Rescue Breathing

- Do not administer rescue breathing to a person that is breathing on her/his own.
- Tilt victim's head back
- Lift chin (head-tilt chin lift)
- Pinch the victim's nose
- Put your mouth to the victim's mouth, maintain good seal and blow into victim's mouth (2 breaths every 5 seconds).
- Recovery – place in recovery position, cover.

https://www.youtube.com/watch?v=u7VpsAOEzzU

A Chocking Victim

- Ask, “Are you chocking?”
- Look for the universal sign for chocking.
- Let victim know that you are going to help.
- Perform the Heimlich Maneuver.
- If person goes unconscious perform CPR.
- Send for help, activate the emergency response.

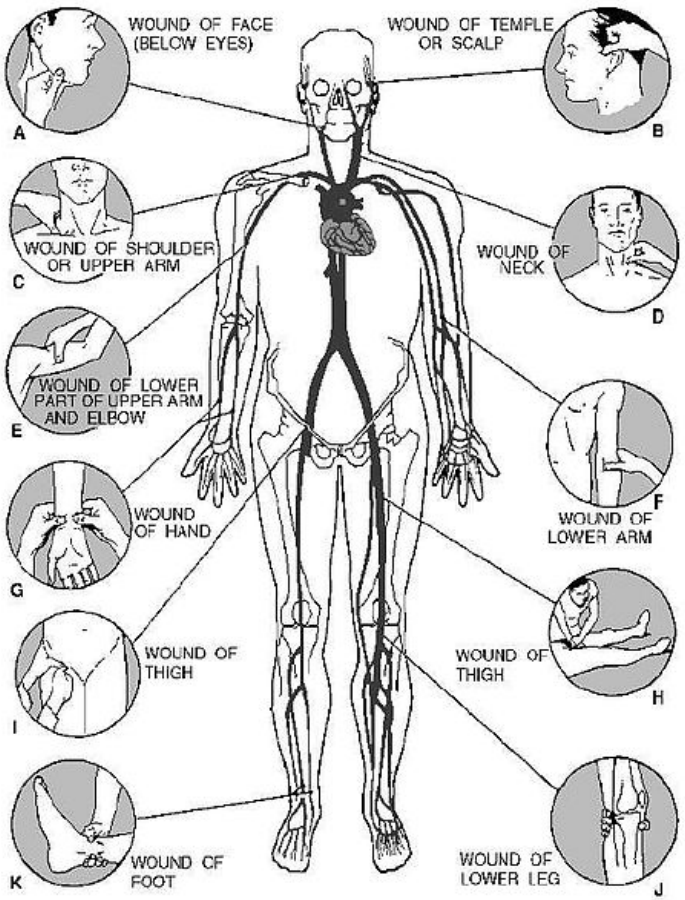
https://www.youtube.com/watch?v=tEIiEAn7b-U

Bleeding Victim

- Press hard onto the wound
- Elevate limb (arm or leg)
- Cover with clean pad, apply bandage.
- Check for bleeding (do not remove initial bandage).
- Check for circulation above and below wound.
- Seek medical assistance for heavy bleeds.

