

Basic First Aid Guide (2011)

PRIMARY ASSESSMENT

- **A**ssess the scene & victim
- **A**lert EMS or call 911
- **A**ttend injuries

3-A's

UNIVERSAL PRECAUTIONS

- Protective eyewear
- Soap & water
- Latex gloves
- Other barriers to bodily fluids



SOAP



SIGNS OF SHOCK

- Anxiety, restlessness or irritability
- Altered consciousness
- Pale, cool, moist skin
- Eyes lackluster, dazed look
- Rapid pulse rate and or Rapid breathing
- Weak helpless feeling
- Thirst and / or Nausea



CARE FOR SHOCK

- Lay the victim flat on ground
- Keep victim comfortable & calm
- Control any external bleeding
- Keep airway open
- Cover victim, maintain body temperature
- Do not give victim anything to eat or drink
- Activate EMS & monitor regularly

BLEEDING CONTROL

- Direct pressure
- Observe Universal Precautions
- Manage shock
- Suspect internal bleeding if chest or abdomen is hit hard; Activate EMS



RECOVERY POSITION

- Helps maintain and protect open airway
- Frequently assess



CARE FOR BURNS

"Stop, Drop & Roll"

1st & 2nd Degree Thermal Burns

- Apply cool running water



3rd Degree Thermal Burns

- Activate EMS
- Do not apply water (unless exposed to a chemical)
- Cover with clean, dry dressing
- Treat for shock



Electrical Burns

- Turn power off
- Activate EMS



CHEMICAL INJURIES

Dry Chemicals on Skin

- Do not apply water; Brush off
- Activate EMS



Chemicals in Eyes

- Activate EMS
- Flush eyes with cool running water for 15-30 minutes



CARE FOR POISONING

Poison Control
800-222-1222

- Follow directions on container
- Call Poison Control or 911
- Keep victim calm. Do not induce vomiting or give anything to eat or drink unless directed to do so.

HEAD, NECK OR BACK INJURIES

- Keep victim still
- Ask how injury happened, if numbness, tingling, burning or loss of sensation in arms or legs
- Stabilize head, protect airway, activate EMS



MUSCLE & BONE INJURIES

- Treat as fractures
- Stabilize & immobilize; Activate EMS



SOME SUDDEN ILLNESSES

Diabetes

- If victim is conscious give something with sugar (i.e. fruit juice); Activate EMS



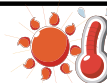
Altered mental status, Asthma, Seizures, Stroke, Heart Attack, Allergic Reactions

- Place in recovery position; Activate EMS

HEAT EXHAUSTION

Symptoms

- Heavy sweating
- Pale, cool skin
- Nausea, stomach cramps
- Headache, dizziness, fatigue



Treatment

- Lie victim down
- Elevate legs
- Cool off with water & fan

HEAT STROKE

Symptoms

- Hot, dry, red skin
- Confusion
- Unconsciousness
- Little or no sweating
- Full, rapid pulse

Treatment

- Activate EMS
- Aggressive cooling

HYPOTHERMIA & FROST BITE

- Remove from cold; Activate EMS
- If Frost Bite exists, protect skin (don't rub) frozen tissue

