Introduction

Basic First Aid for Common Situations	
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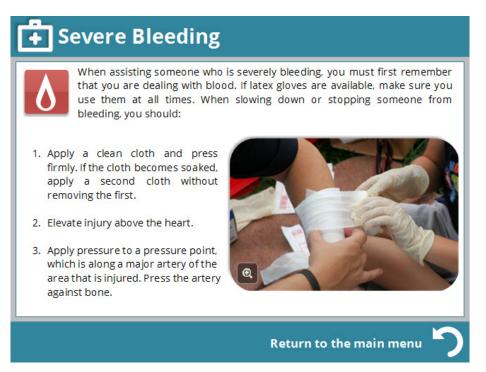
Instructions



Click on each of the icons to learn how to administer first aid for the following common injuries.



Severe Bleeding

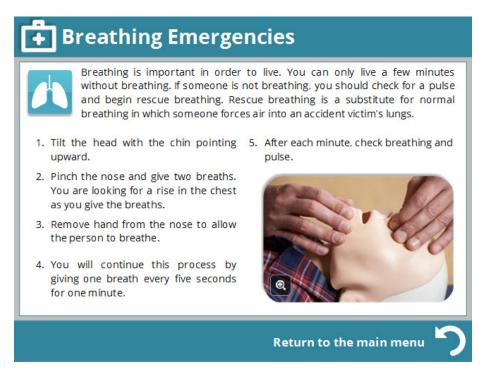


When assisting someone who is severely bleeding, you must first remember that you are dealing with blood. If latex gloves are available, make sure you use them at all times. When slowing down or stopping someone from bleeding, you should:

- 1. Apply a clean cloth and press firmly. If the cloth becomes soaked, apply a second cloth without removing the first.
- 2. Elevate injury above the heart.
- 3. Apply pressure to a pressure point, which is along a major artery of the area that is injured. Press the artery against bone.



Breathing Emergencies



Breathing is important in order to live. You can only live a few minutes without breathing. If someone is not breathing, you should check for a pulse and begin rescue breathing. Rescue breathing is a substitute for normal breathing in which someone forces air into an accident victim's lungs.

Steps to Rescue Breathing:

- 1. Tilt the head with the chin pointing upward.
- 2. Pinch the nose and give two breaths. You are looking for a rise in the chest as you give the breaths.
- 3. Remove hand from the nose to allow the person to breathe.
- 4. You will continue this process by giving one breath every five seconds for one minute.
- 5. After each minute, check breathing and pulse.



Choking

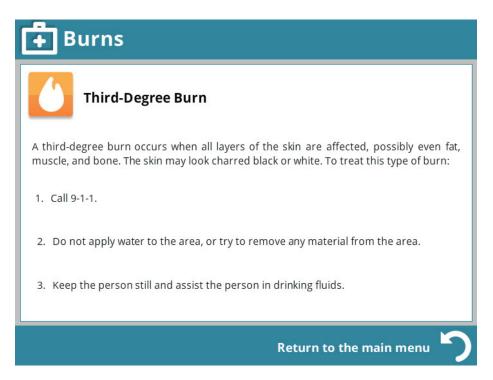


Choking occurs because something is blocking the airway. When you see someone holding his or her throat, it means, "I am choking." The first aid for someone choking is to perform the Heimlich maneuver, using the following steps:

- 1. Place your fist against the person's stomach, above the navel.
- 2. Place the other hand over your fist.
- 3. Give abdominal thrusts, which are quick upward thrusts into the diaphragm that try to dislodge the item out of the airway. Continue with the thrusts until the object is dislodged.



Burns



First-degree burn: A first-degree burn occurs when the outer or first layer of skin is burned but not through to the second layer. Skin is red, swollen, and sometimes painful. To treat this type of burn:

- 1. Wash with cool (not cold) water or submerge in cool water for ten to fifteen minutes.
- 2. Cover with a clean cloth or bandage.

Second-degree burn: A second-degree burn occurs when the first and second layers of skin are burned. Blisters appear, and skin is red, painful, and swollen. To treat this type of burn:

- 1. Wash with warm water for ten to fifteen minutes.
- 2. Cover with a clean cloth or bandage.
- 3. Elevate the burned area.

Third-degree burn: A third-degree burn occurs when all layers of the skin are affected, possibly even fat, muscle, and bone. The skin may look charred black or white. To treat this type of burn:

- 1. Call 9-1-1.
- 2. Do not apply water to the area, or try to remove any material from the area.
- 3. Keep the person still and assist the person in drinking fluids.



Broken Bones

🕂 Broken Bones
When assisting someone who may have a broken bone, it is important to stabilize the site of the injury and not move it. To treat this type of injury:
 Seek medical attention by calling 9-1-1 or taking the person to the emergency room. Apply a cold pack, but do not move the injury.
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Sprains



Treatment of sprains, strains, and bruises is often accomplished with the RICE method.

R is for **Rest**: Use the injured part of the body only as much as tolerated. Using crutches, splints or slings will help you rest the injury.

I is for Ice: For the first forty-eight hours, apply ice to the injury for twenty minutes every three to four hours. Do not exceed the twenty minutes or you can damage tissue.

C is for Compression: Use an Ace bandage to compress the injury. The bandage should not be so tight that it cuts off circulation. If the injury turns blue or tingles, you will need to re-wrap the injury so that it is not as tight.

E is for Elevate: Keep the injury elevated higher than your heart, if possible. Elevate with pillows at night.



Poisoning

Poisoning	
Poisoning occurs when a person digests a chemical that can injure or impair a person. If you believe someone may have ingested a harmful substance, use the following steps:	
1. Call 9-1-1 or the Poison Control Center's 24-hour hotline at 1- 800-222-1222 to get advice on how to treat the poisoned victim.	Pure and Part and Par
2. Save the container of poison.	
3. Check the pulse and breathing every minute.	
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