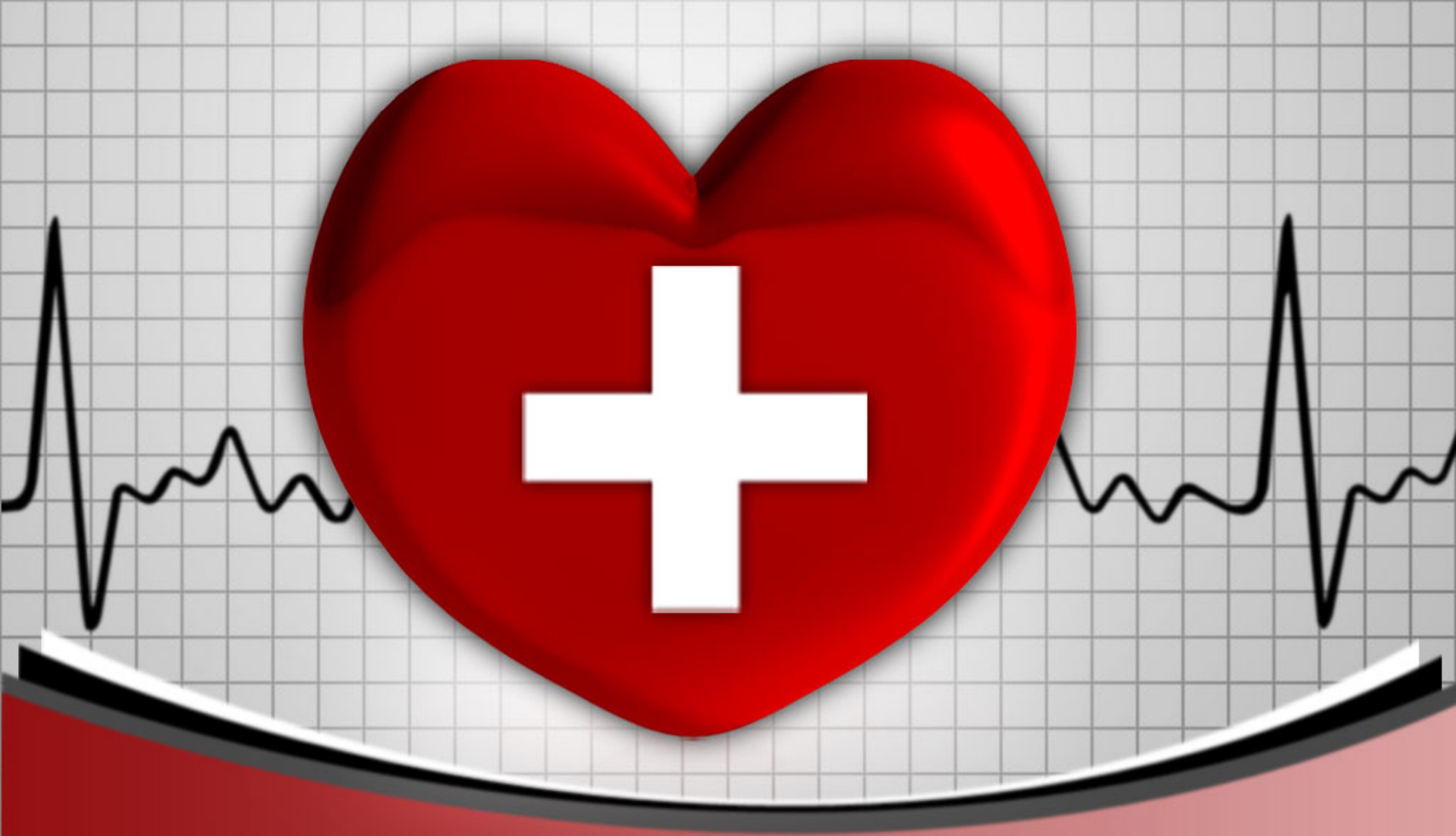
Pressure Points

The usual way to control bleeding is to put pressure directly onto the wound, either with the hand directly or with a dressing of some sort (bandage, handkerchief, tea towel etc.).



Victims of Poison

- With poison container in hand, call the local poison control center and do NOT try to make the patient vomit.
- Only induce vomiting if a poison center worker or a doctor advises you to do so.
- If the poison is on the skin or clothes, remove the clothing and wash with a large amount of water.
- If poison gets in the eyes, flush the eyes with clean water for 10 minutes.
- Get the victim to a hospital as soon as possible, and if possible, bring the poison container with you.



Demonstration

Splinting of Fractures

Splinting

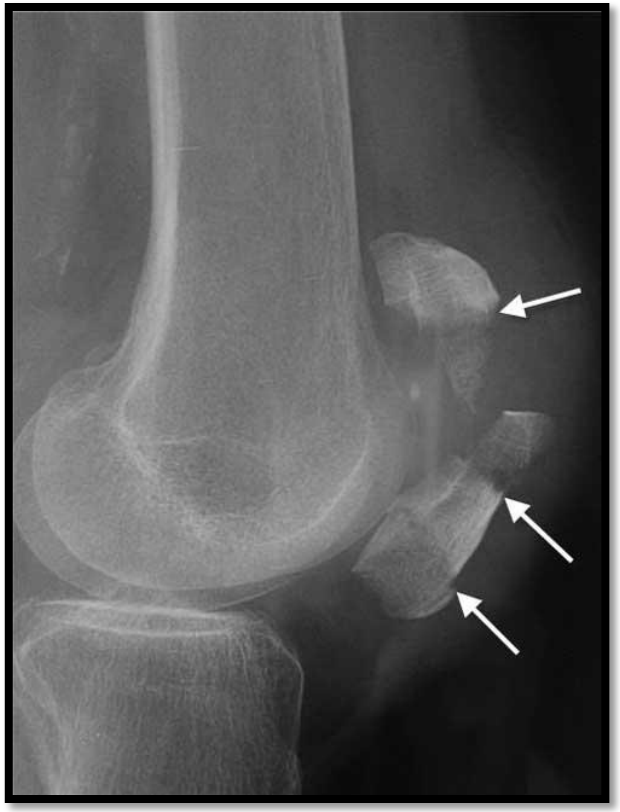
An essential part of the first-aid treatment is immobilizing the injured part with splints so that the sharp ends of broken bones won't move around and cause further damage to nerves, blood vessels, or vital organs.

Splints are also used to immobilize severely injured joints or muscles and to prevent the enlargement of extensive wounds.

