

Basic First Aid Training

Medical Emergencies

Choking:

- If someone can cough, stand by and let them cough.
- If they are visibly choking but cannot make noise or are wheezing then...
 - Call 911
 - Stand firmly behind them and do abdominal thrusts (Heimlich)
 - Wrap arms around waste.
 - Make a fist with one hand and place it slightly above the belly button.
 - Grab your fist with your other hand and do upward thrusts until the object comes out.
 - If they are not breathing and become unresponsive, provide CPR if you know how (911 can instruct you how to do this).

Bleeding:

For wounds that are bleeding, apply firm direct pressure over the wound using clean or sterile gauze/towel/bandage. If you do not suspect broken bones, lift the wound about the level of the heart to slow the flow of blood. If blood soaks through the first bandage, DO NOT remove it! Place additional bandages over the original and continue applying pressure. Once the bleeding stops, wrap a sterile bandage around the gauze to hold it in place. If the bleeding does not stop, call 911.

Burns:

You must call 911 for life-threatening burns (life-threatening burns that are on the face, genitals, a large area of the body, serious burns to an elderly person or child). If someone is burned, you must cool the burned area with large amounts of cool (not cold) water until the burning stops. Never place butter or oil on a burned area. Once the burned area has been cooled with water, cover it with a clean or sterile bandage. Do not place any ointments on the burn unless instructed by a medical professional. Covering the burn will help prevent infection and reduce the person's pain. If your clothes or someone else's clothes catch on fire, DO NOT run; stop, drop, and roll until the fire goes out and then call 911. Never remove any clothing stuck to a person's body. Cover them with a wet blanket until the burning stops, then cover them with a dry blanket.

Nosebleeds:

You must call 911 if the person is on a medication that thins the blood. If someone has a nosebleed, lean the person FORWARD and pinch their nose tightly. Continue holding the nose for several minutes. DO NOT lean the person back or have the person look at the ceiling. If the bleeding does not stop within 15 minutes, is bleeding heavily, or the person is struggling to breathe due to the bleeding call 911.

Heat Related and Cold Related Injuries:

If someone has become overheated, as evidenced by vomiting, confusion, heavy sweating and/or a change in behavior; remove the person from the heat and have them drink water or Gatoraid/Poweraid. If necessary, remove as much clothing as possible and use cool water spray to cool them. If a cool water spray is unavailable, put damp cloths on their neck and armpits. Call 911 if they do not improve or if they lose consciousness.

If someone has been exposed to extreme cold temperatures and they are cold to the touch, turning blue, and/or confused, place the person in a warm environment, remove any wet clothing, and cover the person with dry warm blankets, clothing, or newspapers. If the person does not improve or becomes unconscious, call 911.

Poisonings:

If someone has ingested or made contact with a potential poison, contact the Poison Control Center (1-800-222-1222) immediately. Please have as much information you can about what was ingested, how much, and when. You will also need the person's age, weight, when they were poisoned, and how they are feeling currently. After you call Poison Control, call 911 if they suggest you need to.

Head Injury:

If someone falls or hits their head and becomes unconscious, DO NOT move the person, call 911. If they are conscious, check for symptoms of a head injury such as unequal or dilated pupils, vomiting, short term memory loss, black & blue discoloration of the eyes, poor or loss of balance, or the person isn't acting like themselves. Monitor for safety. Allow the person to sleep but wake every hour to check for improvements. If the conscious person does not improve or gets worse, call 911.

Insect Sting:

If you or someone you know is stung by an insect, do not squeeze out the stinger. If the stinger remains in the skin, scrape it off using a fingernail or credit card. Wash the area that was stung with soap and water. If you start having trouble breathing or know someone is allergic to insect stings, call 911.

Seizures:

If someone is having a seizure, DO NOT put anything in their mouth and DO NOT try to restrain their movement. Clear the area of hazards and put a pillow under their head if possible. Turn them to the side if there are any fluids in their mouth. If this is the first time the person has had a seizure or if this particular seizure is longer than ones they have had in the past (follow their seizure plan) call 911.

Shock:

Shock occurs when someone does not get enough blood to an area of their body or loses a lot of blood. This often is a result of a strike or hit to the body by a blunt object. You may not be able to see that they have lost blood, therefore the symptoms of shock are feeling weak, faint, dizzy, nauseous, thirsty, be restless, agitated, confused, have skin that is cold and clammy, or have pale/gray skin. If someone is experiencing shock call 911, help them lie on their back and cover them with a blanket, towel, newspaper, etc. to keep them warm.

Tooth Injuries:

If someone experiences a tooth injury first check for missing teeth, loose teeth, or parts of teeth. Clean the wound with clean water. If a tooth is loose, have the person bite down on a piece of gauze and call a dentist. If there is bleeding apply pressure with gauze. If a tooth comes out, put the tooth in milk or water and arrange for person to see a dentist or go to an emergency room. If a tooth is merely chipped, gently clean the area and call a dentist.

Eye Injuries:

If someone experiences an eye injury, call 911 if the eye is hit hard or punctured. Tell the person to keep BOTH eyes closed because your eyes work in tandem. If there is a small irritant in the eye, flush with water. If that irritant does not come out or the person explains of extreme pain seek medical help.

Penetrating or Puncturing Injuries:

If an object penetrates or punctures a person's body and remains in the body, leave it there. DO NOT PULL IT OUT, that may cause more damage. Call 911. Stop bleeding using gauze and pressure.

Ticks:

If someone gets bit by a tick it needs to be removed as soon as possible. Do not just pull the tick out, but use a tweezers or a tick-removing-device and gently pull on the tick until it lets go. Put the tick in a plastic bag. Suggest the person or their family get the tick tested for harmful diseases.

Amputation:

If a part of someone's body is amputated call 911. Stop bleeding from injured area with pressure (may be for a long time with a lot of pressure). To protect the injured part:

- Rinse in clean water.
- Wrap the injured part in a clean dressing .
- Place in a water tight plastic bag if it will fit.
- Place that bag in another container with ice or ice/water
- Label with injured person's name, date, time.
- Get the amputated part to the hospital with the injured person.

Broken Bones or Sprains:

If someone possibly breaks a bone or has a sprain reduce the movement of the injured area. Cover any open wounds with a clean dressing. Put a bag of ice or ice & water on the injured area for no more than 20 minutes (alternate 20 min on, 20 min off). Seek medical assistance if there is a large open wound or the injured part is abnormally bent.

Electrical Injury:

If someone gets electrocuted DO NOT TOUCH THEM OR ENTER THE AREA until all power is turned off. Call 911 immediately. If you can, turn the power off at its source.