

FIRST AID TRAINING

2 CREDITS

FIRST AID: Initial help given to a person who is sick or injured.

STEP ONE: Evaluate the situation; Look for dangers to yourself and to the victim; You cannot help the victim by putting yourself at risk; Make the area safe for yourself and the victim

STEP TWO: Call 911/ Emergency medical services (EMS); Be prepared to give the operator your location; Provide emergency aid; Get help from others; always use gloves if available

Wounds, Abrasions and Bleeding

- Clean the wound or abrasion with clean running tap water for at least 5 minutes or until the wound is totally clean (no dirt or other matter on the wound). If tap water is not available use bottled (non-carbonated) drinking water.
- To stop the bleeding: apply firm steady pressure directly on the wound until bleeding stops.
- If gauze, cloth or sanitary pads are available, place directly over the bleeding area and apply steady pressure. Continue until bleeding stops. As the gauze, cloth or sanitary pads become soaked replace with dry ones if available.
- Once the bleeding has stopped, Apply an elastic bandage over the dry gauze, cloth or sanitary pad.
- Apply triple antibiotic ointment on abrasions (scrapes) to prevent infections.

Road Accident

- Evaluate the situation. Look for dangers to yourself and to the victim(s).
- Make the area safe for yourself and the victim e.g. Switch off the ignition.
- Check the victims. Evaluate all victims quickly and give aid to those with major injuries or not breathing first.
- **DO NOT** move the victim unless it is absolutely necessary. Treat the victim in the position where you find them.
- **ALWAYS** assume that there is a neck (spinal) injury.
- If you think victim has a spinal injury (back or neck injury) Do not move the victim. If the victim is unresponsive (unable to answer your questions) and is having difficulty breathing, vomiting or if you must leave the location to get help, place the victim in the modified recovery position. **Recovery position**- extend one of the victim's arms above the head and roll the body onto one side. Use the extended arm as a pillow. Bend both legs to keep the body on its side (stabilize).
- Monitor and record the victim's vital signs (pulse, breathing, response to your questions).
- Be prepared to give CPR, if needed.

Fire

- Call 911.
- **DO NOT** put your safety at risk.
- **DO NOT** attempt to fight a fire.
- Pull the nearest Fire alarm. Many buildings have maps on the backs of doors with marked alarm locations and exits.
- **DO NOT** use elevators under any circumstances.
- **STOP, DROP and ROLL** if you or anyone else is on fire. (If possible wrap the victim in a coat, curtain, blanket, rug or other heavy fabrics).

Smoke and Fumes

- **Never enter a burning or smoke filled room.**
- Smoke and fumes in a confined space create an environment that is low in oxygen and may be polluted by carbon monoxide and toxic fumes.
- If trapped in a burning building, get down on your knees and crawl across the smoke filled room (Air is cleanest at the lowest level). Go to a room with a window and close the door. Encourage and assist others to evacuate (leave) the area.

Electrical Injuries

- Evaluate the situation. Look for dangers to yourself and to the victim.
- Make the area safe for yourself and the victim.
- **HIGH VOLTAGE** current found in power lines and overhead high-tension (HT) cables, is usually fatal. Immediately notify the authorities if there is high voltage electrocution, such as fallen power lines.
- **LOW VOLTAGE** current is found in homes and workplaces.
- **DO NOT** touch the victim if he/she is in contact with the electrical source because you risk electrocution.
- Break the contact between the victim and electrical supply by switching off the current at the main switch or fuse box or unplugging or disconnecting the appliance.
- If unable to reach the plug or main switch, then stand on a dry insulating material such as a wooden box, a plastic mat, or a telephone book. Using a wooden stick push the victim's limbs away from the electrical source or push the source away from the victim.

Drowning

- Evaluate the situation. Look for dangers to yourself and to the victim.
- Make the area safe for yourself and the victim.
- If possible stay on land and pull victim from the water with your hand, a stick, or a rope.
- If victim is unconscious you may have to wade or swim to the victim and bring to shore.
- Evaluate for breathing and pulse.
- Begin CPR if breathing and or pulse is absent.
- **Start CPR with 2 effective ventilation followed by compressions, complete 5 cycles (2 minutes) and then activate emergency services. If two people are present then send one person to activate emergency services and the other to start CPR.**
- Once the victim is out of the water, place the victim in a position so that his/her head is lower than the rest of the body to reduce the risk of inhaling the water and protect body from the wind to prevent his body from getting colder. Remove wet clothing if possible and cover the victim with dry materials (blankets, towels, clothes).
- Arrange to take or send the victim to a hospital. As with electrical injuries the victim may have suffered injuries that are not life threatening

KEEP FOR YOUR RECORDS

RETURN TO APC

Employee Printed Name: _____
Date: _____ **Time Started:** _____ **Time Finished:** _____

TRUE/FALSE

- _____ 1. Never put yourself at risk.
- _____ 2. The first step in providing first aid is to evaluate the situation
- _____ 3. Hesitate when calling 911, you don't want to bother them.
- _____ 4. Do not move the victim unless there is danger to the victim
- _____ 5. Moving the victim should be your first priority
- _____ 6. Victims who are breathing should be given attention first
- _____ 7. In a road accident always assume there is a neck injury
- _____ 8. Never enter a burning or smoke filled room
- _____ 9. If trapped in a burning building locate the nearest elevator.
- _____ 10. Call 911 if you see fallen power lines
- _____ 11. You risk electrocution if you touch a victim in contact with the electrical source.
- _____ 12. Epinephrine is used to treat Anaphylactic shock.
- _____ 13. Shock is a life threatening condition
- _____ 14. Fractures are more severe than strains and sprains.
- _____ 15. Carefully remove the clothing from around the burn, unless it sticks to the burned area.

- 16. If you or anyone else is on fire, you should:
 - A. Stop, Drop, and Roll
 - B. Throw water
 - C. Put out the fire by waving your arms
 - D. Wrap affected area in a blanket
- 17. If tap water is not available to clean an abrasion, you may use:
 - A. Sports drink
 - B. Alcoholic drink
 - C. Ginger-Ale
 - D. Bottled non-carbonated water
- 18. Signs of a heart attack include:
 - A. Profuse sweating
 - B. Sudden dizziness
 - C. Gasping for Air
 - D. All of the above