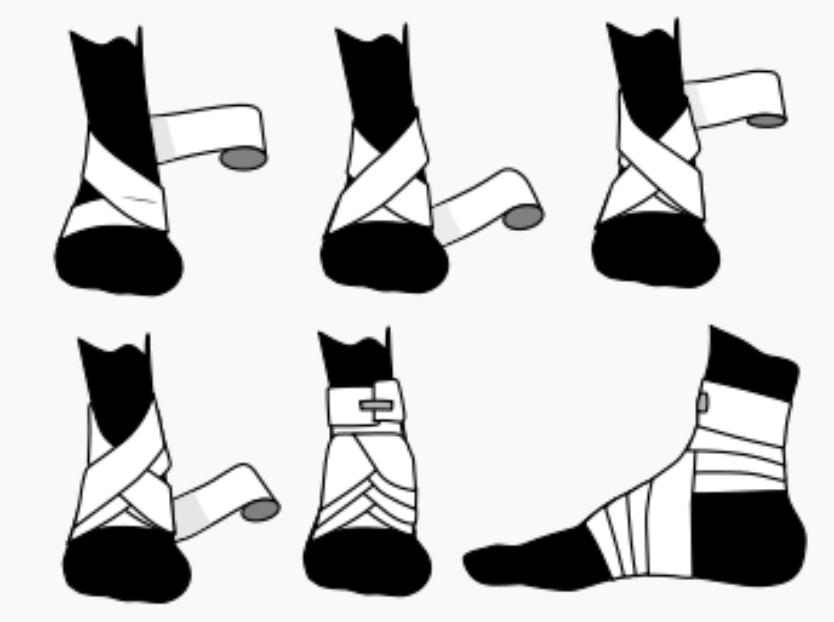
Forearm: Radius & Ulna

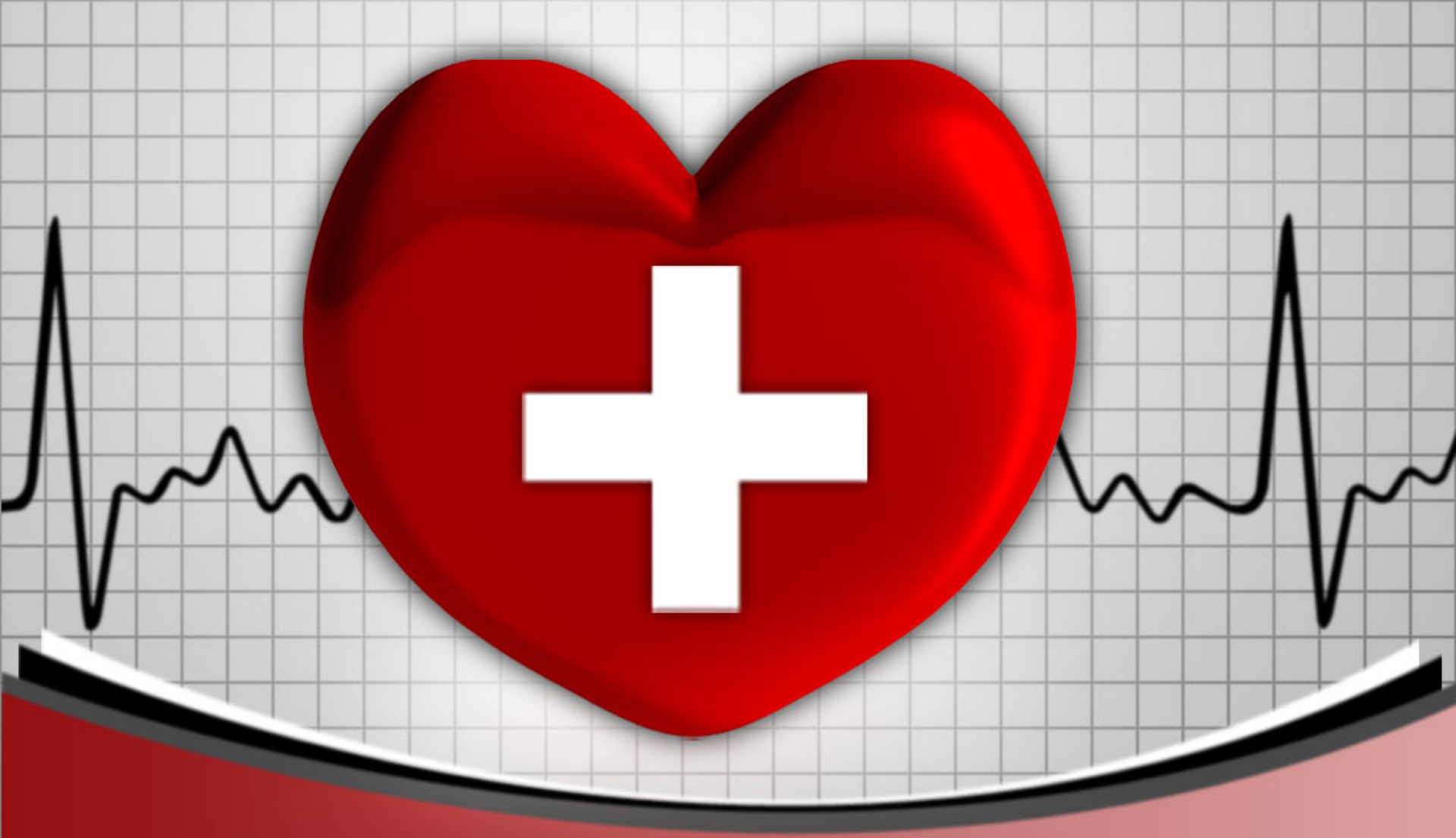
Upper Arm: Humerus

Kneecap Fracture



Ankle



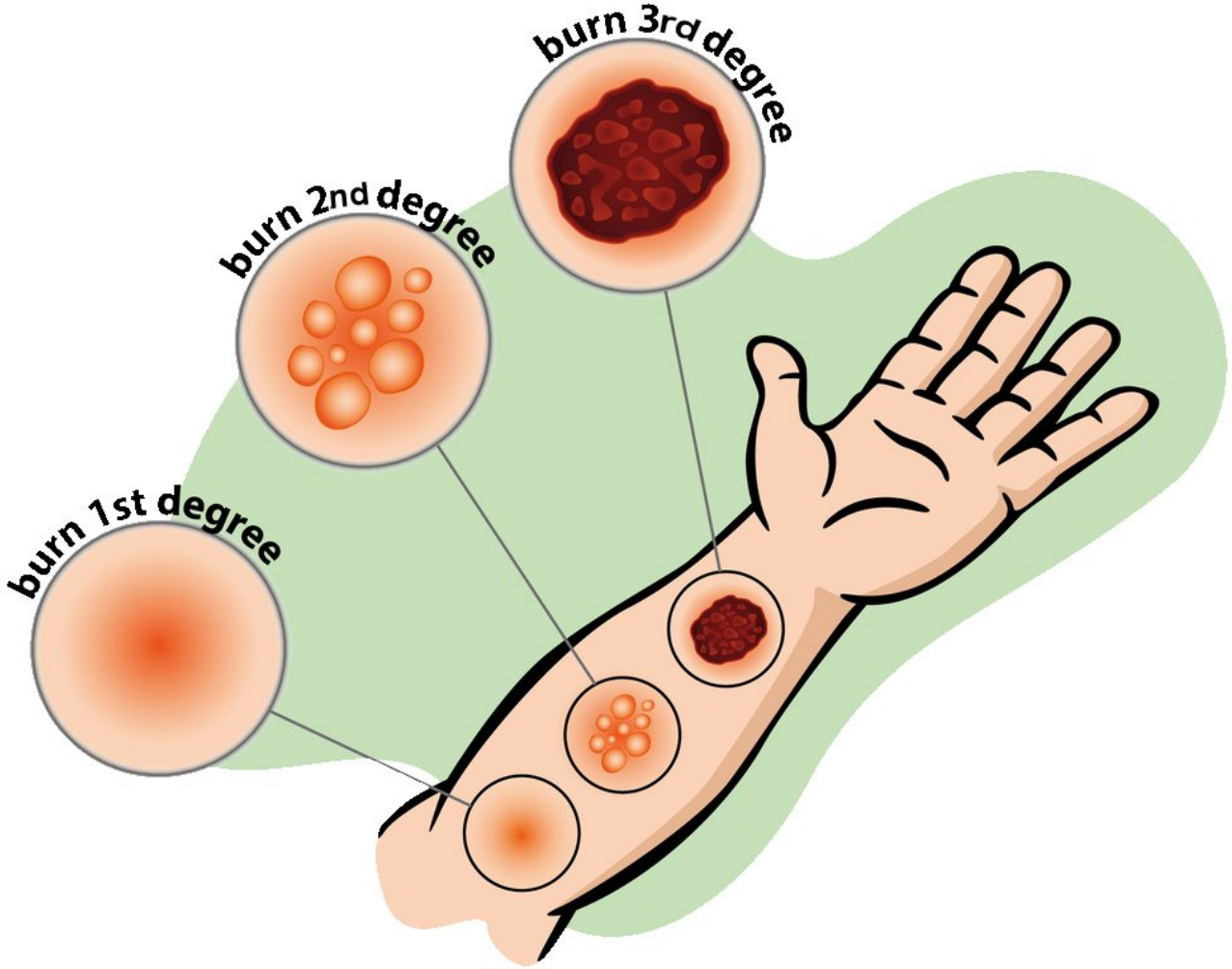


Burns & Poisonings

1º - 2º - 3º Burn Victims

Burns should be immediately immersed in cold running water, or shower for large area. Do not wait to remove clothes. This should be maintained for at least 10-15 minutes.

- 1º burn – Superficial burn
- 2º burn – Partial thickness
- 3º burn – Full thickness



https://cprcare.com/course/firstaid/12

Chemical Burns

WET – Chemical Burn

Immediately flush the area with large amounts of water, using a shower or hose, if available. Do not apply water too forcefully. Continue to flood the area while the clothing, including shoes and socks, is being removed. Continue to flush with running water for at least 20 minutes.

DRY – Chemical Burn

First, brush off the chemical, *then* flush with water as you would with the WET Chemical Burn.

For acid burn wash affected area with alcohol, then wash with water.

Call an ambulance.

Carbon Monoxide Poisoning

- Carbon monoxide exposure
- Carbon monoxide is present in exhaust gases of internal combustion engines as well as in sewer gas, lanterns, charcoal grills, and in manufactured gas used for heating and cooking.
- The first stage of treatment for an inhalation poisoning is to remove the victim from the toxic atmosphere immediately.
- Hospital transport as soon as possible.

Injuries

Head Injury Victim

Head wounds must be treated with particular care, since there is always the possibility of brain damage.

The general treatment for head wounds is the same as that for other fresh wounds.

Special precautions must be observed if you are giving first aid to a person who has suffered a head wound.

