

# Emergency First Aid

Before starting any first aid be sure that there is no further danger to yourself and the victim.

## When Calling Your Emergency Ambulance Number - **911**

1. Keep calm.
2. Speak clearly.
3. Answer all questions.

State the type of emergency.

Confirm that emergency service has all necessary information before you hang up.

### Diagnosis

[Unconsciousness](#)

[Choking](#)

[Bleeding](#)

[Eye Injuries](#)

[Heat Exposure](#)

[Poisoning](#)

[Resuscitation](#)

[Heart Attack](#)

[Bone And Joint Injuries](#)

[Severe Burns And Scalds](#)

[Cold Exposure](#)

# Unconsciousness

## **A. Check for unconsciousness.**

1. Shout at victim.
2. Tap or gently shake shoulder.
3. Call for "Help".

## **B. If no response.**

1. Check for breathing.
  - (a) Look for chest movement.
  - (b) Listen for breathing.
  - (c) Feel for breath on your cheek.

## **C. Victim unconscious but breathing.**

Place in recovery position face down

1. if breathing is noisy (gurgling or snoring sounds).
2. if victim starts to vomit, or is bleeding from the mouth, or
3. if you must briefly leave the victim.

## **D. If breathing is easy but injuries apparent do not move victim, await ambulance.**

## **E. If victim is not breathing start A B C Of Resuscitation .**

# A B C Of Resuscitation

## A. Airway (if you suspect neck injury, do not move neck),

1. Place one hand on victim's forehead to tilt head back and fingers of other hand under chin to lift jaw.

## B. Breathing (Artificial Respiration)

1. Look for chest movement.
2. Listen for breathing.
3. Feel for breath on your cheek.
4. If not breathing, start artificial respiration immediately:
  - (a) Keep head well back.
  - (b) Pinch nostrils.
  - (c) Place your mouth over victim's mouth.
  - (d) Give two full breaths.
  - (e) Continue with one breath every 5 seconds until victim breathes normally or help arrives. (ventilation)

### Infants And Small Children

- (a) Cover baby's mouth and nose with your mouth.
  - (b) Use small breaths.
5. If on attempting artificial respiration air does not enter the victim's chest:
    - (a) Re-position head and attempt artificial respiration again.
    - (b) If successful go to section 'C' below.
    - (c) To clear airway, place heel of one hand on top of heel of other hand just above the navel but well below the tip of the breastbone. Press upper abdomen with 6 to 10 quick thrusts.
    - (d) If this fails, open patient's mouth by grasping tongue and lower jaw between thumb and fingers and lift chin. Insert index finger or other hand deep into mouth and use finger to sweep to dislodge and remove foreign body.
    - (e) Attempt to ventilate.
    - (f) If unsuccessful, repeat sequence (abdominal thrusts, finger sweeps and attempts to ventilate) until obstruction is cleared.

## C. Circulation (C.P.R.)

1. Feel neck pulse - carotid artery.
2. If neck pulse is felt, continue ventilation
3. If neck pulse is not felt, do C.P.R.
  - (a) Place heel of one hand on breastbone above its lower tip between nipples. Place heel of other hand on first hand.
  - (b) **IF ADULT**, press straight down to compress chest 1 1/2" to 2" 100 times a minute. After every 15 compressions give two ventilations.
  - (b) **IF CHILD**, compress chest 1" to 1 1/2" with heel of one hand 100 times a minute. After every 5 compressions give 1 ventilation.

- (c) Continue until help arrives.

# Choking

## **A. Ask "Can you speak"**

If victim can speak or cry out, airway is probably open enough to force out obstructing object.

## **B. If victim CAN speak, or cough.**

1. Reassure and encourage coughing.
2. Do **not** hit on back.

## **C. If victim CANNOT speak or cough, but is conscious:**

1. From behind, wrap your arms round victims waist.
2. Make fist with one hand, grasp with other hand, place hands above navel to avoid lower tip of the breastbone.
3. Give one quick upward thrust.
4. Repeat upward thrusts until airway is clear, or victim becomes unconscious.
5. If unconscious, proceed with the ABC's of resuscitation.

## **D. Choking infants and small children.**

1. Place head lower than trunk; give 4 back blows.
2. Supporting the head, turn the infant face up. Place two or three fingers on the breastbone between the nipples. Give 4 chest thrusts.
3. Check mouth for obstruction and remove if visible.
4. Attempt to ventilate.
5. Repeat steps **1** through **4** until successful.

# Heart Attack

## **A. The warning signals of a heart attack may include:**

1. Feeling of heavy pressure or squeezing pain in the chest, arms or jaws.
2. Shortness of breath, pale skin, sweating and weakness.
3. Nausea and vomiting.
4. Abdominal discomfort with indigestion and belching.
5. Apprehension or fright.
6. Denial of impending heart attack.

## **B. Action when you suspect a heart attack:**

1. Help the victim to rest, sitting or lying in most comfortable position.
2. Assist victim to take just the dose of medication prescribed for his condition.
3. Ensure prompt medical attention by calling **911**, and reassure victim, "Help is on the way"
4. Loosen collars, belts, and other tight clothing.
5. Keep patient quiet but avoid physical restraint.

# Bleeding

**Serious bleeding occurs with deep cuts and severed blood vessels.**

**A. Hazards**

Ensure no further danger to yourself or victim.

**B. Call 911 if bleeding is severe.**

**C. Apply direct pressure.**

1. Remove clothing to expose extent of wound.
2. Cover with sterile clean cloth.
3. Apply firm pressure with your hand directly over the wound.
4. If no dressing available, use your bare hand.

