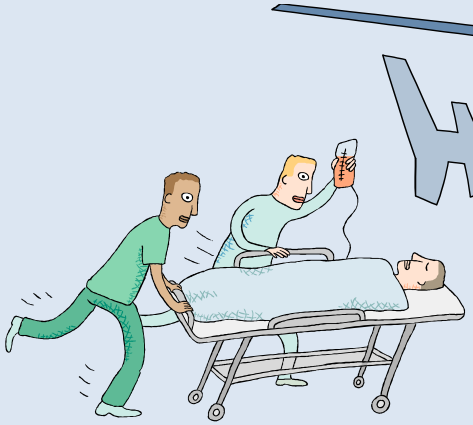
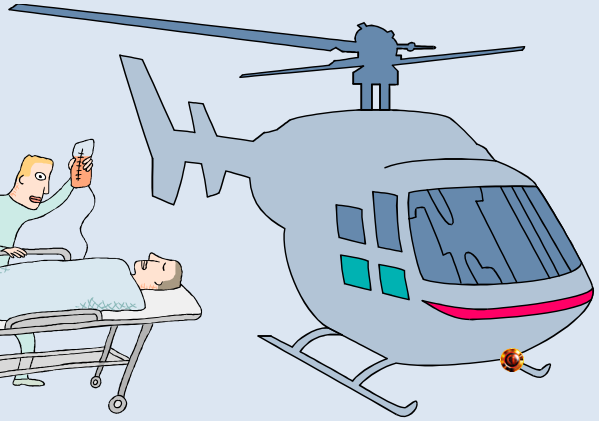
First Aid & Emergency Care





First Aid

What do you say it is?

- **Definition**
  - The emergency treatment given to a person who is injured or ill.

What are you trying to accomplish when doing first aid?

- **Principle goals**
  - Prevent death
  - Prevent further injury
  - Make patient comfortable
  - Arrange for transportation

First Aid:

What is your first concern before approaching a accident scene?

- **Make sure the area is safe**
  - What caused the injury or accident?

ACTUAL SCENE SAFETY

NEVER ASSUME ANY SCENE IS SAFE

TAKE A QUICK HAZARD SURVEY.

A. CHECK GROUND CONDITIONS.
B. CHECK FOR ELECTRICALCONTACT
C. CHECK FOR CHEMICALS.
D. CHECK FOR UNSTABLE EQUIPMENT.
E. CHECK FIRE/EXPLOSION HAZARDS.

What should be your next concern?

- **Ensure Personal Safety**
  - Protect yourself with gloves, masks, glasses before you act.
  - You wouldn’t work with toxic chemical without the proper protection would you? Treat the body as toxic chemicals.

Bloodborne Pathogens Prevention

Pathogens are infectious contagious diseases that travel with any body fluid, they can be airborne. If they travel in the blood they are blood borne.

1 Protect yourself against disease by wearing disposable latex gloves. If unavailable, use several layers of gauze pads, plastic wrap or bag, or even have the victim apply pressure with his or her hand.

Disposable gloves protect against disease.

CHECK FOR CAUSE AND TYPE OF INJURY

DETERMINE WEATHER TO MOVE PATIENT.

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MOVE ONLY IF IT IS UNSAFE FOR YOU OR PATIENT. OTHERWISE TREAT WHERE FOUND.

IF MULTIBLE VICTIMS FOUND, DO A QUICK LIFE THREATENING ASSESSMENT TO DETERMINE THE ORDER OF TREATMENT.

SOMEONE MUST TAKE CHARGE AT EVERY ACCIDENT SCENE TO:

