



Basic First Aid

Until Help Arrives

EMERGENCY FIRST AID

3 KEY THINGS TO REMEMBER WHEN FACED WITH AN EMERGENCY SITUATION

1. Immediately call 911 for medical assistance.
2. Quickly stabilize the injury using calm and correct first aid.
3. Never move the patient unless it simply cannot be avoided. Do so carefully.

<p>CHEMICAL OVEREXPOSURE</p> <p>If the victim has been splashed by a poisonous substance, or has inhaled or swallowed a chemical:</p> <p>SKIN OR EYES Flush with water for 15 minutes.</p> <p>INHALATION Move the victim to fresh air, and give artificial respiration or CPR if necessary. Seek medical attention immediately.</p> <p>SWALLOWING Follow MSDS instructions and call the local poison control center. Seek medical attention immediately. Never give fluids to an unconscious person.</p> <p>THERE MAY BE EXCEPTIONS TO NORMAL PROCEDURES:</p> <ol style="list-style-type: none"> 1. Consult MSDS and the chemical's labeling, and get medical advice. 2. Before any emergency, check that labels and procedures are up to date. 3. Be certain not to contaminate yourself while administering first aid. 4. Keep the phone number of the poison control center at each phone. 	<p>ELECTRICAL SHOCK</p> <p>Do not touch a person who may be in contact with a live electrical current.</p>  <p>Turn off the power at the main switch or fuse.</p> <p>If you must remove a person from a live wire, be very careful. Don't use anything that is metal, wet, or damp. Push the person with a dry stick or board.</p> <p>Once victim is free, check for heartbeat and breathing, and give artificial respiration or CPR as necessary.</p>	<p>BURNS</p> <p>If the victim is on fire, stop the burning by rolling them on the ground. Douse them with water, or smother the flames with a coat, rug, or blanket.</p> <ul style="list-style-type: none"> • Cut away any loose clothing, but do not remove any clothing that is still on the burn. • First- or second-degree burns may be immersed in cold water for relief of pain. Avoid touching the affected area. Do not break any blisters. • Do not use ice, lotion, or ointment on the burn. • After soaking first- or second-degree burn, cover the burned skin with a moist, sterile dressing. • Immobilize and elevate any severely burned limbs. • Treat victim for shock, and watch closely for any breathing problems. • Seek medical attention immediately. <p>1 FIRST DEGREE Reddened Skin</p> <p>2 SECOND DEGREE Reddened Skin • Blisters</p> <p>3 THIRD DEGREE Skin & Tissues Damaged or Charred</p>	<p>CHEMICAL IN EYES</p> <p>FLUSH WITH WATER IMMEDIATELY FOR AT LEAST 15 MINUTES.</p> <p>Do not attempt to remove an object from the eye. Wait for medical help, and let them remove it!</p>  <p>After the eyes have been rinsed thoroughly, close both eyes, cover with a clean cloth, and seek medical attention immediately.</p>	<p>SEVERE BLEEDING</p> <p>You must stop the flow until help arrives. A caregiver working alone must stop the bleeding before calling for medical help. Wear protective gloves when possible, and cover any open wound you may have.</p> <p>DIRECT PRESSURE AND ELEVATION Direct pressure on the wound will stop most bleeding. Elevate the limb, and a clean cloth over the wound, and have pressure.</p> <p>FIND PRESSURE POINTS FOR DEEP CUTS Artery wounds require the use of pressure points. Find one of the four points between the heart and the wound, and apply direct pressure and elevation. Pressure points are on the inside of the upper arm and in the crease of the groin.</p> <p>If the victim has an uncontrolled bleed, what if he or she has NO PRESSURE POINTS? Place it in a plastic bag or container, and transport it and the victim to the hospital.</p> <p><small>Use all three methods together! Direct pressure, elevation, and direct pressure on pressure points.</small></p>
