

FIRST AID

CHOKING	SIGNS OF A HEART ATTACK	SCRAPES/SMALL CUTS
<ul style="list-style-type: none"> If person cannot breathe, cough, talk or is blue: <ul style="list-style-type: none"> Give abdominal thrust and continue until object is expelled If person becomes unconscious, call 911 Perform CPR until EMS arrives 	<ul style="list-style-type: none"> Discomfort/pain in chest, arms, back, neck, jaw, shoulder, or abdomen, shortness of breath, cold sweat, nausea, or lightheadedness: <ul style="list-style-type: none"> Keep person calm/resting as possible Call 911. Be prepared to utilize the CPR/AED 	<ul style="list-style-type: none"> Rinse with clean, running water Use direct pressure with a clean cloth Apply antibiotic ointment Apply a bandage that won't stick to the wound Notify parent if applicable
SHOCK	SPLINTERS/PUNCTURE WOUNDS	HEAD INJURY
<ul style="list-style-type: none"> Feeling weak, faint, dizzy, nauseous, thirsty is pale or grayish, acts restless, agitated, or confused, is cold and clammy to the touch: <ul style="list-style-type: none"> Lay person on back, cover with blanket, call 911 Do not give anything to drink Turn on side if nauseated/vomiting 	<ul style="list-style-type: none"> Remove small splinters with tweezers Don't remove large objects. Dress wound. Take care to not move the object or damage tissue further to reduce blood flow Call parent for large objects, or if the splinter cannot be removed. Call 911 if necessary 	<ul style="list-style-type: none"> Do not move the person Call 911 if any of the following are observed: <ul style="list-style-type: none"> Is drowsy, vomiting, clumsy, unconscious, won't fully wake, or has persistent headache Has blood or fluid oozing from ears or nose If experiencing paralysis or abnormal speech
FRACTURES/SPRAINS	DIABETIC SEVERE HYPOGLYCEMIA	
<ul style="list-style-type: none"> If injured area is painful, swollen, or deformed, direct person to a doctor via EMS or parent (if applicable) Wrap in clean cloth. Support injured area with splint Apply ice or cold compress for no more than 20 min. If the skin is broken, or the bone can be seen, cover the area with a clean bandage 	<p>Exhibition of the following symptoms: shaking, sweating, dizziness, anxiety, extreme weakness, hunger, fatigue, rapid heartbeat or blurry vision</p> <ul style="list-style-type: none"> Give quick acting sugar source of 15 Gm of carbohydrate: <ul style="list-style-type: none"> 3-4 glucose tablets, 4 oz. of juice, 6 oz. of regular soda, 3 tbsps. glucose gel. Repeat if needed If person loses consciousness, has a seizure or is not able to swallow: <ul style="list-style-type: none"> Administer glucagon if you have been trained. Call 911 and a parent 	
LARGE, DEEP, GAPING CUTS	UNCONSCIOUS PERSON (not breathing)	HEAVY BLEEDING
<ul style="list-style-type: none"> Cover with bandage and apply direct pressure to the wound with a clean cloth until bleeding stops Call parent (if applicable) 	<ul style="list-style-type: none"> Call 911. Perform CPR (30 compressions/2 breaths) until AED is available Continue performing CPR until EMS arrives 	<ul style="list-style-type: none"> Call 911 and apply pressure with clean cloth Wrap an elastic bandage firmly over cloth Continue with direct pressure until EMS arrives
EYE INJURIES	FAINTING/LOSS OF CONSCIOUSNESS	TEETH INJURIES
<ul style="list-style-type: none"> If chemical contacts the eye, flush gently with water for 15 minutes and contact poison control or a doctor If object is stuck in the eye, call 911 Do not touch, rub, apply medicine, or remove the object. Protect the eye/protrusion until EMS arrives 	<p>Follow Emergency Care plan (if applicable)</p> <ul style="list-style-type: none"> Remain lying down until person feels "normal" Observe person for injuries Call 911 if person doesn't improve or respond Be prepared to do CPR/AED if needed 	<ul style="list-style-type: none"> Apply clean cloth to control bleeding If tooth is knocked out, handle by top, not root Rinse tooth/fragments with cold water Place in water or milk Transport tooth with child to dentist/EMS
ASTHMA	ELECTRICAL BURNS	SEIZURES
<ul style="list-style-type: none"> If person exhibits the following symptoms: chest tightness, coughing, wheezing, difficulty breathing, shallow/fast breathing, retraction when breathing: <ul style="list-style-type: none"> Quick relief medication (inhaler) if available. If symptoms worsen, call 911/parent (if applicable) Encourage slow breaths and rest. Do not leave alone 	<ul style="list-style-type: none"> Ensure scene is safe Send someone to obtain the first-aid kit/AED Disconnect electricity/turn off main power Stay clear of the injured person until they are cleared of the power source When safe, be prepared to perform CPR/AED 	<p>Follow Emergency Care plan (if applicable)</p> <ul style="list-style-type: none"> Loosen clothing and remove loose objects Make comfortable and turn on side if vomiting Do not put anything in the person's mouth Call 911 for seizures lasting longer than 5 min. Start CPR/AED if not breathing when seizure ends
STROKE	GENERAL TREATMENT OF BURNS	
<ul style="list-style-type: none"> Sudden numbness, confusion, weakness of leg/arm/face, headache, trouble speaking, seeing, walking, dizziness, loss of coordination: <ul style="list-style-type: none"> Note time symptoms started Keep person calm, resting, call 911 Get person to hospital as soon as possible Be prepared to do CPR/AED if needed <p>FAST F: Face Droop A: Arm Weakness S: Speech Difficulty T: Time to call 911</p>	<ul style="list-style-type: none"> SMALL burn: cool immediately. Run cool water until pain subsides <ul style="list-style-type: none"> You may cover the burn with a dry, nonstick sterile or clean dressing LARGE burn or active fire: <ul style="list-style-type: none"> Ensure scene is safe and call 911 If the person is on fire, put the fire out Remove jewelry and clothing that is not stuck to the skin Cover the person with dry blanket and check for signs of shock Be prepared to perform CPR/AED if needed 	
CPR GUIDELINES		
<ul style="list-style-type: none"> Check for responsiveness Shout for help – send someone to phone 911 and get an AED If not breathing or only gasping administer CPR 	<ul style="list-style-type: none"> Place hands on lower part of breastbone Press hard and fast in the center of chest Compress at least 2 inches Allow complete chest recoil after compression 	<ul style="list-style-type: none"> Perform 100 to 120 compressions per minute Attach and use AED as soon as available Continue CPR

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