1. ACTIVATE THE E.M.S. SYSTEM

2. SECURING SCENE HAZARDS

3. GATHERING EQUIPMENT AND SUPPLIES

4. GETTING ASSISTANCE IN TREATMENT

5. KEEPING COMMUNICATIONS OPEN

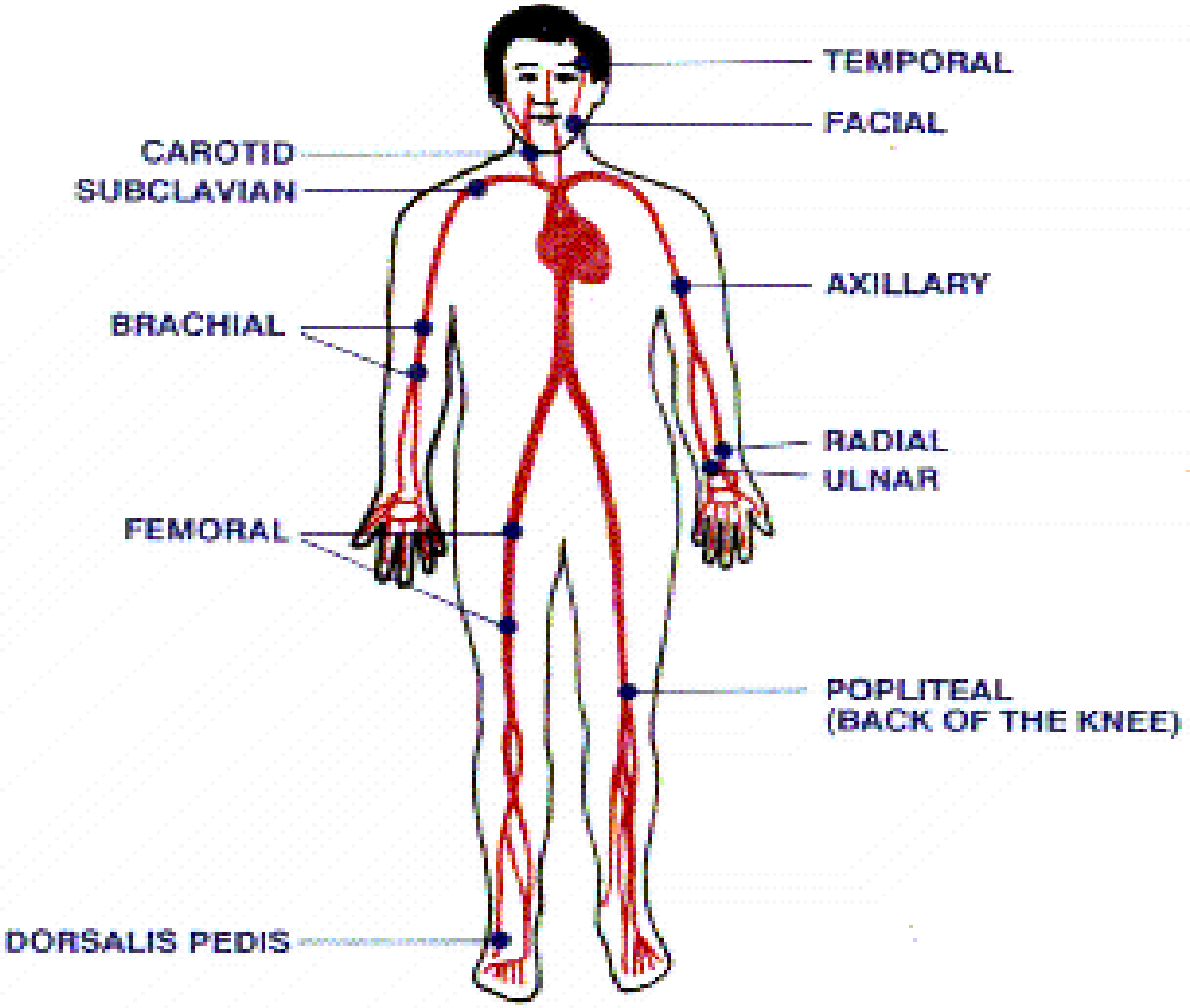
6. IF CHEMICALS ARE INVOLVED SEND SDS SHEETS WITH THE E-SQUAD

We're looking for something that could kill in seconds or minutes.

SEVERE BLEEDING !

What ng?

- Direc
- Eleva
- Press
- Cold
- Tour



VISUAL 4-7

Pressure Points

What can kill a injured victim even though their injures may not be life threatening?

Shock!

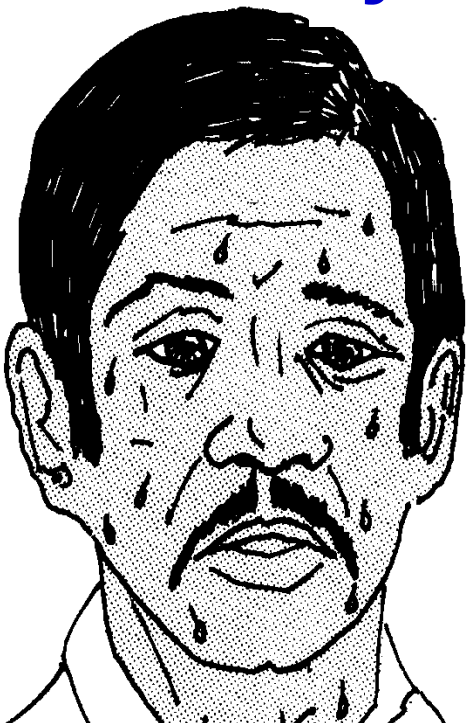
What can cause a victim to develop shock?

