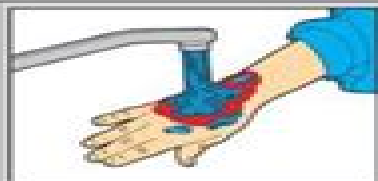


# FIRST AID



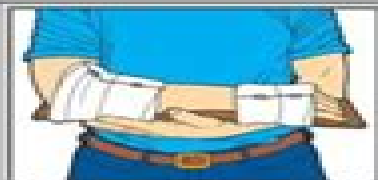
## BLEEDING

- Apply direct pressure to the wound using a sterile gauze pad or clean cloth.
- Elevate the injured area above the level of the heart if there is no fracture.
- Cover the dressing with a pressure bandage. If bleeding does not stop apply additional dressings.
- If necessary, apply pressure to the artery with your hand.



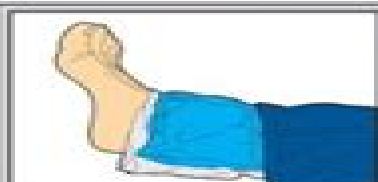
## BURNS

- Stop the burning. Remove the person from the source of the burn.
- Cool the burn. Hold burned area under cool (not cold or icy) running water or immerse for 10 to 15 minutes. Use cool compresses if water is unavailable.
- Cover the burn. Cover burn with non-adhesive sterile bandage or clean cloth.
- Prevent shock. Lay the person down and elevate the legs.



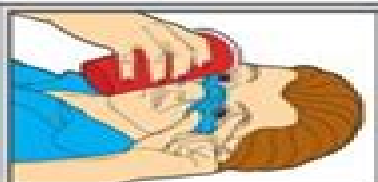
## FRACTURES

- Help the person support the injured area. Stop any bleeding by applying pressure with sterile bandage or clean cloth.
- Check for feeling, warmth and color below fracture.
- Immobilize the injured area. Apply a soft or hard splint above and below the fracture.
- Apply ice or cold packs and elevate.
- Treat for shock. Lay the person down and elevate the legs.



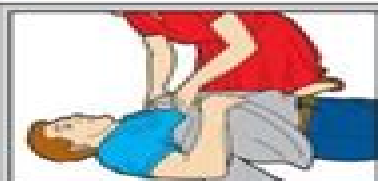
## SPRAINS

- Rest the ankle or injured area.
- Apply ice or cold packs (wrap in cloth or put cloth under to protect the skin).
- Compress by lightly wrapping an elastic bandage around the injured area.
- Elevate the injured area above heart level to reduce swelling.



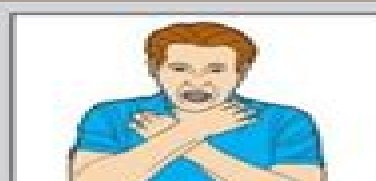
## EYE INJURIES

- Don't rub the eye.
- For a foreign particle such as dirt, sand, or silver or metal, or metal have the person pull the upper lid down and blink repeatedly.
- Flush the eye with water.
- For any chemicals in the eye immediately wash the eye with lots of water.



## SHOCK

- Help the person lie down on his or her back.
- Elevate the feet about 12 inches. If raising the feet causes pain or further injury, keep him or her flat.
- Check for signs of breathing, coughing, or movement, and if absent begin CPR.
- Keep the person warm and comfortable.
- Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.



## CHOKING

### Signs of choking

- The person has hands clutching his or her throat, unable to breathe or talk, or skin, lips, and nails are turning blue.

### Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrap your arms around the waist.
- Make a fist with one hand. Position it, slightly above the person's navel.
- Grab the fist with the other hand. Press hard into the abdomen with a quick inward and upward thrust.
- Perform 5 abdominal thrusts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 911. If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious, perform CPR.



### Clear the airway of obese person or pregnant woman

- Place your hands a little higher than normal.
- Proceed as with the Heimlich maneuver, showing your fist inward and upward quickly.
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.



## CPR

- Check to see if the person is conscious or unconscious.
- If the person doesn't respond and you are alone first call 911, then begin CPR. If two people are available, one should call 911 and the other begin CPR.

### Compressions - Begin compressions

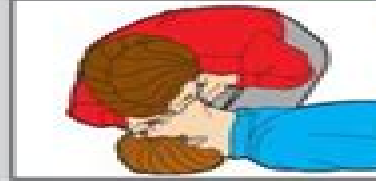
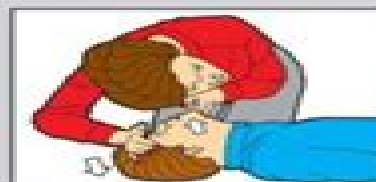
- If face down, put the person on his or her back while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your upper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 100 compressions per minute.

### Airway - Clear the airway

- If trained for CPR, after 30 compressions, open the person's airway your by placing your palm on the person's forehead and gently tilt the head back. With the other hand gently lift the chin forward to open the airway.
- Check for normal breathing, chest motion, and listen for normal breathe sounds.

### Breathing - Breathe for the person

- Pinch the nostrils and cover the person's mouth with yours.
- Give the first rescue breath and watch to see if the chest rises. If it does rise give the second breath. If the chest doesn't rise, repeat the head tilt, chin lift, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement or emergency personnel take over.



