

Module 5: Keeping It Together
Topic 2 Content: Basic First Aid for Common Situations Notes

Introduction




Basic First Aid for Common Situations

Click **NEXT** to begin.

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Instructions



The image shows a digital interface for a first aid guide. At the top, a dark blue header contains a white first aid kit icon and the text "Basic First Aid for Common Situations". Below this is a grid of seven icons on a light gray background, each representing a different type of injury: a red square with a white blood drop, a green square with a white person coughing, a purple square with a white skull and crossbones, a light blue square with a white lung, a purple square with a white bone, a blue square with a white person using crutches, and an orange square with a white flame. At the bottom of the grid, a dark blue footer contains the text: "Click on each of the icons to learn how to administer first aid for the following common injuries."


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

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Severe Bleeding

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.



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Breathing Emergencies




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.

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.



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Steps to Rescue Breathing:


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Choking

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.



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Burns

 **Burns**

 **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.

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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.
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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:

1. Seek medical attention by calling 9-1-1 or taking the person to the emergency room.
2. Apply a cold pack, but do not move the injury.



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Sprains



Sprains, Strains, or Bruises




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.

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.

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.

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

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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.
2. Save the container of poison.
3. Check the pulse and breathing every minute.



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