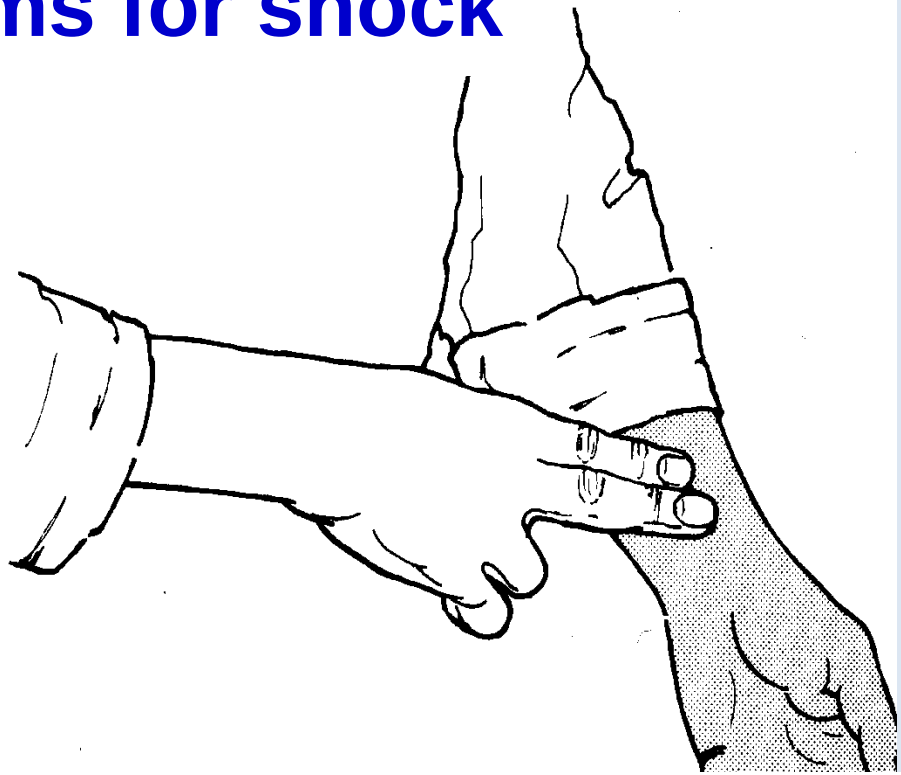
- Shock may accompany any injury.

- Blood loss, breathing impairment, heart failure, burns, sever pain, emotional disturbance, allergic reactions**.**

- Can you name other things that could cause shock?

Symptoms for shock



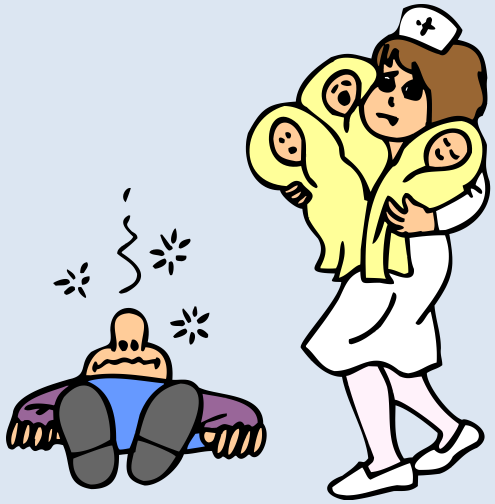


Cool, clammy skin
Pale or ashen skin
Rapid pulse, but weak
Rapid breathing

Nausea or vomiting
Enlarged pupils
Weakness or fatigue
Dizziness or fainting

Changes in mental status or behavior, such as anxiousness or agitation.

Treatment for shock:



- Treat for Shock on all patients from the beginning.
- Shock can kill, even though the injuries wouldn’t.

- Lay the person down and elevate the legs and feet slightly, unless you think this may cause pain or further injury.
- Keep the person still and don't move him or her unless necessary.
- Begin CPR if the person shows no signs of life, such as breathing, coughing or movement.
- Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.
- Don't let the person eat or drink anything.
- If the person vomits or begins bleeding from the mouth, turn him or her onto a side to prevent choking, unless you suspect a spinal injury.

Can you name another type of shock that could occur from insect bites, bee stings, or from allergic reactions from chemicals? A reaction to something ingested, Inhaled injected or absorbed.

Anaphylaxis

Anaphylaxis can also be called:

Anaphylactic shock.

It is an allergic reaction that can be life-threatening.

Allergic reactions that might put you at risk are:

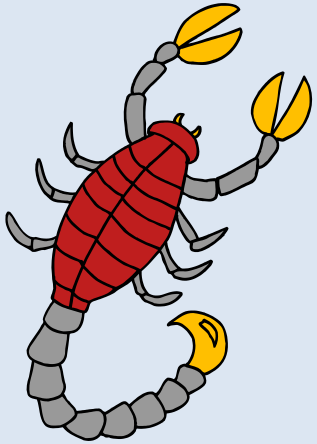
- food allergies to milk,
- shellfish
- soy, egg
- peanut, and tree nuts
- allergies to medicines like penicillin
- insect bite or sting allergies
- reactions to certain chemical exposures (SDS) Info Important

Anaphylaxis symptoms occur suddenly and can progress quickly. The early symptoms may be mild, such as a runny nose, a skin rash or a "strange feeling." These symptoms can quickly lead to more serious problems, including:

- **Trouble breathing**
- **Hives or swelling**
- **Tightness of the throat**
- **Hoarse voice**
- **Nausea**
- **Vomiting**
- **Abdominal pain**
- **Dizziness**
- **Fainting**
- **Low blood pressure**
- **Rapid heart beat**
- **Feeling of doom**
- **Cardiac arrest**

Flying Insect Stings and Allergies

Venom from honeybees, yellow jackets, wasps, and hornets can cause anaphylaxis.