# First Aid What To Do And When

**CH Cherryholmes**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **First Aid What To Do And When:**

*First Aid, CPR, and AED* Alton L. Thygerson, Benjamin Gulli, Jon R. Krohmer, 2007 *First Aid and CPR* *First Aid, CPR, and AED Standard* American Academy of Orthopedic Surgeons, British Paramedic Association Staff, Ray Carney, 2009-09-15 *First Aid CPR and AED Standard Irish Edition* is the centre of an integrated teaching and learning system that offers instructor student and technology resources to better support instructors and prepare students The text includes PHECC Clinical Practice Guidelines for Occupational First Aid and conforms to the FETAC Standard for Occupational First Aid coverage of the 2005 Guidelines current information on injured and illnesses Core information for first aiders presented in a clear and straightforward format skills drills that offer step by step explanations and visual summaries of important skills flowcharts that reinforce the decision making process and appropriate procedures and decision tables Provide a concise summary of what signs first aiders should look for and what treatment steps they should take *Standard First Aid, CPR, and AED* American Academy of Orthopaedic Surgeons (AAOS), AAOS, American College of Emergency Physicians (ACEP), Alton L. Thygerson, 2011-02-07 Based on the 2010 International Consensus Guidelines for Cardiopulmonary Resuscitation CPR and Emergency Cardiac Care ECC the *Standard First Aid CPR and AED Sixth Edition* student manual is ideal for use within training courses designed to certify individuals in first aid CPR and AED This manual includes Coverage of the 2010 CPR and ECC Guidelines Clear concise direction on how to perform CPR and use an AED during an emergency Current information on injuries and illnesses Core information for first aiders presented in a clear and straightforward format Skill Drills Offer step by step explanations and visual summaries of important skills Emergency Care Wrap Up Tables Provide a concise summary of what signs first aiders should look for and what treatment steps they should take Important Notice The digital edition of this book is missing some of the images or content found in the physical edition **Advanced First Aid for First Responder on Scene** Frank O'Connor, 2014-03 **ACEP First Aid Manual 5th Edition** DK, 2014-09-01 A possible life saving reference to keep around the house or in the car DK's *First Aid Manual* looks at more than 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and shows exactly what to do with step by step photographic sequences Every condition is clearly explained outlining causes symptoms and signs and action plans The updated design makes the instructions easier to follow whether you need information on emergency first aid first aid for babies and children or tips on resuscitation This ACEP *First Aid Manual* is an invaluable resource to keep you and your loved ones safe and healthy **First Aid** Røde Kors, 2016-03-09 The Danish Red Cross is working towards a minimum of every other adult Dane being able to give qualified first aid The more people able to give first aid the more peace of mind we will all have in our daily lives This book is addressed to you the person who is going to learn to give first aid and it provides simple directions for providing first aid supported by illustrations The aim is to teach you how to handle minor as well as larger emergencies through the four basic principles of first aid 1 Ensuring safety 2 Assessing the 3 Getting help 4 Administering

first aid Once you know how to perform each of these four steps you will be equipped to assess and handle an emergency situation and provide help and assurance for strangers as well as next of kin involved in an accident     Fundamentals of Medium/Heavy Duty Commercial Vehicle Systems Owen C. Duffy,Gus Wright,2015-07-13 Based on the 2014 National Automotive Technicians Education Foundation NATEF Medium Heavy Truck Tasks Lists and ASE Certification Test Series for truck and bus specialists Fundamentals of Medium Heavy Duty Commercial Vehicle Systems is designed to address these and other international training standards The text offers comprehensive coverage of every NATEF task with clarity and precision in a concise format that ensures student comprehension and encourages critical thinking Fundamentals of Medium Heavy Duty Commercial Vehicle Systems describes safe and effective diagnostic repair and maintenance procedures for today s medium and heavy vehicle chassis systems including the most current relevant and practical coverage of Automated transmissions Braking system technology used in vehicle stability collision avoidance and new stopping distance standards Hybrid drive powertrains Advanced battery technologies On board vehicle networks and integrated chassis electr     *The Complete Idiot's Guide to Bringing Up Baby* Signe Larson,Kevin Osborn,1997 A guide to childcare offers advice on bonding feeding childproofing toy selection communication and infant development     **The Comprehensive Guide to Wilderness First Aid** Clifton Castleman, WEMT,2011-12-01 Basic and in depth information on the recognition treatment and management of common injuries and illness that may occur in the wilderness     *First Aid* Alton Thygerson,Steven Thygerson,2011-02-21 At head of title ECSI Emergency Care Safety Institute     *Advanced Electrical Installation Work* Trevor Linsley,2008-06-20 Trevor Linsley s textbooks have helped thousands of students to gain their electrical installation qualifications In a concise and practical way Advanced Electrical Installation Work supports the City Guilds 2330 Level 3 Certificate in Electrotechnical Technology and the 2356 Level 3 NVQ in Electrotechnical Services Units covered Unit 1 Application of health and safety and electrical principles Unit 2 Installation Buildings and Structures inspection testing and commissioning Unit 3 Installation Buildings and Structures fault diagnosis and rectification The fifth edition has been updated in line with the 17th Edition Wiring Regulations so that students can be sure to work to the latest regulations The structure of the book has been overhauled and it now covers each learning outcome in a dedicated chapter Learning features such as key facts definitions safety tips and end of chapter questions with answers help students to check their understanding and revise for the exams The text is highly illustrated and the book is now in full colour For lecturers [http://textbooks.elsevier.com/web/product\\_details.aspx?isbn=9780750687508](http://textbooks.elsevier.com/web/product_details.aspx?isbn=9780750687508) a Tutor Support Material DVD covering both Level 2 and 3 is available with ISBN 978 0 7506 8750 8     *Home Science Class 11 Bihar Board* Meera Goyal,2024-09-29 1 Digestive System 2 Sensary Organs 3 Infection Immunity 4 Immunization Schedule for Mother and Child 5 Disinfectants 6 Nutrition 7 Foods 8 Balanced Diet 9 Nutrients 10 Mothercraft and Child Development 11 Preparation for the Childbirth 12 Pre Natal Care 13 Home Management 14 Organisation of Household Activities 15 Introduction and Importance of Textile 16 Textile

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