



Heart Attack

- 1) **Symptoms**- Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders and/or shoulder blades.
- 2) **Treatment** - Call 911.
- 3) Monitor the victims breathing.



Stroke

- 1) **Symptoms**- Slurred speech, numbness or paralysis to one side of the body, loss of vision, severe headache.
- 2) **Treatment** - Call 911 and record the time of the stroke. The faster you Call 911 the better chance the person has of regaining lost motor functions.



Shock

- 1) Skin becomes cool, pale, and sweaty. Victim may vomit, feel weak or dizzy.
- 2) Position victim on their back.
- 3) If victim vomits roll them their side and clean out the airway.
- 4) **Treatment** - Call 911.
- 5) Monitor the victims breathing.



Seizures/Convulsions

- 1) Clear away all objects that may cause injury.
- 2) Protect the head.
- 3) **DO NOT** attempt to restrain the victim or stick anything in the victim's mouth.
- 4) **Treatment** - Call 911.
- 5) Monitor the victims breathing.



Diabetes

- 1) **DO NOT** give insulin.
- 2) If the victim is conscious give them some form of sugar. Preferably some type of fruit juice.
- 3) Call 911.
- 4) Monitor the victims breathing.



Allergic Reaction

- 1) **Symptoms**- Trouble breathing, swelling, rash, loss of consciousness.
- 2) **Treatment**- Call 911.
- 3) Monitor the victims breathing.



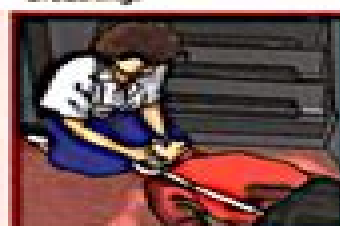
Bee Sting

- 1) Remove stinger using a credit card or other stiff object to scrape the area (**DO NOT** use tweezers).
- 2) If allergic reaction is suspected, follow the directions for allergic reaction.



Nose Bleed

- 1) **DO NOT** tilt the head back.
- 2) Pinch the bridge of the nose and tilt the head forward to prevent the victim from swallowing the blood.
- 3) If the blood is spurting or pulsating out of the nose Call 911.



Head and Neck Injuries

- 1) Attempt to keep the victim from moving.
- 2) Call 911.
- 3) Monitor the victims breathing.



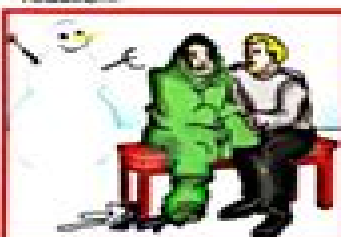
Eye Injuries

- 1) Bandage around any object sticking out.
- 2) Cover both eyes to prevent the victim from moving them.
- 3) Call 911.



Poisoning

- 1) Call 911, then call poison control 1-800-222-1222 with as much information about the victim and the poison as possible.
- 2) **DO NOT** induce vomiting unless instructed by poison control.



Cold Related Illness

- 1) Get the victim out of the cold environment.
- 2) Change any wet clothing with dry ones.
- 3) Apply blankets and seek medical attention.



Heat Exhaustion

- 1) Get the victim away from the heat source.
- 2) Cool the victim by applying cool wet cloths.
- 3) Offer water, a sports drink, fruit juice, or milk if the victim is conscious.



Heat Stroke

- 1) Hot, red, dry skin.
- 2) Call 911.
- 3) Get the victim away from the heat source.
- 4) Cool the victim by applying cool wet cloths.
- 5) **DO NOT** give the victim any food or drink.



Dental Emergencies

- 1) Put the tooth in milk, or a sports drink and get the victim to the dentist.

First Aid Training Study Guide

Scott C. Dulebohn



First Aid Training Study Guide:

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engineer estimator business manager contractor inspector and instructor He is a graduate of Texas State University and holds a Bachelor of Science Degree in Occupational Education A certified instructor of electrical trades he has been awarded a lifetime teaching certificate from the Texas Education Agency in the field of Vocational Education Mr Holder has taught thousands of students at Austin Community College Austin Texas Odessa College at Odessa Texas Technical Vocational Institute of Albuquerque New Mexico Howard College at San Angelo Texas and in the public school systems in Fort Worth and San Antonio Texas He is currently Director of Education for Electrical Seminars Inc of San Marcos Texas Mr Holder is an active member of the National Fire Protection Association International Association of Electrical Inspectors and the International Brotherhood of Electrical Workers

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