

Study guide and quick reference sheet for BASIC & PEDIATRIC First Aid

Injury / Illness	Signs & Symptoms	Treatment	Additional recommendations
Severe Arterial bleeding	Blood squirts from wound with each heartbeat	Use a protective barrier Cover the wound and apply direct pressure Elevate the area Apply a pressure bandage Apply pressure to main artery of injured limb	Call 9-1-1 when necessary Watch for signs of shock Never removed bandages, always place additional bandages on top Never use a tourniquet
Nosebleed	Blood coming from nose	Pinch the nose and tilt the head forward until bleeding stops	If nosebleed is due to an injury or illness and you notice clear or pink fluids coming from the nose and/or ears, call 9-1-1
Eye Injury	Object in the eye	Rinse with water or saline solution to flush object out of eye(s)	If object cannot be removed, immobilize the eye by wrapping both eyes and seek medical attention
Mouth & Teeth Injuries	Bleeding from mouth, gums, cheek, or tongue	Control bleeding in mouth with direct pressure	A knocked out tooth can sometimes be replanted Retrieve the tooth and place in milk, water, or moist gauze and take with victim to the dentist
Impaled Object	Object stuck in victim's body	DO NOT REMOVE THE OBJECT Control bleeding around object Immobilize object with bulky dressing	When in doubt of the severity of the injury, seek medical attention or call 9-1-1
Internal Bleeding	Tender, swollen, bruised, rigid areas of the body, especially of the chest and abdomen Blood in vomit, urine, and/or stool Strong thirst, cool, moist, pale skin Decreased level of consciousness Abnormal pulse and breathing	Call 9-1-1	Make the victim comfortable & reassure the victim Maintain normal body temperature Give nothing by mouth Monitor ABCs

<p>Shock</p> <p>Shock is the failure of the circulatory system to adequately supply blood and oxygen to the vital organs. Causes include: Any sudden illness Loss of body fluids Severe injury Poisoning</p>	<p>Changes in mood or behavior and/ or irritability</p> <p>Decreased level of consciousness</p> <p>Cool, moist, pale skin</p> <p>Strong thirst</p> <p>Abnormal pulse and breathing rate</p>	<p>Call 9-1-1</p> <p>Make the victim comfortable & reassure the victim</p> <p>Monitor ABCs</p>	<p>When possible, elevate feet 8-10 inches</p> <p>Maintain normal body temperature</p> <p>Give nothing by mouth</p> <p>Do not elevate feet or move victim if head or spine injury is suspected, or if you suspect internal bleeding, or the victim has difficulty breathing, or the victim has possible leg fractures</p>
<p>Muscle, Bone & Joint Injuries</p>	<p>Persistent pain</p> <p>Swelling, bruising</p> <p>Difficulty moving, loss of sensation</p> <p>Deformity</p>	<p>For obvious or severe fractures, call 9-1-1</p> <p>When in doubt, splint to immobilize the limb & seek medical attention</p>	<p>Splint only if you can do so without moving the limb or causing pain</p> <p>Splint joints above & below the injury</p> <p>Splint the limb in the position found</p> <p>Check the pulse before & after splinting and monitor circulation</p>