https://www.youtube.com/watch?v=MelkEH_yXhQ

Head Injury Victim

- **NEVER GIVE ANY MEDICINE.**
- Keep the victim lying flat, with the head at the level of the body. Do not raise the feet if the face is flushed. If the victim is having trouble breathing, you may raise the head slightly.
- If the wound is at the back of the head, turn the victim on his or her side.
- Watch closely for vomiting and position the head to avoid getting vomit or saliva into the lungs.
- Do not use direct pressure to control bleeding if the skull is depressed or obviously fractured.

Internal Injuries

- Internal soft-tissue injuries may result from deep wounds, blunt trauma, blast exposure, crushing accidents, bone fracture, poison, or sickness.
- They may range in seriousness from a simple bruise to life-threatening hemorrhage and shock.
- Visible indications of internal soft-tissue injury include the following:

Internal Injuries

- Vomiting or coughing up bright red blood.
- Excretion of tarry black stools.
- Excretion of bright red blood from the rectum.
- Passing of blood in the urine.
- Non-menstrual vaginal bleeding.
- Nosebleed.
- Pooling of the blood near the skin surface.

Internal Injuries – Non-Visible Signs

- Pale, moist, clammy skin.
- Subnormal temperature.
- Rapid, feeble pulse.
- Falling blood pressure.
- Tinnitus (ringing in the ears).
- Fainting.
- Dehydration and thirst.
- Yawning and air hunger.

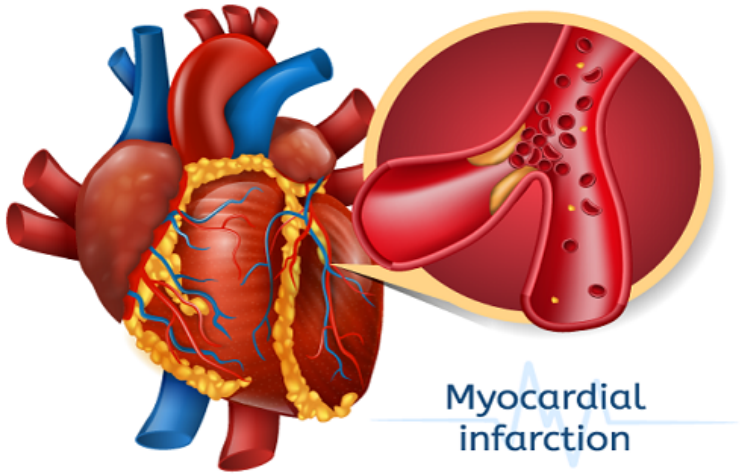
Internal Injuries – First Aid Goals

- Treat for shock.
- Keep the victim warm and at rest.
- DO NOT give the victim anything to drink
- Splint injured extremities.
- Apply cold compresses (ice packs) to identifiable injured areas.
- Transport the victim to a medical treatment facility as soon as possible.