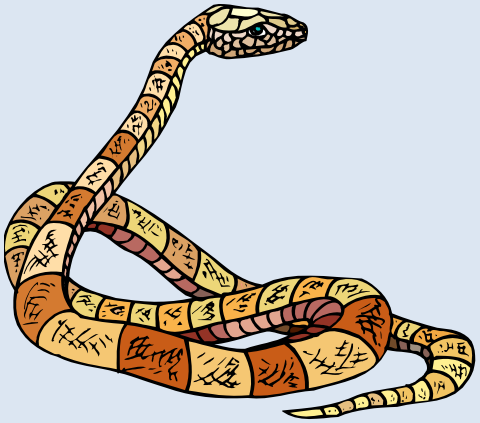


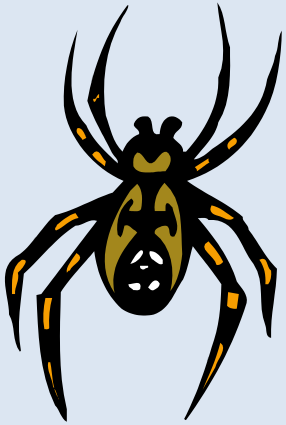
Honeybees

Paper wasps

Hornets

Fire ants

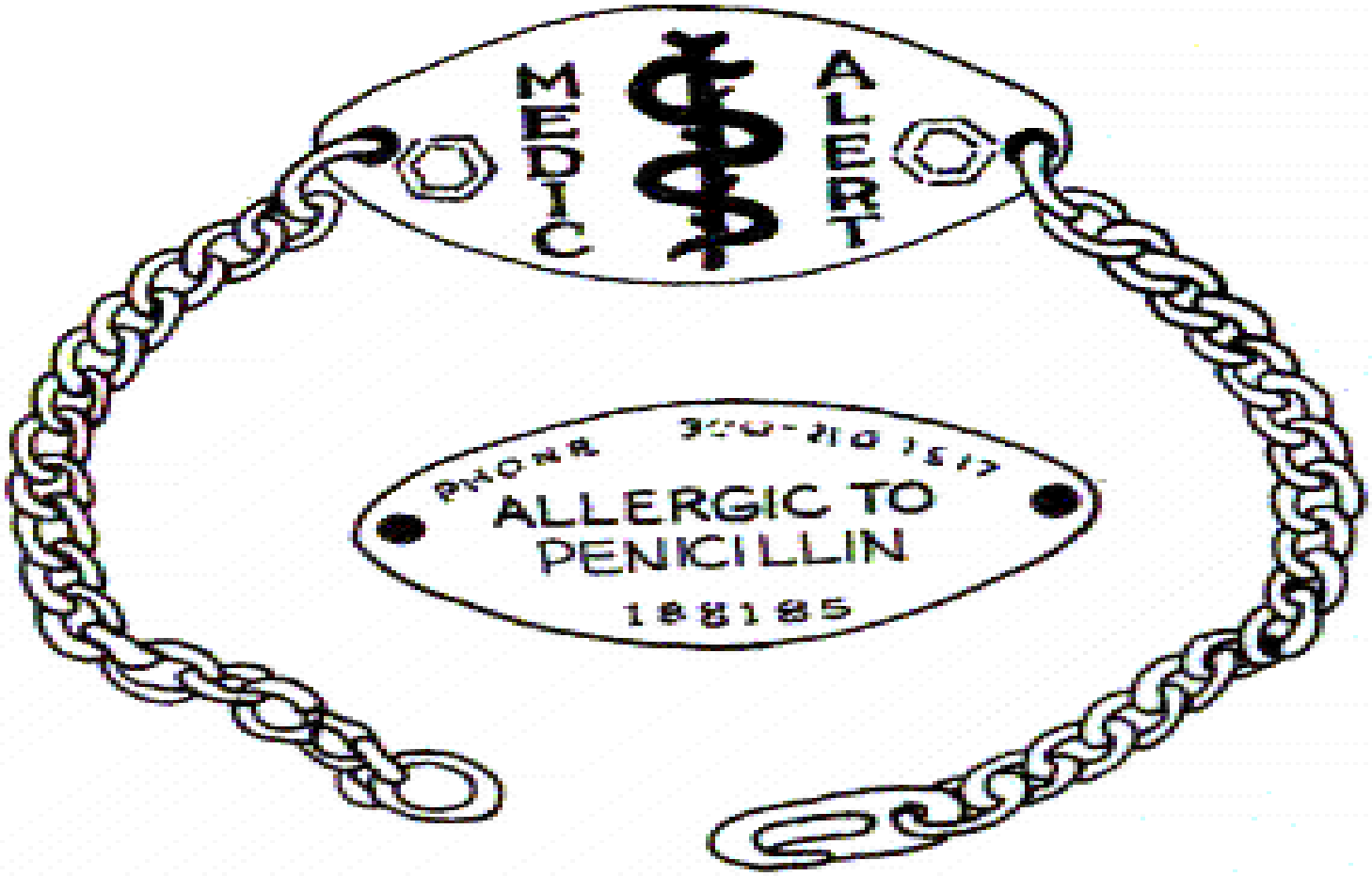




Handling an Allergy Emergency

Epinephrine can prevent or reverse anaphylaxis symptoms. If you think you're having an anaphylactic reaction, immediately inject epinephrine even if you are unsure that the symptoms are allergy related. Then call 911, even if you feel better.

How important are these objects?