<p>Head & Spine Injuries</p>	<p>Mechanism of injury such as:</p> <ul style="list-style-type: none"> Car collisions Falls from a height greater than victim's height Diving accidents Injuries during contact sports Gun shot wounds Electric shock & lightening strikes <p>Also:</p> <ul style="list-style-type: none"> Changes in consciousness Persistent pain or pressure in head, neck, or back Tingling or loss of sensation in hands, fingers, feet, or toes Paralysis Nausea & vomiting Blood or clear fluids coming from ears and/or nose Bruising under eyes & behind ears Difficulty breathing Blurred vision, slurred speech 	<p>Call 9-1-1</p> <p>DO NOT MOVE THE VICTIM</p> <p>Immobilize the head & neck by supporting them with your hands</p> <p>Monitor ABCs</p>	<p>If the area or situation is immediately life threatening, the victim must be moved using as much care as possible to minimize movement to the victim's head & neck</p>
<p>Burns - Heat (Thermal)</p>	<ul style="list-style-type: none"> First degree = red, painful, swollen skin Second degree = Same as above plus blistering Third degree = black, charred skin. Bone may be visible 	<p>Protect yourself if the scene is unsafe</p> <p>Cool the burned area with cool tap water to reduce pain and minimize the depth of the burn</p> <p>Cover with loose, dry, sterile dressing</p>	<p>Call 9-1-1 if:</p> <ul style="list-style-type: none"> The burn is third degree The burn is larger than the victim's hand The burn is on the face, hands, feet, or genitals The victim is very old or very young
<p>Burns - Chemical</p>	<p>Evidence at the scene</p> <p>Chemicals can cause first, second, or third degree burns</p>	<p>Call 9-1-1</p> <p>Protect yourself if the scene is unsafe</p> <p>Monitor ABCs & watch for signs of shock</p>	<p>Use a protective barrier when treating a chemical burn</p> <p>Remove affected clothing & jewelry</p> <p>Flush with water until help arrives</p>

<p>Burns - Electrical</p>	<p>Evidence at the scene</p> <p>Electricity can cause first, second, or third degree burns</p>	<p>Call 9-1-1</p> <p>Protect yourself if the scene is unsafe</p> <p>If still connected to a power source, DO NOT TOUCH VICTIM</p> <p>Monitor ABCs</p>	<p>For small first or second degree electrical burns, cool with water & seek medical attention</p> <p>Turn off the power at the main source</p>
<p>Poisoning</p> <p>Poison can be inhaled, ingested, absorbed, or injected</p>	<p>Evidence at the scene</p> <p>Nausea & vomiting</p> <p>Burns around the mouth</p> <p>Odor coming from the mouth</p> <p>Foaming at the mouth</p> <p>Stomach ache & diarrhea</p> <p>Seizures</p> <p>Decreased level of consciousness or drowsiness</p> <p>Slurred speech, blurred vision</p> <p>Chest pain, difficulty breathing</p> <p>Skin rash, bite mark or stinger left in skin</p>	<p>Call poison control at 1-800-222-1222 or 9-1-1</p> <p>Protect yourself if the scene is unsafe</p> <p>Be prepared to give the following information:</p> <p>Type of substance and how the victim was poisoned</p> <p>Victim's age & weight</p> <p>How much of substance was swallowed / inhaled / absorbed / injected</p> <p>How long ago poisoning occurred</p> <p>Victim's symptoms</p>	<p>DO NOT INDUCE VOMITING without first speaking with emergency personnel</p> <p>Bee's typically leave a stinger in their victim.</p> <p>If you see the stinger, remove stinger by scraping - do not squeeze to remove as this may inject more venom into the victim</p>
<p>Allergic Reaction</p> <p>Allergic reactions can be caused by various substances which can include food, medications, venom, and pollen</p>	<p>Hives, swelling of the body</p> <p>Nausea, vomiting, diarrhea</p> <p>Watery eyes, sneezing, itching</p> <p>Wheezing & difficulty breathing due to the swelling of the airway</p> <p>Decreased level of consciousness</p>	<p>Call 9-1-1</p>	<p>If the victim has a know allergy and you have the prescribed treatment on hand such as an EpiPen, call 9-1-1 and immediately administer treatment according to instructions</p>