Emergencies

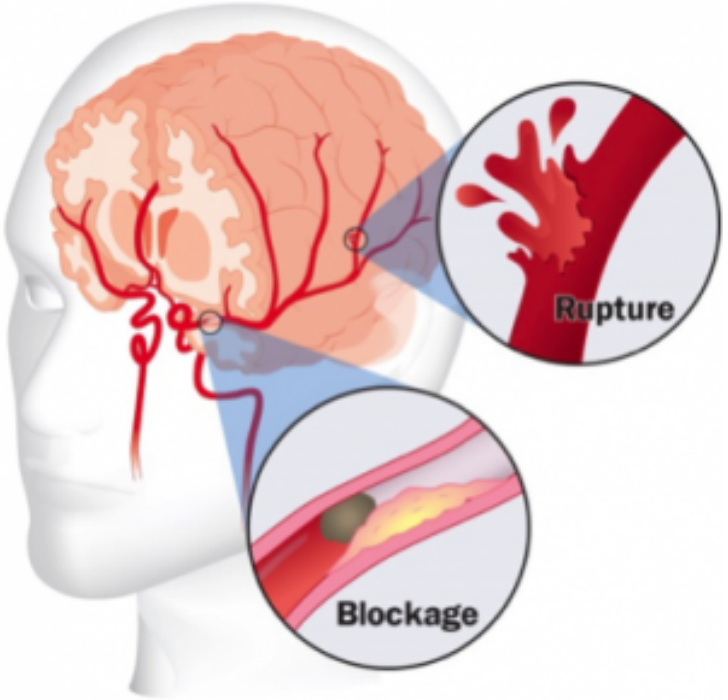
Myocardial Infarction

A heart attack is when blood supply to part of the heart is interrupted causing heart tissue to die. Symptoms of a heart attack include severe chest pain, looking pale, sweating, and feeling sick. A heart attack is a medical emergency, and it is a leading cause of death for both men and women.



Stroke

A stroke is caused by an interruption of the arterial blood supply to a portion of the brain. This interruption may be caused by hardening of the arteries or by a clot forming in the brain. Tissue damage and loss of function result.



Epilepsy

Epilepsy, also known as seizures or fits, is a condition characterized by an abnormal focus of activity in the brain that produces severe motor responses or changes in consciousness.

Simple Fainting

Fainting is a self-correcting, temporary form of shock. It often is the result of a temporary gravitational pooling of the blood as a person stands up. As the person falls, blood again rushes to the head, and the problem is solved.

Infection

- Although infection may occur in any wound, it is a particular danger in wounds that do not bleed freely; in wounds in which torn tissue or skin falls back into place and prevents the entrance of air; and in wounds that involve the crushing of tissues. Incisions, in which there is a free flow of blood and relatively little crushing of tissues, are the least likely to become infected.
- There are two types of bacteria commonly causing infection in wounds—aerobic and anaerobic. The former bacteria live and multiply in the presence of air or free oxygen, while the latter are bacteria that live and multiply only in the absence of air.

Infection

- The principal aerobic bacteria that cause infection, inflammation, and blood poisoning are streptococci and staphylococci, some varieties of which destroy red blood cells.
- The staphylococci and streptococci may be introduced at the time of infliction, or they may be introduced to the wound later, at the time of first aid treatment or in the hospital if nonsterile instruments or dressings are employed.

Infection

- Wash minor wounds immediately with soap and clean water; then dry and paint them with a mild, nonirritating antiseptic. Apply a dressing if necessary.
- In the first aid environment, do not attempt to wash or clean a large wound, and do not apply an antiseptic to it since it must be cleaned thoroughly at a medical treatment facility. Simply protect it with a large compress or dressing and transport the victim to a medical treatment facility.
- After an initial soap and water cleanup, puncture wounds must also be directed to a medical treatment facility for evaluation.

Snake bite

1. Protect the patient (and others, including yourself) from further bites. If the snake has not already fled, carefully remove the victim from the immediate area. If possible, take a photograph of the snake (many cell phones are equipped with cameras). If you do not know what type of snake it is, someone else might be able to identify it from the photo. A poor photo is better than no photo.
2. Keep the victim calm. Acute stress reaction increases blood flow and endangers the patient. Keep people near the patient calm. Panic is infectious and compromises judgment.
3. Call for help to arrange for transport to the nearest hospital emergency room, where antivenin for snakes common to the area will often be available.

Snake bite

4. Make sure to keep the bitten limb in a functional position and below the victim's heart level so as to minimize blood returning to the heart and other organs of the body.
5. Do not give the patient anything to eat or drink. This is especially important with consumable alcohol, a known vasodilator which will speed up the absorption of venom. Do not administer stimulants or pain medications to the victim, unless specifically directed to do so by a physician.
6. Remove any items or clothing which may constrict the bitten limb if it swells (rings, bracelets, watches, footwear, etc.)

Snake bite

7. Keep the victim as still as possible
8. Do not incise the bitten site

Many organizations, including the American Medical Association and American Red Cross, recommend washing the bite with soap and water. However, do not attempt to clean the area with any type of chemical.