VISUAL 1-6

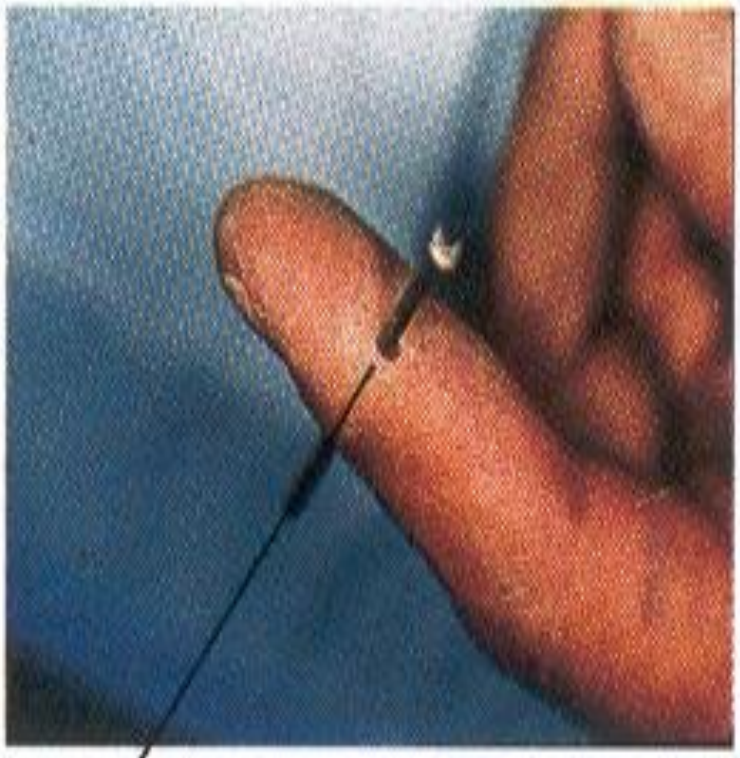
Incision Wounds: A skin wound with smooth edges.

Bleeding will be more present in this type of wound.

Laceration Wound: A skin wound with jagged edges.

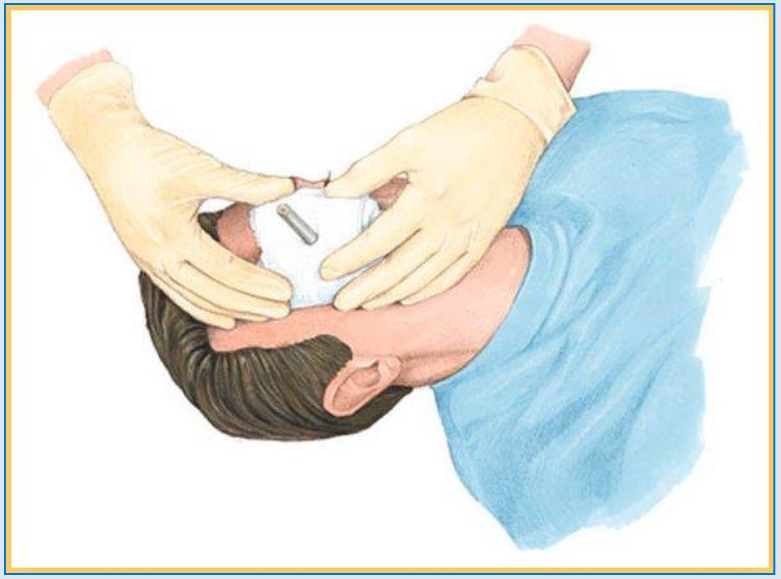
These types of wounds also tend to bleed more.

How would you handle this type of wound?



Impaled Objects

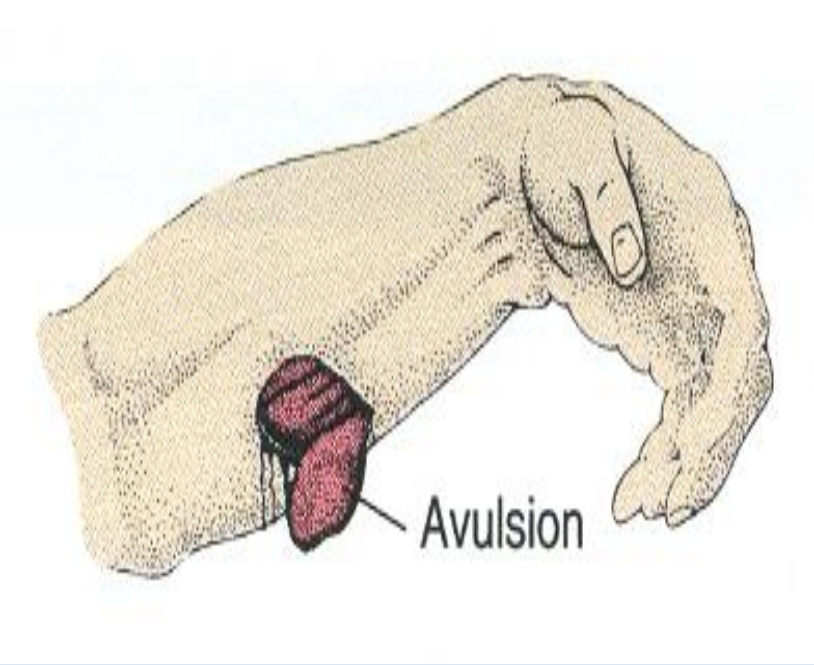
1. Do not remove
2. Stabilize object
3. Seek medical attention



Would you remove object from eye ?

