

What Should You Do?

Universal Basic First Aid

7/14/16

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| What is First Aid | 1. Basic First Aid trains to recognize , assess , and prioritize the need for first aid care in an emergency. | 12. A child is bleeding heavily from her left leg. <u>You should</u> attempt to control the bleeding for the injury on her leg. | Bleeding |
| | 2. The suspected mechanism of injury is what typically highlights a serious injury. | 13. Someone has accidentally cut himself. <u>You should</u> apply pressure with a clean pad directly to the bleeding site until bleeding stops. | |
| Safety | 3. Always pause and assess for hazards before springing into action. | 14. Internal bleeding can be difficult to detect. A person who received a forceful blow to the chest or the abdomen should be suspected of internal bleeding. | Internal Bleeding & Shock |
| Universal Precautions | 4. If you encounter any emergency situation, <u>you should</u> stop and help to the best of your ability. | 15. The general underlying cause of shock is poor blood flow that creates a shortage of oxygen to body tissues. | |
| | 5. When attempting to control bleeding, protective barriers such as gloves, regardless of your relationship with the person you are helping, are best for protecting against blood borne diseases. | 16. A child has fallen from a high ladder. He is responsive and has a small bruise on his forehead. <u>You should</u> have someone activate EMS while you manually stabilize his head. | Head & Neck |
| Good Samaritan | 6. The basic purpose of Good Samaritan laws is to encourage bystanders to help those in need. | 17. Someone who has sustained a significant blow to the head is awake but clearly confused and unable to understand you. A bloody fluid is flowing from one of his ears. <u>You should</u> activate EMS immediately and manually stabilize the head with your hands. | Head Injury |
| Plan | 7. Your Emergency Action Plan for the workplace is NOT part of community-wide emergency medical services (EMS) system. | 18. A person accidentally struck his head. Witnesses tell you he was initially stunned and slow to respond, but seems much better now. He seems normal to you, but is still a bit confused about what happened. <u>You should</u> have him seek evaluation by a healthcare provider or EMS personnel as soon as possible. | |
| Spine Injury | 8. If someone has fallen and injured their back in a place with moving forklifts, it is best not to move the victim and have others stop any forklift traffic. | 19. A girl has fallen and injured her forearm, which is lying at an unnatural angle. There is an open wound with exposed bone and minor bleeding. <u>You should</u> immobilize the limb as found using | Broken Arm |
| Recovery Position | 9. A coworker is unresponsive in the lunch room. EMS has been called and someone is getting an AED. You determine she is breathing normally. <u>You should</u> place her in the recovery position to protect her airway. | | |
| | 10. Angle the body and face towards the ground when placing a person in the recovery position to help keep fluids and the tongue clear from the airway. | | |
| Choking | 11. A choking victim requires your help if he cannot speak or make any sounds. | | |

	padding to fill the gaps around and under the arm.		
Burn	20. A man has a burn on his forearm about the size of your palm. <u>Your initial treatment</u> for the burn is cool or cold water as quickly as possible.	29. A coworker is stung by a bee. He tells you he is allergic to bee stings. His face is swollen and he has difficulty breathing. <u>You should</u> help to find his prescribed epinephrine auto-injector and assist him in self-administering it.	Bee Sting
Nose Bleed	21. A boy has a nosebleed. <u>You should</u> pinch the soft portion of the nose and have him tilt his head forward, chin down.	30. A coworker of yours is complaining of severe pressure and discomfort in his chest. His skin is pale, and he is sweating. He asks you not to make a fuss over him, but you know he has problems with his heart. <u>You should</u> have someone activate EMS and get an AED, if one is available.	Heart Attack
Tooth	22. Proper care for a knocked out tooth includes keeping the tooth moist, in saliva.		
Altered Mental Status	23. You are waiting for EMS to arrive while caring for a person with an altered mental status. <u>You should</u> place him in a recovery position to maintain and protect the airway if the person's level of responsiveness becomes severely diminished	31. A child thinks she may have accidentally swallowed something poisonous. She is responsive and looks worried but does not look or feel sick. <u>You should</u> call the Poison Control Help line.	Poison
Heat Exhaustion	24. If your coworker suddenly feels light-headed and warm, <u>you should</u> quickly lay him flat on his back, and elevate his feet 6 to 12 inches.	32. You approach an ill employee who works near a furnace. She is responsive but confused. Her skin is dry and very warm, almost hot to your touch. <u>You should</u> get her to a cooler place and begin immediate cooling.	Heat Stroke
Stroke	25. The F.A.S.T. Assessment (Face, Arms, Speech, Time) is a tool you can use to help reduce the time it takes to get a person with a suspected stroke treated at a hospital.	33. On a bitterly cold day, you are caring for a friend whom you suspect of having frostbite on his fingers. EMS has been activated. <u>You should</u> wrap the affected fingers in a clean towel or pad, keeping them still and protected.	Frostbite
Diabetes	26. A visitor suddenly became confused, shaky, and pale. The person he is with tells you he is diabetic. The visitor is able to follow simple commands and can swallow without trouble. <u>You should</u> provide glucose tablets or something that contains dietary sugars.		
Seizures	27. A woman suddenly collapses. Her whole body is jerking and convulsing. <u>You should</u> protect her from further injury by moving away from her any objects she might bump into.		
Asthma	28. A child with Asthma has difficulty breathing. She does not have her medication with her. Her breathing is fast, weak, and taking significant effort. Her lips look bluish-purple and she appears exhausted. <u>You should</u> be prepared for breathing failure.		