**D. Continue pressure until bleeding stops.**

(May be 15 to 20 minutes)

1. Help victim to lie down.
2. Elevate bleeding part unless bone is broken.
3. When bleeding stops, apply further dressing on top of original dressing and bandage firmly.
4. If blood soaks through, apply additional dressings and bandage more firmly.

**E. Broken, bone, glass or objects protruding through skin.**

1. DO NOT REMOVE EMBEDDED OBJECTS.
2. Apply pressure close to wound but not pressing on broken bone or object.
3. Place sterile or clean dressing around area and cover wound.
4. Maintain pressure and prevent movement of object by applying bulky pads and bandaging in place.

**F. Nose Bleeds**

1. Seat victim with head tilted forward.
2. Pinch nostrils firmly for ten minutes.
3. Avoid nose blowing.
4. If bleeding persists call 911.

# Bone And Joint Injuries

## A. Hazards

1. Move victim only to prevent further injury.

## B. Call **911**

## C. Ensure that breathing is normal - see [A B C Of Resuscitation](#)

**D. Control bleeding by applying pressure close to wound but not pressing directly on broken bone.**

**E. Suspect a broken bone - If injured limb is painful or swollen or shows deformity.**

## F. WHEN IN DOUBT, TREAT BONE AND JOINT INJURIES AS BROKEN BONES.

1. Immobilize injured part.

(a) Hold injured limb with your hands or place pillows, sandbags, clothing, on both sides to keep in position,

(b) For neck or back injuries, support head and neck; keep body still until help arrives.

**G. To relieve pain, apply cold (not heat) to injuries of bones and joints.**

# Eye Injuries

**A. With all serious eye injuries call 911.**

**B. Chemicals In Eye.**

Wash eye immediately with large amounts of cold, running water for at least 15 minutes.

**C. Foreign Body In Eye**

**1.** Never rub eye and do not try to remove embedded foreign bodies.

**2.** Cover both eyes lightly with bandages.

**D. Puncture Wounds**

Puncture wounds are serious. Cover BOTH eyes lightly and bandage.



# Severe Burns And Scalds

**A. Ensure that there is no further danger.**

**B. Call 911.**

**C. For burns or scalds caused by fire, hot solids, hot liquids or sun:**

1. Cool affected part with cold water and ice to relieve pain.
2. Remove rings and bracelets before part starts to swell.
3. Cover with clean cloth and secure lightly with bandage.
4. Ensure hospital treatment for deep burns and scalds of areas larger than a quarter.
5. Never breathe on, cough on, or touch burn.
6. Never open blisters.
7. Never tear away clothing stuck to burn.
8. Never apply medications, ointments or greasy substances to burn area.

**D. Burns with dry or liquid chemicals.**

1. Brush off dry chemicals.
2. Flood with running water.
3. Cover with clean dressings and bandage lightly.

**E. Electrical Burns**

1. Before touching victim, turn off electricity.
2. If breathing and circulation stop, start C.P.R.
3. Cover burns with clean dressing and bandage.

# Heat Exposure

## A. Heat Exhaustion

1. Cause: Exposure to excessive heat with loss of body fluids and subsequent strain on circulatory system.
2. Treatment:
  - (a) Remove victim to a cool area.
  - (b) If conscious, give fluids to drink.
  - (c) If unconscious, maintain airway with victim in recovery position.

## B. Heat Stroke

1. Cause: High body temperature with inability to sweat, and poor blood circulation to brain - serious, may be fatal.
2. Treatment:
  - (a) Remove patient to cool area
  - (b) Decrease body temperature by sponging with cold water and ice.
  - (c) Call **911**.

# Cold Exposure

**A. Cause: Loss of body heat.**

**B. Treatment:**

1. Remove wet clothing.
2. Wrap in sleeping bag, blankets, or warm clothing.
3. Warm victim by using your own body heat. Light a fire.
4. If conscious, give victim warm drinks. (non-alcoholic)

# Poisoning

## A. In all cases:

1. Ensure no further danger.
2. If possible, identify poison and container.
3. Call **911**.
4. If required, call ambulance. Send container and contents with victim to hospital.

## B. FOR INHALED POISONS such as exhaust fumes:

1. Be sure you don't also become a victim.
2. Remove source of fumes.
3. Move victim to fresh air.
4. Call 911.
5. If needed, start artificial respiration.

## C. FOR POISONS IN CONTACT WITH SKIN OR EYES.

1. Flood area with cold running water for at least 15 minutes. (flush eyes gently)
2. Continue flooding area until ambulance arrives.
3. Remove contaminated clothing.
4. Do not use chemical antidotes.

## D. FOR SWALLOWED HOUSEHOLD CHEMICAL POISONS.

### 1. CONSCIOUS victim.

- (a) Call **911**.
- (b) Give milk or water. For adult: 1 - 2 cups; For child: 1/2 - 1 cup.
- (c) Only induce vomiting on advice of Poison Control Center or physician. Use Syrup of Ipecac (available without prescription at pharmacies).
- (d) To avoid inhalation of vomit, place victim's head lower than body.
- (e) If poison is hydrocarbon or corrosive, **do NOT induce vomiting, but give milk or water.**

### 2. UNCONSCIOUS victim

- (a) Call **911**.
- (b) Place victim in recovery position, see - [Unconsciousness](#)
- (c) Watch breathing. Start artificial respiration if necessary.
- (d) If victim is unconscious, do **NOT** induce vomiting.

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