Place paper cup over object and eye , also cover other eye to decrease eye movement.

Dressing for an Embedded Object in the Eye

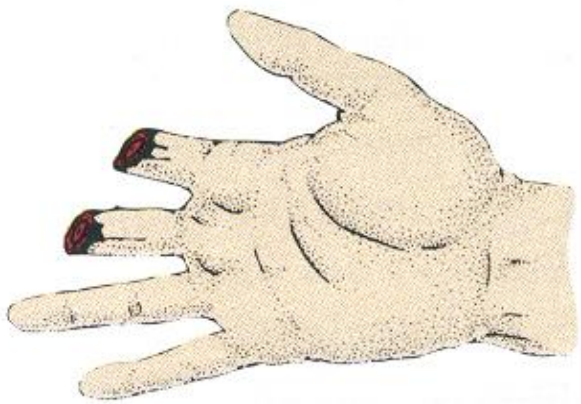


When a avulsion type wound occurs, the tissue that is torn away should be placed back in position if not contaminated.

How would you handle the severed parts?

Keep parts <u>cool, clean, dry.</u>

- Amputation. This involves the cutting or tearing off of a body part such as fingers, toes, hands, feet, arms, or legs.



With all types of wounds, the order treatment should be:

1. **Stop the bleeding.**
2. **Wipe loose foreign particles away from wound**
3. **Cover with cloth (preferably a sterile dressing).**
4. **Tie bandage compress or gauze over wound**

Burns

How are burns classified ?

First degree

Second degree

Third degree

First Degree

What are you going to do for this type of burn ?

- Place a cool compress over it to relieve the pain and swelling.
- You may do this for five to 15 minutes and then remove the compress.
- Avoid using ice or extremely cold compresses because they can aggravate the burn.
- Avoid applying any type of oil, including butter, to a burn.
- Oils prevent healing in the site.
- Products containing aloe vera with lidocaine may help with pain relief and are available over the counter.

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Second Degree

However, seek emergency medical treatment if burns affect a widespread area of the:

- ❑ face
- ❑ hands
- ❑ buttocks
- ❑ groin
- ❑ feet

Third Degree

How would you handle this type of burn ?

There is a misconception that third-degree means most painful. With this type of burn, the damage is so extensive that you may not feel pain because your nerves are damaged. Depending on the cause, third-degree burns cause the skin to look:

- Dark brown
- Raised and leathery

There is no set healing timeline for third-degree burns.

- Never attempt to self-treat a third-degree burn. Call 911 immediately.
- Elevate the injury above your heart.
- Make sure no clothing is stuck to the burn.
- Wrap it loosely if you're waiting for medical treatment;

Burns

- **Treatment: What are you trying to accomplish?**

- Remove heat

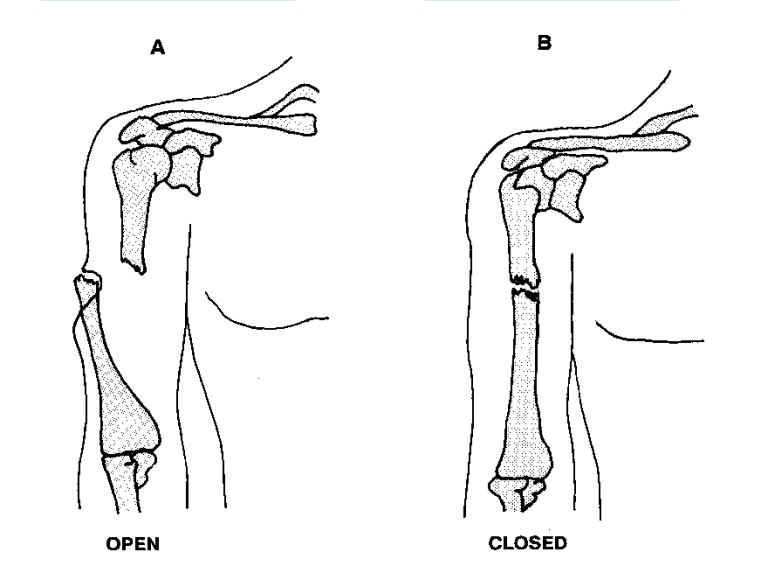
Cover Bandage; loosely

- Prevent contamination

Musculoskeletal Injuries

Fractures

OPEN **Closed**



How are these two different?

Fractures & Dislocations:

What do you do for them?