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<p>CPR</p> <p>IT'S AS EASY AS C-A-B</p>  <p>Compressions Push hard and fast on the center of the victim's chest.</p> <p>Airway Tilt the victim's head back and lift the chin to open the airway.</p> <p>Breathing Give mouth-to-mouth rescue breaths.</p>	<p>ADMINISTERING CPR</p> <ol style="list-style-type: none"> 1. Call 911, or ask someone else to do it for you. 2. Shout and tap "or gently shake" the victim's shoulder to get the victim to respond. If there is no response, roll the person onto their back. 3. Begin chest compressions by placing the heel of your hand in the middle of the victim's chest. Place your other hand on top of the first, interlacing your fingers. 4. Press down hard enough to compress the chest at least 2 inches in adults and children, and 1.5 inches in infants. One hundred compressions per minute (or even a little faster) is the optimal speed. 5. If you have been trained in CPR, you can now open the victim's airway by tilting the head and lifting the chin. 6. Pinch closed the victim's nose, take a normal breath and cover the mouth of the victim with yours to create an air-tight seal. Give two 1-second breaths as you watch for the chest to rise. 7. Continue with the cycle of compressions and breaths (30 compressions and 2 breaths) until assistance arrives. 
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<p>BROKEN BONES</p> <p>Do not move a person who may have broken bones unless absolutely necessary. Tell the victim not to move. Neck or back injuries could cause paralysis or death.</p>	<p>TRAUMATIC SHOCK</p> <p>A seriously injured person may go into shock, and shock can kill!</p> <p>ASSUME THAT YOUR VICTIM WILL GO INTO SHOCK.</p> <p>After first aid has been given and help is on the way, treat for shock:</p> <ol style="list-style-type: none"> 1. Lay the victim down flat, and lightly cover them. 2. Raise the feet above the level of the heart. 3. Check often that the victim is still breathing. 4. Do not give the victim anything to drink. 	<p>HEART ATTACK TIME IS CRITICAL</p>  <p>Symptoms of a heart attack include: shortness of breath or difficulty breathing; pain and/or pressure in the center of the chest; jaw and back pain, or pain that radiates down the left arm; cold sweat; nausea; vomiting or light-headedness.</p> <p>If you experience any one of these symptoms, go immediately to the nearest emergency room, or call 911 and sit or lie down until medical aid arrives.</p>
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<p>HEIMLICH MANEUVER</p> <p>Position yourself behind the victim, and wrap your arms around their waist. Place a fist (with thumb side in) below the ribs but above the navel. With your other hand, grab your fist and use sharp, in-and-upward thrusts to dislodge the object stuck in the airway. Repeat as needed.</p> 	<p>EPILEPTIC SEIZURE</p> <p>Do not attempt to constrict convulsive movements. Move away furniture or any nearby objects that might cause injury. Do not put anything into the victim's mouth. Keep people away from the victim. After the seizure ends, the victim may still be confused and disoriented. Make sure they have recovered fully, and obtain further medical aid if necessary.</p>	<p>AED</p>  <p>Automated external defibrillators (AEDs) are life-saving heart devices. Know the location of any AEDs your company may have and who is trained to operate one. Never attempt to use an AED if you have not been trained to do so.</p>
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<p>ANAPHYLACTIC SHOCK</p> <p>Anaphylactic shock can be deadly and is the result of a severe allergic reaction to a sting, insect bite, or certain types of food. Watch for symptoms that include breaking out in hives, swelling of the throat, or overall weakness. Call for medical assistance immediately. See if the victim has their own medicine. Artificial respiration may be required.</p>	<p>HEAT STROKE</p> <p>Heat stroke is life-threatening. Body temperature soars, and the skin becomes hot, red, and dry. Extreme fatigue can occur. Call an ambulance immediately, then attempt to cool the victim down by dousing them in large quantities of cool water. Wrap the victim's body in cold wet towels, and watch for loss of consciousness.</p> 	<p>CALL 911</p> <p>In an EMERGENCY CHEMICAL situation, call CHEMTREC at 1-800-424-9300.</p> <p>For non-emergency chemical information, call the USCG National Response Center at 1-800-424-8802.</p> <div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>911</p> <p>Police • Fire • Medical</p> <p>EMERGENCY</p> </div>
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PLEASE NOTE: This chart is a compilation of general first aid information obtained from sources believed to be reliable. However, there is no guarantee as to the medical validity of the information or the results obtained from using this information. This does not represent that every applicable safety procedure is contained herein, or that abnormal or unusual circumstances may not warrant or require further or additional procedures.

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