Animal bites

- Hydrophobia
- If the skin is broken, **DO NOT** attempt wound closure.
- A preventive treatment is available and it is very effective, but only if it is started shortly after the bite.
- **CAUTION: DO NOT** allow the animal's saliva to come in contact with open sores or cuts on your hands.

Treatment: Insects bites

- Get away from the insects to avoid additional bites or stings.
- For stings, scrape the stinger away - do not use tweezers or otherwise pinch a stinger, as this will cause more venom to be injected into the wound.
- Place an ice pack over the affected area to reduce pain and swelling.
- Apply hydrocortisone, calamine lotion, or make a paste from three parts baking soda and one-part water and apply that to the affected area.
- Give the patient an antihistamine such as Benadryl.
- Remove ticks by pulling them straight out with a pair of tweezers. Be careful not to break a tick's mouth parts off beneath the skin. Contact the child's doctor who may ask you to save the tick and bring it in for testing. Do not try to remove a tick by touching it with a hot match head or by covering it with petroleum jelly.
- Do not scratch
- Wash the affected area with soap and water.

Treatment: Spider bites

- Place ice over the bite to reduce pain.
- Hospitalize victims who are under 16 or over 65 for observation.
- Be prepared to give antivenin in severe cases.

Heat Exhaustion

- Heat exhaustion is the most common condition caused by working or exercising in hot spaces. Heat exhaustion produces a serious disruption of blood flow to the brain, heart, and lungs. This causes the victim to experience weakness, dizziness, headache, loss of appetite, and nausea.
- Signs and symptoms of heat exhaustion are similar to those of shock: the victim will appear ashen gray; the skin will be cold, moist, and clammy; and the pupils of the eyes may be dilated (enlarged). The vital (blood pressure, temperature, pulse, and respiration) signs usually are normal; however, the victim may have a weak pulse together with rapid and shallow breathing.

Heat Exhaustion: Treatment

- Body temperature may be below normal.
- You should treat heat exhaustion victims as if they were in shock. Loosen the clothing, apply cool wet cloths, move the victim to either a cool or an air-conditioned area, and fan the victim.
- Do not allow the person to become chilled. If the victim is conscious, administer a solution of 1 teaspoon of salt dissolved in a quart of cool water. If the victim vomits, do not give any more fluids.
- Transport the victim to a medical facility as soon as possible.

Heat Stroke

Heat stroke is a less common but far more serious condition than heat exhaustion, since it carries a 20 percent fatality rate.

The main feature of heatstroke is the extremely high body temperature, 105º F (41º C) or higher, that accompanies it.

In heatstroke, the victim has a breakdown of the sweating mechanism and is unable to eliminate excessive body heat built up while exercising.

If the body temperature rises too high, the brain, kidneys, and liver may be permanently damaged.

Clothes on Fire?

- STOP
- DROP
- ROLL

Get the person to the ground and roll him over and over on the ground. Another option is to wrap the victim with a blanket, coat, or jacket if one is handy. If your own clothes catch on fire, **stop, drop, and roll** - do the same thing to yourself as you would to someone else.

Home Fire Prevention

- If your home lacks smoke detectors, install them (it's not that hard).
- Replace the batteries and test your smoke detectors on a regular basis (when adjusting your clocks for daylight savings time, for example).
- Do not smoke or allow anyone else to smoke in your home.

Home Fire Prevention

- Never overload circuits or extension cords. Do not place cords and wires under rugs, over nails or in high traffic areas. Immediately shut off and unplug appliances that sputter, spark or emit an unusual smell. Have them professionally repaired or replaced.
- When using appliances follow the manufacturer's safety precautions. Overheating, unusual smells, shorts and sparks are all warning signs that appliances need to be shut off, then replaced or repaired. Unplug appliances when not in use. Use safety caps to cover all unused outlets, especially if there are small children in the home.

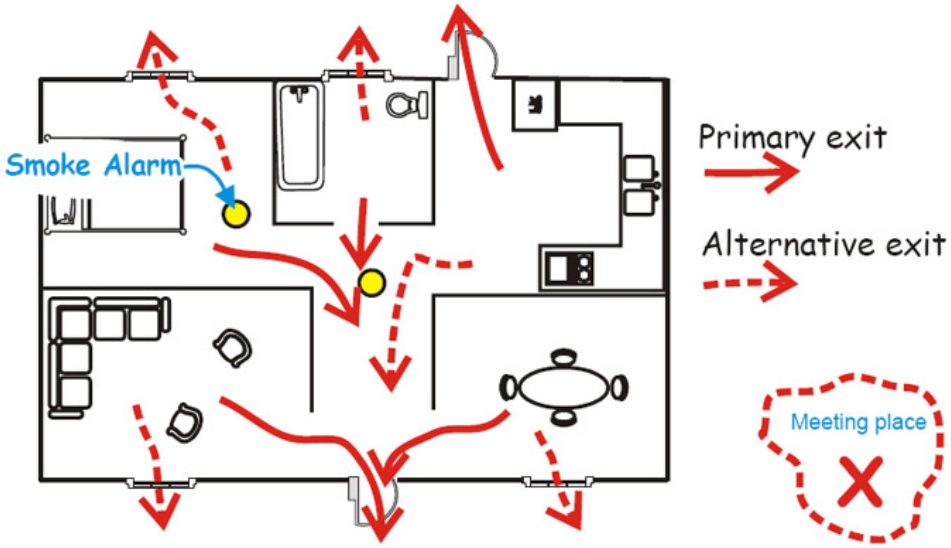
Home Fire Prevention

- Portable heaters need their space. Keep anything combustible at least three feet away.
- Keep fire in the fireplace. Use fire screens and have your chimney cleaned annually. The creosote buildup can ignite a chimney fire that could easily spread.
- Kerosene heaters should be used only where approved by authorities. Never use gasoline or camp-stove fuel. Refuel outside and only after the heater has cooled.