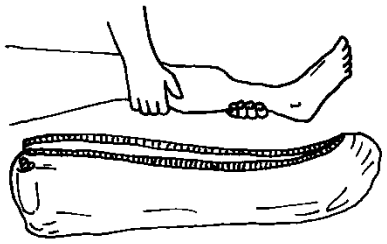
Splint

Little or no movement

Immobilize above and below the fracture or dislocation in the line of deformity

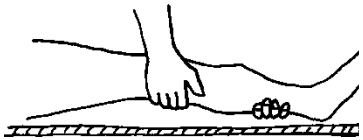
When in doubt, Splint
Elevate limb
Apply cold compresses

AIR SPLINT

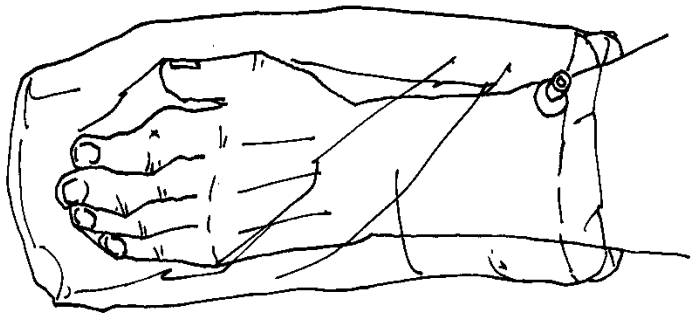


SUPPORT ABOVE AND BELOW FRACTURE

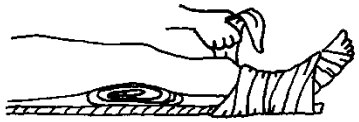
BOARD SPLINT



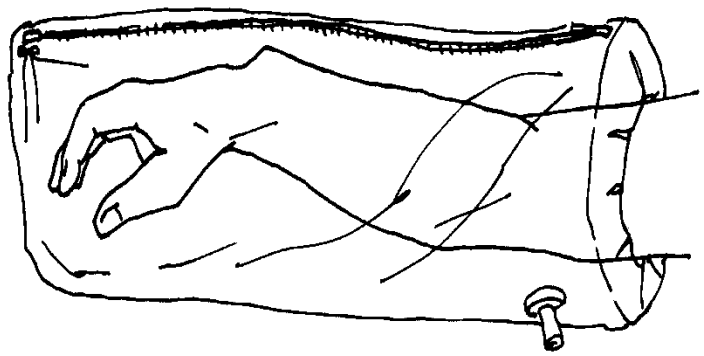
SUPPORT AND SLIDE WELL-PADDE SPLINT UNDER LEG

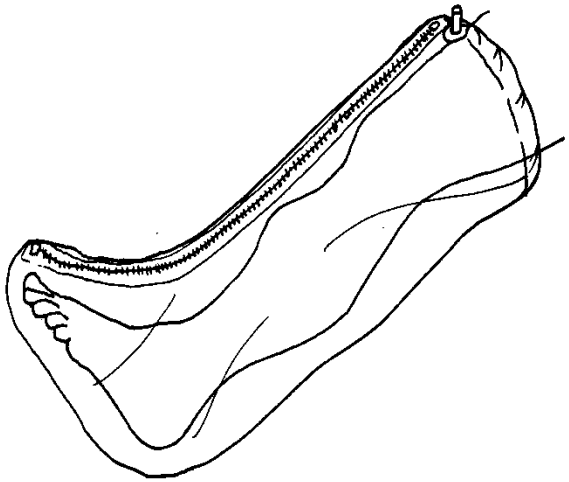


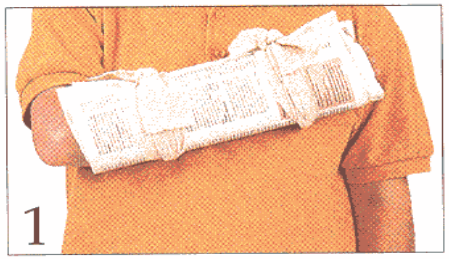
APPLY SPLINT TO LIMB AND INFLATE



PAD SPACES BETWEEN LEG AND SPLINT AND BANDAGE SECURELY







Hand

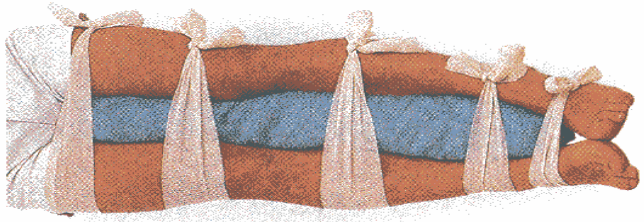
Place a padded splint underneath the lower part of the arm and hand and tie the splint in place. Gently place the lower part of the arm and elbow at a right angle to the person's chest (1). Elevate the hand about 4 inches above the elbow. Put the lower part of the arm in a sling and tie the sling around the neck (2).

Ankle and foot

Put a pillow (or a towel or rolled blanket) around the leg from the calf to beyond the heel (1). Tie the pillow in place and fold the end beyond the heel up to support the foot (2).

Upper leg (thigh)

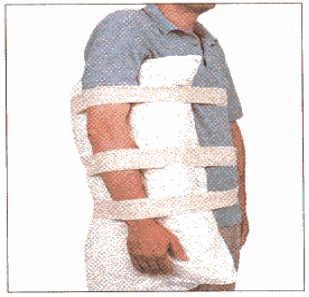
Carefully straighten the knee of the injured leg. Place padding between the person's legs. If you do not have splints, tie the injured leg to the uninjured leg in several places, but not over the injured area (see below). If you have splints, slip seven long bandages under the person's body at the ankles; above and below the knees;

