
First Aid

THE GOOD SAMARITAN LAW:

This law protects those who help those who are injured, in peril, or are sick. Any voluntary performance of CPR that is performed without compensation being expected is therefore legally protected.

ITEMS IN A FIRST AID KIT:

1. Splint
2. Latex gloves
3. Breathing barriers
4. Gauze pads
5. Box of bandages
6. Moist wound cleaners
7. Scissors
8. First aid tape
9. Elastic wrap
10. Gauze roller bandage
11. Tweezers
12. Triangular bandage
13. Pocket mask



WOUNDS:

Chest Wounds:

After activating 911, cover rapidly bleeding open wounds by removing clothing and leaving the clothes that are stuck. Seal the wound with first aid tape and apply pressure to control bleeding. Do not remove impaled objects from chest.

Punctured Wounds:

In the event severe puncture wounds, activate the 911 system first. If the patient becomes unconscious, provide CPR before treating the wound. To treat a puncture wound yourself, follow these procedures:

1. Stop the bleeding by applying pressure
2. Clean the wound with soap and water
3. Apply an antibiotic ointment
4. Provide a pain reliever
5. Cover the wound with a bandage to prevent infection

Amputations:

When treating an amputation, first activate the 911 system and follow this emergency treatment:

1. Provide CPR if the patient isn't breathing
2. Raise the injured area and apply direct pressure with a tight bandage
3. Wrap the amputated part in a clean cloth or plastic bag

- a. If the amputated part is a lower extremity, raise it above the heart

Cuts:

Evaluate all cuts for severe bleeding and contact 911 if necessary before you follow these steps:

1. Control bleeding by applying direct pressure with a bandage
2. If treating the cut on your own, clean the cut with soap and water
3. Apply an antibiotic ointment
4. Provide a pain reliever
5. Cover the wound with a bandage to prevent infection

FRACTURES:

Fractures are a serious injury. First, evaluate the victim to see if they are breathing. Call 911 and stabilize the victim while you wait for them to arrive.

DENTAL AVULSIONS:

Dental avulsions are a serious injury. In the event of a dental avulsion, store the tooth in a salt solution and seek medical care.

SPRAINS AND STRAINS:

Sprains and strains can be either minor or serious injuries. Begin care by following these steps:

1. Rest the area
2. Place ice over the area to prevent swelling – limit it to 20 minutes
3. Wrap the area in a bandage or brace
4. Elevate the area above the level of the heart



BURNS:

Burns are a serious injury and are divided into first, second, and third degree with the third degree being the worst. It is safe to treat minor burns with the following treatment:

1. Cool the burn with cool running water
2. Apply burn first aid treatment such as aloe
3. Cover the wound loosely with gauze
4. Provide pain relief

In the event of more serious burns, follow this treatment:

1. Call 911
2. If necessary, provide CPR
3. If possible, raise the injured area over the patient's heart
4. Cover the injury in a cool, moist cloth

BITES AND STINGS:

Most bites and stings are minor; however, some may have a severe reaction and experience difficulty breathing, swelling to the lips and throat, nausea, and rapid heartbeat. If the victim has a known allergy and carries an EpiPen, administer an injection following the directions on the pen and deliver CPR if it is needed.

For more mild reactions, remove any stingers, apply ice, and administer pain reliever or Benadryl.

POISONING:

Poisoning is a serious injury. After activating the 911 system, always evaluate the victim to see if you need to perform CPR. Signs of poisoning include difficulty breathing, sleepiness, confusion, and vomiting. Be sure to contact the National Capital Poison Center at 1-800-222-1222. Always read the label of the chemicals for first aid directions before providing treatment other than CPR.



CHOKING:

Choking is a serious condition because it prevents the victim from breathing. After asking if the person is choking or if they are unconscious, be sure to contact 911 and follow this treatment.

For infants 12 months or younger, place the victim face down on your forearm. With the opposite hand, provide 5 thumps on the infant's back with the heel of your hand. If the object is not dislodged, turn the infant over on your forearm and provide 5 chest compressions, repeating the process until the object is removed.

For children and adults, perform the Heimlich maneuver, standing behind the person. Have the victim lean slightly forward and wrap your arms around their waist. Grabbing both of your hands together into a fist over their abdomen, perform 5 quick upward thrusts. Repeat until the object is dislodged. When performing the Heimlich maneuver on an unconscious person, check the victim's airway by looking into their mouth and performing a finger sweep to remove any foreign objects. If the victim is still choking, perform CPR, including chest compressions, which may clear the victim's airway.