Home Fire Prevention

- Practice an escape plan from every room in the house. Caution everyone to stay low to the floor when escaping from fire and never to open doors that are hot. Select a location where everyone can meet after escaping the house. Get out then call for help.
- Keep your home clean and neat.

Home Escape Plan



- Gabriel Williams
  - Firefighter

https://www.youtube.com/watch?v=dmVo-HoPI2A

Water Safety Principles

- Learn to swim.
- Swim in areas where a lifeguard is on duty.
- Young children and weak swimmers should wear a personal floatation device (PFD) when they are around water.
- Set limits for inexperienced swimmers, such as not allowing them to enter water that is more than chest-deep.
- Inspect swimming areas for hazards such as underwater trees, holes, and swift currents.
- Swim parallel to the shore if caught in a rip tide.
- Get out of the water if there is a risk of a lightning strike.

Drowning Victims -  swimming

- Talk the victim in; coach them to kick their legs
- Throw life ring, life jacket, knot rope or some other flotation device to the victim.
- Reach an item such as a rope, pole, oar, or paddle to the victim, and once the victim grabs it, pull them in.
- Wade into shallow water attempt the above.
- Row out to the victim in a boat or use powered craft if possible; try the above from in the boat.

Electrical Safety Principles

- Do not overload circuits or extension cords.
- Only use an extension cord that is rated to handle the current an appliance will use. An appliance's amperage is listed on the outside of the appliance.
- Shut off the power before working on a circuit.
- Unplug an appliance before servicing it.
- Water and electricity do not mix. Do not use an electric appliance when standing in a puddle of water or while in a bathtub or shower.
- Do not use a land-line telephone or touch any "wired" appliance during an electrical storm.
- Do not insert anything into an electrical socket other than an electrical plug which is in good condition or an outlet safety cover.
- Replace broken or frayed electrical cords.

Food Poisoning Prevention

- Food poisoning is caused by eating food which is contaminated with any infectious or toxic agent such as bacteria or parasites.
- The two main ways food becomes contaminated is by improper storage, or by coming into contact with contaminated food (cross-contamination).

Food Poisoning Prevention

Food Storage:

The basic rule for storing food is to pay attention to the temperature. Keep hot foods hot and keep cold foods cold.

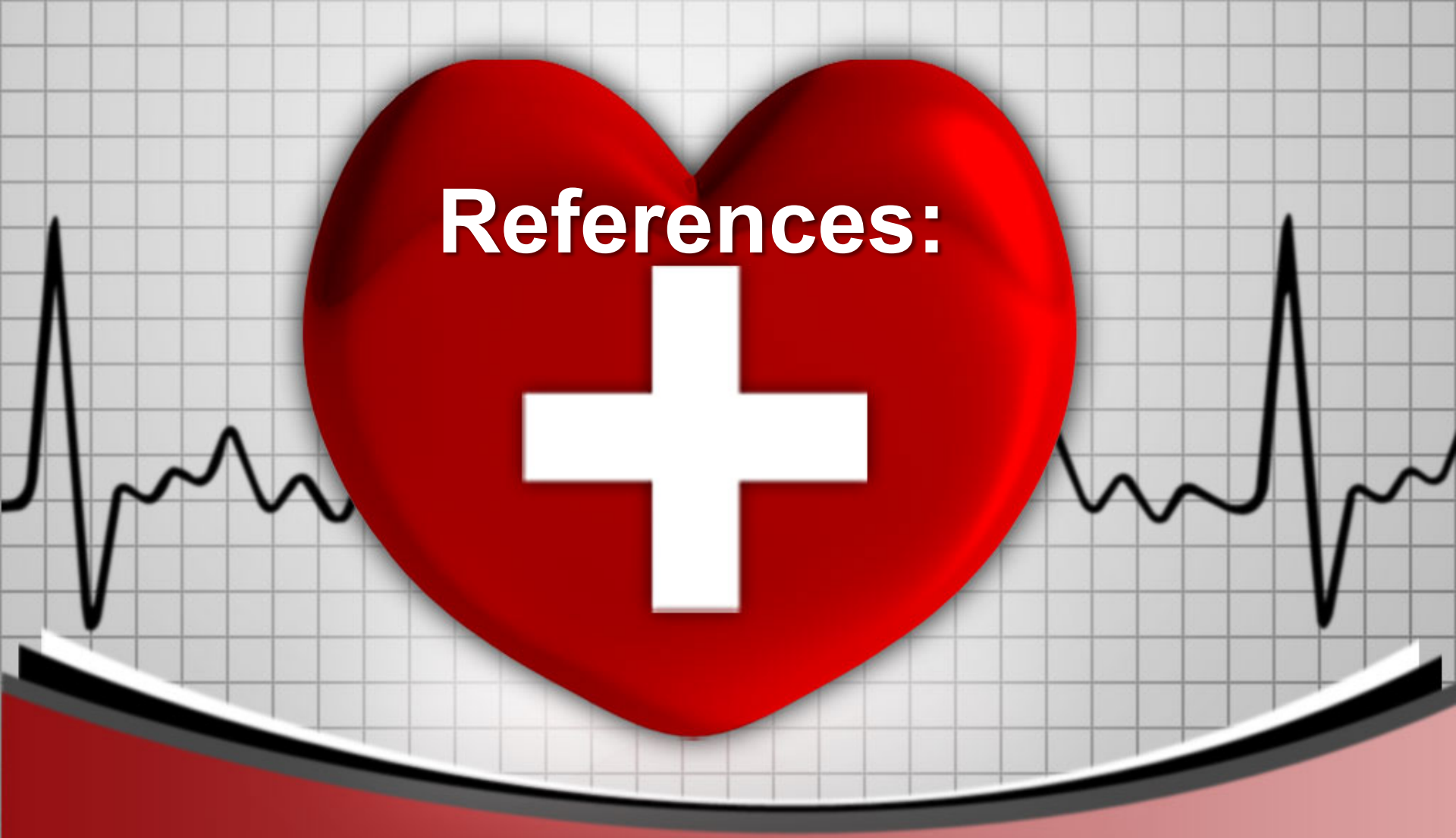
Most bacteria will not grow in food that is hotter than 140°F (60°C), and bacterial growth is greatly slowed at temperatures below 40°F (4°C). It is unsafe to store foods susceptible to bacteria growth between these temperatures.

