FIRST AID



BLEEDING

- Apply direct pressure to the wound using a storile gause 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 head.



BURNS

- Stop the burning. Remove the person from the source of the burn.
- Cost the burn. Hold burned area under cost frost cold or kyl running water or immerse for 10 to 15 inimates. Use cost compresses if water is unavailable.
- Cover the burn. Cover burn with nonadhesive 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.
- Inemobilize 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 los 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 hourt level to reduce swelling.



EYE INJURIES

- e Don't rule the eye.
- For a foreign particle such as dirt, sand, or silver of wood or metal have the person pull the upper lid down and blink repeatedly.
- · Plush the eye with water.
- For any chemicals in the eyes immediately wash the eyes 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 marry, keep her or her flat.
- Check for signs of breathing, coupling, or movement, and if absent begin CFSL.
- . 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 threat, unable to breathe or talk; or skin, light, and nails are turning blue.

Perform abdominal thrusts (Heimlich maneuver)

- Stand behind the person. Wrep your arms around the weist.
- Make a first with one hand. Position it slightly above the person's nevel.
- Crob the first with the other hand. Press. hard into the abdomes with a quick insend and upward throat.
- Perform 5 abdominal thrusts. (Heimfigh maneuver)
- If you are alone, perform abdominal thrusts before calling S11, 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 meetrd 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.
 I two people are evaluable, one should call 911 and the other bogin 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 above 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 compresstions, open the persion is servery your by forethind and persity tilt the head leack.
 With the other hand gently lift the chin forward to open the servery.
- Check for normal breathing, chest, motion, and listen for normal breathe exercise.

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 rescue if it dues rise give the second breath. If the chest doesn't rise, repest the head tilt, chimtilt, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement or emergency personnel take over.

First Aid Health And Safety

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