

First Aid & Fire Safety



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First Aid / CPR

What is First Aid?

- Knowing what to do and what not to do to help a person experiencing trauma or a medical emergency

Triage

- A process for sorting injured people into groups based on their needs for immediate medical treatment
 - Sort and treat in order of severity of injury
 - Those who are experiencing issues with airway, breathing, and circulation are treated first

Heart Attack

- Signs and Symptoms
 - Chest pain
 - Shortness of breath
 - Sweating
 - Nausea/vomiting
 - Pain radiating into neck and jaw

Treatment/ First-Aid Chest Pain / Heart Attack

- Call 911
- Keep person calm/ monitor them
- If alert: assist them taking 324mg aspirin
- If they have Nitro assist them with taking as prescribed
- If on O2 make sure it is on and flowing

Stroke

- Signs and symptoms
 - Slurred speech
 - Paralysis/numbness on one side
 - Facial droop on one side
 - Confusion
- Call 911, keep person calm

Minor Bleeding/Cuts

- Wash with soap and water
- Apply antiseptic
- Keep wound clean with adhesive bandage

Severe Bleeding

- If possible wear gloves
- Put direct pressure on wound
- Use towels/bandages
- Arterial versus Venous bleeding
 - Put on pressure point and elevate
- Use tourniquet (**severe bleeding**)
 - If no other way to stop bleeding

Broken Bones

- Immobilize potential limb fractures (above/below joint)
- If open fracture, cover with a dry gauze and secure and immobilize limb
- Elevate and ice

Head/Neck/Back injury

- Call 911
- Immobilize person on flat surface
- Keep victim calm

Shock

- Signs and symptoms
 - Weak/unconscious
 - Pale
 - Sweating
 - May be confused and become unconscious
- Treatment
 - Have person lie down
 - If unconscious, turn on side if there are no neck/back injuries

Burns

First degree- skin is red and sore

- Treatment
 - Cold water/home remedy

Second degree- skin has blisters

- Treatment
 - Do not pop blisters
 - Cover area with loose sterile gauze pad
 - Do not use creams, ointments, or sprays

Third degree- skin is burned away, charred, may have no pain (EMERGENCY)

- Treatment
 - Cover with clean sheet if possible
 - Do not try to remove clothing

Choking

- If person is able to talk and pass air adequately through mouth, just stand by (Call 911)
- If person can't breathe or is turning blue, you need to do Heimlich maneuver
 - Stand behind person and put arms around them
 - Make fist with one hand above belly button
 - Cover fist with other hand
 - Give quick thrusts, inward and upward
 - Perform CPR if they become unconscious

Cardiac Arrest

- Call 911
- AED
- Chest compression only CPR
- 900 straight chest compressions
- Hand placement: Center of chest/ press 2-2.5 inches deep
- Rate: at least 100 compressions a minute

Bugs

- Ticks
 - Use tweezers to grasp tick close to skin and gently pull straight out
 - Wash the wound with soap and water, apply antiseptic
- Bee. Wasp stings
 - Scrape away stinger with flat edge (knife, credit cards)
 - Don't squeeze stinger
 - Can apply ice pack for swelling
 - Watch for signs of anaphylaxis (allergic reactions)-increased swelling at site, hives, difficulty breathing, rapid heart rate, confusion
 - Treatment Epi-Pen if victim has one (If have severe SOB)
- Spider bites
 - Black widow - Redness and pain at site, may have nausea/vomiting, stomach pain, shortness of breath, muscle pain
 - Brown Recluse - may not hurt at start, will have pain and swelling at site within 8 hours, may have fever, chills, nausea, joint pain, rash
 - Treatment: Treat for shock if present, must be seen by doctor

Snake Bite (Poisonous)

- Site will swell, become painful and discolored
- Treatment
 - Get victim to medical care ASAP (Call 911)
 - Remove rings and jewelry if in swollen area
 - Position affected part lower than the rest of the body
 - Keep person calm
 - DO NOT make cuts on bite site
 - DO NOT apply ice

Rabid Animal Bite

- Rabies is an infectious disease of the nervous system. It is spread through a bite from an infected animal.
 - Clean wound with soap and water
 - Apply clean, dry bandage to bite area
 - Need to seek medical treatment
 - DO NOT attempt to capture or kill animal by yourself

Motor Vehicle Accidents

- Make sure the scene is safe!!!
- Call for help
- Do not move the injured person unless there is further danger
- Check for breathing and pulse
- Check for bleeding
- Treat for shock if necessary

Frostbite

- Signs and symptoms
 - May feel pain or numbness in affected area
 - May have grayish-white patches in area
- Treatment
 - Get to warm place
 - Rewarm affected area slowly
 - DO NOT rub frostbitten area

Heatstroke

- Get help immediately
- Signs and symptoms
 - Dry, red, hot skin
 - No sweating
- Treatment
 - Try to cool down victim as quickly as possible
 - Move to cool area
 - Seek immediate medical help

Nosebleed

- Have person sit up and lean forward
- Pinch nostrils together to maintain pressure
- Apply cool, wet cloth to persons nose and face

Poisoning (By Mouth)

- Call hospital or poison control center immediately
- DO NOT give anything to drink unless told to by hospital or poison control
- Save container so poison can be identified

Fire Safety

Fire Safety

- Have a working smoke detector
 - Kitchen
 - Bedrooms
 - Garage
 - Living areas
- Have an escape plan
 - Practice the escape routes
 - Have a meeting place
 - Never go back in the fire
- Common fires
 - Bathroom fans
 - Wood stoves
 - Cooking fires
 - Candles
 - Overloaded electrical
 - Extension cords

Fire Extinguishers

- Store in a common escape route
- Only attempt use if safe to do so

P-point

A-aim

S-squeeze

S-sweep (base of fire)