



# FIRST AID



## + FIRST AID GUIDE +



### 1. BLEEDING (EXTERNAL)

(Bleeding from Veins) Steady flow; dark red blood.  
(Bleeding from Arteries) Spurting bright red blood from wounds. Often rapid and profuse. More critical, leading to a greater blood loss.

**TREATMENT:** Cover wound with clean compress and press firmly. Elevate injured area above level of the heart if you do not suspect a broken bone. Apply pressure bandage once bleeding stops. Apply pressure bandage once bleeding stops. Not too tight that it cuts off circulation. Keep limb elevated. Seek medical attention immediately for any severe injuries.



### 2. BLEEDING (INTERNAL)

Vomit is red; coughed up blood; black stools or has blood; paleness; cold skin; rapid and weak pulse; lightheadedness; swollen abdomen; restlessness; bruising.

**TREATMENT:** For minor bleeding, use a towel and apply cold pack to reduce pain and swelling. For serious injuries, seek medical attention immediately. Maintain an open airway. Restore breathing if necessary.



### 3. BURNS (THERMAL)

Redness; pain; blisters; swelling; skin damage.

**TREATMENT:** Put in cool water or soaked towel. Do not use ice. Gently dry. Cover with non-fluffy bandage. Do not break blisters. Do not use sprays or ointments for 2nd and 3rd degree burns. Seek medical attention.



### 4. BURNS (CHEMICAL)

Redness; pain.

**TREATMENT:** Flush with water for 10-15 minutes. Cover with a non-fluffy clean bandage. Do not use ointments, sprays, antiseptics. Seek medical attention.



### 5. STINGS

Pain; itching; swelling (red); Allergic reactions - difficulty breathing or swallowing.

**TREATMENT:** Do not squeeze stinger. Scrape gently with dull blade or credit card to remove. Wash and apply cold compress on the wound.



### 6. DROWNING

Unconscious; not breathing.

**TREATMENT:** Support neck and back of victim. Keep victim warm. Administer CPR as needed.



### 7. FAINING

Temporary unconscious;  
sometimes blurred vision;  
nausea; paleness; sweating.

**TREATMENT:** Lay on back, loosen clothing; if victim vomits, tilt head to the side; gently bathe face with cool water.



### 8. FRACTURES (SIMPLE)

Pain; swelling; deformity;  
inability to move limb.

**TREATMENT:** Support above and below fracture; apply well-padded splints.



### 9. FRACTURES (COMPOUND)

Open wound; possibly bone protruding; bleeding.

**TREATMENT:** Compress to wound; apply splints; leave bone setting to the doctor.



### 10. FRACTURES (SKULL)

Possible bleeding eyes, nose & mouth;  
serum from ears in basal fracture.

**TREATMENT:** Raise head; dress wound; no stimulants; seek help immediately.



### 11. FROST BITE

Affected part becomes red, then gray,  
then white; numbness.

**TREATMENT:** Thaw slowly with lukewarm (not hot) water or by gently wrapping warm blanket or clothes; do not rub limbs; if conscious, give warm drink; seek medical attention.



### 12. ELECTRIC SHOCK

Unconscious; breathing is difficult;  
burns at contact point; muscle spasms.

**TREATMENT:** Seek medical attention immediately. Turn off electric current. Break contact with electric source using a dry, nonmetallic object; do not touch victim until he is free from the wire. Begin CPR.



### 13. GAS POISONING (CARBON MONOXIDE)

Yawning; dizziness; weariness;  
throbbing heart.

**TREATMENT:** Move to fresh air, keep an open airway; administer CPR if needed; loosen clothing; seek medical attention.



### 14. HEAT EXHAUSTION

Fatigue; pale face; rapid pulse;  
shallow breathing;  
cold sweat; clammy skin.

**TREATMENT:** Move to a cool area; lay down victim; raise feet; loosen clothing; give sips of cool salt water; fan and use wet cloth to cool victim.



### 15. SHOCK

Pale face; bluish skin; chills; nausea;  
dazed condition;  
partly or totally unconscious.

**TREATMENT:** Keep an open airway; treat the cause of shock; keep victim lying down and elevate feet; keep warm; seek medical attention immediately.



### 16. SUNSTROKE

Extremely high body temperature; hot,  
red, dry skin; absence of sweating;  
rapid pulse; convulsions.

**TREATMENT:** Raise head; reduce temperature by wrapping victim in cool, wet sheets. Do not give any stimulants.



### 17. EYE INJURIES

If eye is splashed by a chemical, flush eye immediately with water. Flush eye for at least 20 minutes. While flushing, lift eyelid away from eye so as to flush the inside of the eyelid as well. After flushing, close eyelid and cover eye with moist dressing. Seek immediate medical attention. Have chemical or write down chemical name to give to EMS.

If victim has a black eye, apply an ice pack, cold compress, or frozen pack of vegetables to area around eye for 10-15 minutes. Do not press down on eye itself. Seek medical attention immediately if there is bleeding in the eye or nose, vision problems, severe pain.

**EMERGENCY  
NUMBERS  
CALL 911**

MSDS Location: \_\_\_\_\_  
Poison Center: \_\_\_\_\_  
Physician: \_\_\_\_\_

Hospital: \_\_\_\_\_  
Safety Supervisor: \_\_\_\_\_  
Worksite Location: \_\_\_\_\_

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## **First Aid Study Guide Red Cross:**

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**Acute and Emergency Care in Athletic Training** Michelle Cleary,Katie Walsh Flanagan,2019-03-01 Athletic trainers are often the first ones on the scene when an individual sustains an acute injury Therefore knowing how to assess injuries and illnesses and begin treatment quickly is of vital importance for aspiring athletic trainers Acute and Emergency Care in Athletic Training With Web Study Guide teaches students how to recognize and manage emergency conditions so they can provide appropriate patient care between the field and the emergency department Authors Michelle Cleary and Katie Walsh Flanagan take an interdisciplinary approach drawing from literature position statements and guidelines from numerous professional health care organizations to offer current evidence based clinical best practices The book s comprehensive coverage adheres to and incorporates guidelines from the Commission on Accreditation of Athletic Training Education CAATE and the Board of Certification BOC and it is one of the first textbooks to align with the competencies outlined in the CAATE 2020 standards To prepare students to effectively provide appropriate care before getting an injured or ill athlete to the hospital Acute and Emergency Care in Athletic Training includes the following learning aids Case studies in the web study guide offer practical scenarios that will facilitate critical thinking and decision making skills Clinical Skills sidebars guide students through the process of completing specific tasks such as splinting wound care and airway maintenance Red Flag sidebars indicate areas where significant caution is warranted Decision making algorithms and decision trees lead students through selecting the most appropriate treatment option based on a patient s signs and symptoms Key terms are boldfaced in the text and are defined in the glossary section With a full color presentation and more than 280 photos and illustrations the text takes a systematic approach to acute and emergency care with the content divided into two parts Part I provides critical information on prevention and risk management strategies including developing an emergency action plan conducting an emergency examination and administering emergency medications Part II then provides the basics of emergency evaluations describing how to examine treat and manage common acute injuries and illnesses to limit the severity of these potentially life threatening conditions To aid instructors using Acute and Emergency Care in Athletic Training in the classroom there is a full array of ancillaries including a test package an instructor guide with sample answers to the case study questions and a presentation package plus image bank When an athlete is injured on the field of play time is of the essence Acute and Emergency Care in Athletic Training is an invaluable resource for training and preparing the initial

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## **First Aid Study Guide Red Cross** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**First Aid Study Guide Red Cross**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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