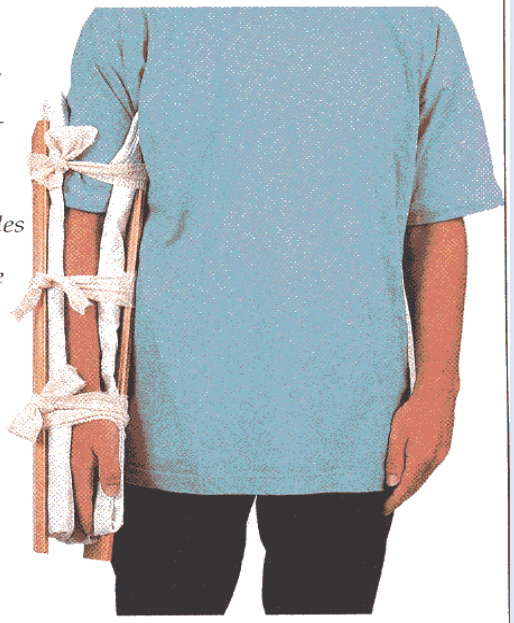


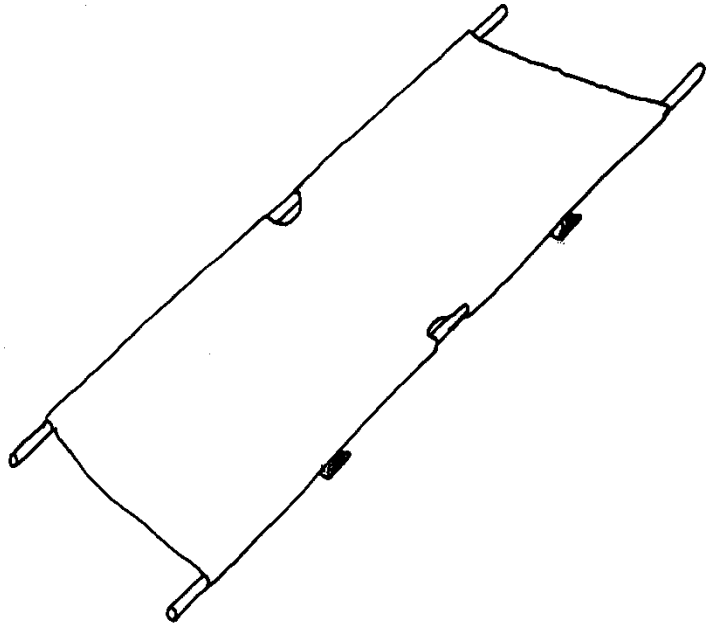
at the thigh, pelvis, and lower back; and just below the armpits. Place one splint on the outside of the injured leg, reaching from the armpit to below the heel. Place the other splint on the inside of the injured leg, reaching from the crotch to below the heel. Tie the splints to the injured leg. (See page 68 for splinting lower-leg injuries.)

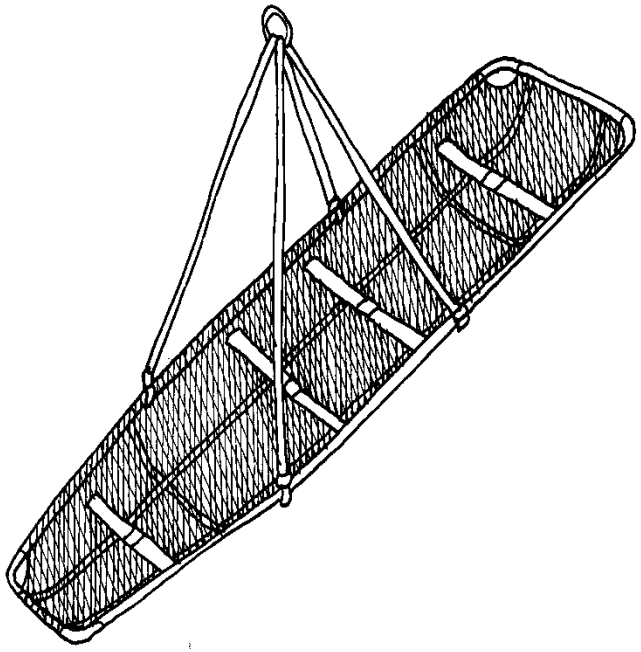
Elbow

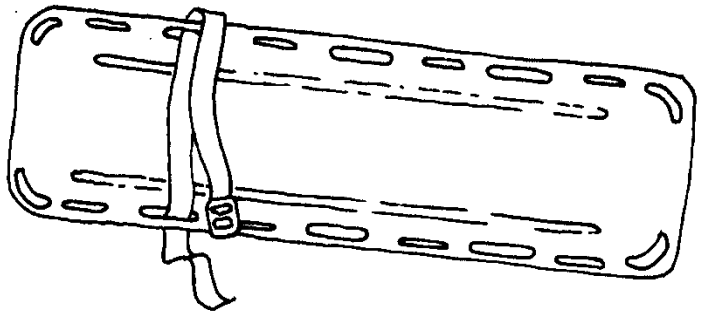
Do not try to straighten an injured elbow. If the elbow is bent, follow the procedures at left for the two slings applied for upper-arm injuries. If the elbow is straight, do not bend it. Put padding in the person's armpit and apply padded splints on both sides of the arm (see right). If splints are not available, immobilize the injured elbow as shown below.











Name some times when you might have to use these different types of stretchers.

QUESTIONS ?