<p>Sudden Illnesses</p> <p>Many sudden illnesses such as heart attack, stroke, and diabetic emergencies have similar signs & symptoms</p>	<p>Common signs & symptoms of sudden illness include:</p> <p>Persistent pain or pressure in chest, head and/or abdomen</p> <p>Nausea, vomiting, diarrhea</p> <p>Change in skin color, temperature, moisture</p> <p>Dizziness, confusion, fatigue, decreased level of consciousness, loss of consciousness</p> <p>Fainting, seizures</p> <p>Numbness, tingling, or paralysis in limbs</p> <p>Slurred speech, blurred vision</p> <p>Abnormal pulse & breathing rate</p>	<p>Call 9-1-1</p> <p>Make the victim comfortable</p> <p>Maintain normal body temperature</p> <p>Reassure the victim</p> <p>Monitor ABCs</p> <p>Give nothing by mouth</p>	<p>If you know the victim is a diabetic, give them some form of sugar.</p> <p>If the victim's condition does not improve, call 9-1-1</p>
<p>Seizures</p> <p>Seizures can be caused by a variety of conditions such as fever, head injury, stroke, epilepsy, and allergic reaction</p>	<p>Seizures range from temporary loss of focus to violent convulsions of the entire body and typically last less than one minute</p>	<p>When in doubt, call 9-1-1</p> <p>Clear the area of objects that could injure the victim</p> <p>Cushion the victim's head</p> <p>Do not hold or restrain the victim</p> <p>Do not put anything in their mouth</p> <p>Stay with victim until EMS arrives</p>	<p>Even if you know the victim has seizures, you must call 9-1-1 if:</p> <p>The victim does not regain consciousness</p> <p>If victim does not regain consciousness, check ABCs and give appropriate care</p> <p>The victim had the seizure in water</p> <p>The seizure lasts more than one minute</p> <p>The victim is pregnant</p>
<p>Asthma Attack</p>	<p>Difficulty breathing</p> <p>Wheezing, severe coughing</p> <p>Neck muscles bulging when attempting to breath</p>	<p>Assist victim with their medication</p> <p>Have victim rest quietly & comfortably when breathing returns to normal</p>	<p>Call 9-1-1 if medication is unavailable or the victim's condition & breathing do not improve,</p>
<p>Fainting</p>	<p>Fainting is caused by a temporary interruption of blood flow to the brain that usually passes quickly once the blood supply to the brain improves</p>	<p>You can improve the blood flow to the brain by laying the victim on their back and elevating their feet 8-10 inches</p>	<p>If there is any sign of injury or change in the victim's condition, you may need to seek medical attention</p>

<p>Element Exposure - Heat Exhaustion</p>	<p>Evidence at the scene Cool, pale or red, moist skin Nausea & vomiting Headache & dizziness Weakness & exhaustion</p>	<p>Place the victim in a cool place & loosen clothing Allow victim to take small sips of cold water if fully conscious Watch for worsening condition</p>	<p>Heat exhaustion can progress rapidly into heat stroke Call 9-1-1 if condition progresses into heat stroke & cool quickly Monitor ABCs</p>
<p>Element Exposure - Heat Stroke</p>	<p>Evidence at the scene Hot, red, dry skin Nausea & vomiting Headache & dizziness Weakness & exhaustion Decreased level of consciousness Loss of consciousness Rapid, weak pulse and breathing rate</p>	<p>Call 9-1-1 Cool quickly</p>	<p>Victim can be cooled by immersing them in a cool bath or pool, wetting them with any available liquid and fanning them, or by placing cold compresses in the victim's pressure points Monitor ABCs</p>
<p>Element Exposure - Hypothermia</p>	<p>Shivering Loss of coordination Lethargy, sleepiness Loss of consciousness, Irrational behavior no pulse, Withdrawal or confusion</p>	<p>Call 9-1-1 Remove from the cold Remove any wet clothing and cover to prevent further heat loss</p>	<p>Allow victim to take small sips of warm water or broth if fully conscious Do not give drinks containing alcohol or caffeine DO NOT REWARM the victim as this can cause an irreversible & fatal heart condition</p>
<p>Element Exposure - Frostbite</p>	<p>Tissues of the skin become frozen giving them a waxy, discolored appearance Loss of sensation & cold to the touch</p>	<p>DO NOT RUB AREA Warm slowly in lukewarm water until warm to the touch & normal color has returned</p>	<p>Once warmed, bandage loosely separating fingers and/or toes Seek medical attention</p>