Food Poisoning Prevention

Cross Contamination:

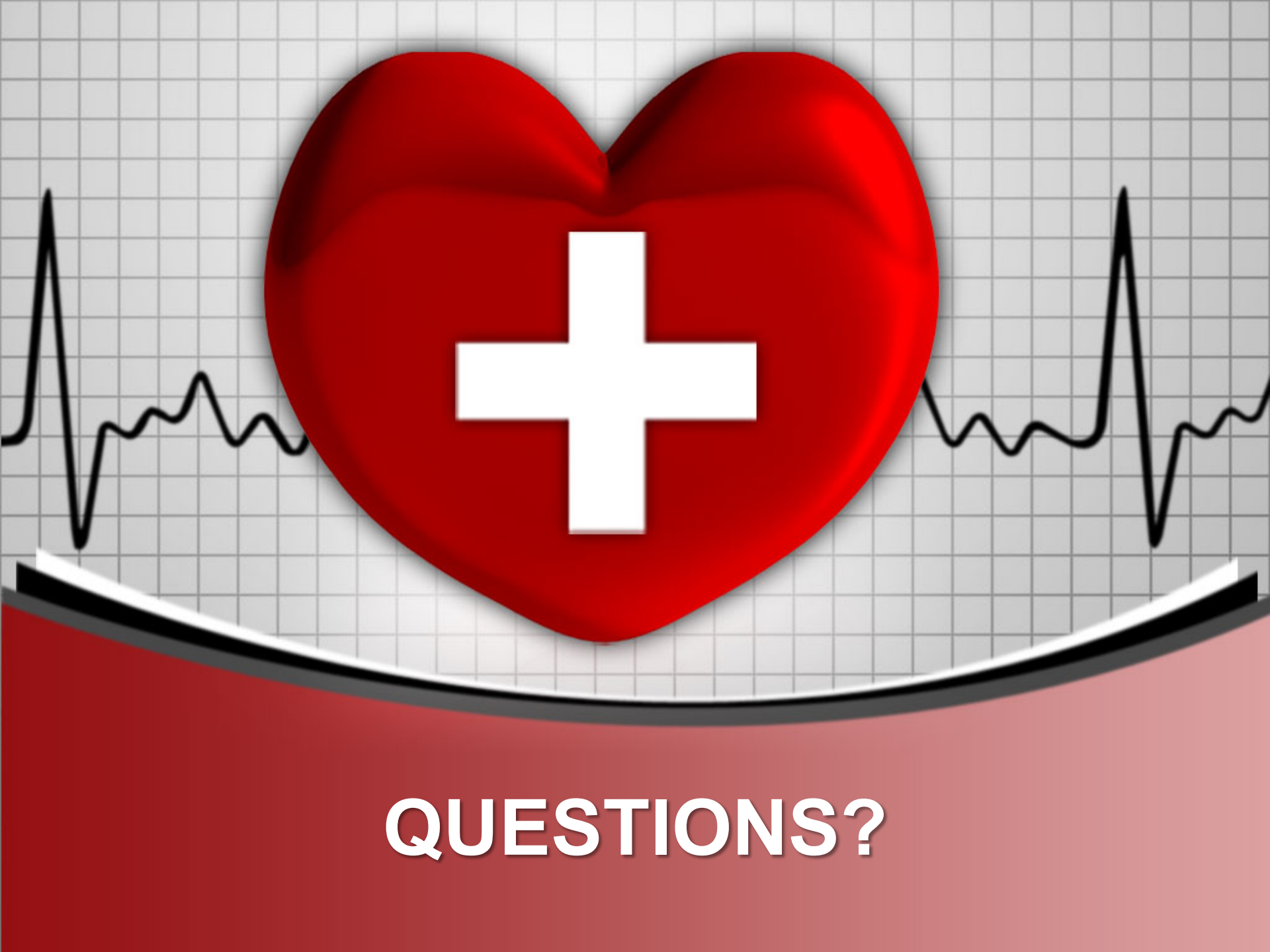
Cross contamination usually happens during food preparation. Raw meat and raw eggs should always be treated as if they were contaminated. Cooking them kills the bacteria and makes them safe to eat.

Do not allow other food to come into contact with raw meat or eggs, or that food will become contaminated. Do not use the same utensils to handle raw meat and food that is ready to eat.



References:

Wikipedia references:
Abdominal Thrusts
Some material for this chapter was copied directly from the following public domain resources:
U.S. Navy Training Manual, HOSPITAL CORPSMAN 3 & 2
U.S. Navy Training Manual, Hospital Corpsman Revised Edition
Department of Homeland Security, Fire Safety Tips
Jump up↑ Chris Thompson. "Treatment of Australian Snake Bites". *Australian anaesthetists' website*.


QUESTIONS?

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