

Severe Bleeding

1. Call 9-1-1
2. With a gloved hand, apply **direct pressure** to the bleeding area with gauze, a towel or other cloth.
3. **Minimize contact area** – if you can cover the bleeding area with a finger or two, don't use your whole hand. **Focused, direct pressure works better than stuffing a towel on top of the wound.**
4. If bleeding persists:
 - a. Elevate the extremity, if possible.
 - b. Apply a tourniquet, if you have been trained how to do this, and bleeding is life-threatening.
5. **DO NOT** remove the bottom layer of cloth or gauze. If blood soaks through, add more cloth or gauze on top.



1. Call 9-1-1.
2. If person is unresponsive & not breathing OR not breathing normally, begin CPR.
3. You do not have to perform mouth-to-mouth.
4. Place hands on sternum, at the nipple line.
5. Push at least 2" deep
6. Push hard & fast, but allow the chest to fully recoil between each compression.
7. Push at a rate of at least 100 per minute
8. If additional people are present, let someone else take over compressions every two minutes.
9. Try to minimize interruptions to CPR

Cardiopulmonary Resuscitation (CPR)

Quick First Aid Reference

Burns

Call 9-1-1 if: Burns are severe, Burns involve respiratory system (house fire, explosion, soot around mouth or nose, difficulty breathing), Burns go all the way around the torso, arms or legs, Burns to the face, genitalia, hands/feet.

Cool burn with **cool water only**. **DO NOT** use
creams or ointments.

Apply a **clean (sterile), dry** dressing over the wound.

DO NOT pop blisters

DO keep area covered – high risk for infection.

DO give fluids – risk for dehydration
increases with size of burn

DO keep warm – risk for hypothermia

Allergies:

Medications:

Medical Problems:

What treatment(s) did you perform?

What happened?

DOB: _____ Age: _____ Male/Female _____

Medical Information

Heat Illness

Prevent by keeping hydrated and avoid over-exertion. Urine should be clear or straw-colored, not yellow. Dark urine is a sign of dehydration.

Dehydration can cause fast heart rate, dizziness, and muscle cramps. Treat dehydration by drinking water or an electrolyte solution. (Gatorade, or water with a pinch or two of salt & sugar)

Heat Exhaustion occurs after dehydration. Symptoms may include dizziness, sweating, pale or red skin, and muscle cramps. Treat heat exhaustion by having the person sit down, remove excess clothing & gear, and drink water or electrolyte solution.

Heat Stroke is the final phase, and is a **life-threatening emergency**. Heat stroke looks just like heat exhaustion or dehydration, but it **becomes heat stroke when a change in mental status (i.e. confusion)** occurs.

- When in doubt, try to calm the person, and call 9-1-1.
- Creams, ointments and Tylenol are okay for minor scrapes, scalds and other minor injuries. In serious injuries, they can greatly complicate treatment.
- For poisoning, **DO NOT** induce vomiting. Call 9-1-1 and/or the Poison Control Hotline: **1-800-222-1222**
- Try to keep the person **calm, warm, and dry**.
- If they ingested a poison, or have severe abdominal pain, do not give them anything to eat or drink.

- If unresponsive, check breathing. If they are not breathing, start CPR.
- If they are breathing and there is no head/neck injury, roll them to one side in case they vomit.
- Clean, dry cloth is best for bandaging (when sterile supplies aren't available)
- Firm, focused pressure will stop most bleeding

General Thoughts

Seizures

Call 9-1-1. There is nothing you can do to stop a seizure - most times, they will stop on their own within a minute or two. **DO NOT** insert anything into the person's mouth. **DO NOT** attempt to restrain the person. **DO** attempt to move them to the floor, and protect them from injuring themselves on surrounding objects. (i.e. Move tables & chairs out of the way)

Bites & Stings

Animal Bites should be treated as a simple puncture wound – clean the area well with soap and water. You should seek medical attention due to the risk of infection. Large bites may need cleaned & sutured. **DO NOT** attempt to suture or close a bite wound – this will increase your risk for infection.

Bee Stings should be examined for the stinger. If a stinger is found, scrape it with a credit card or other object. DO NOT pull it out – this causes venom from the attached sac to be squeezed into the person. **Watch** for signs of an allergic reaction (swelling, itching, rash, difficulty breathing).

Bleeding is very common in scalp lacerations. Lots of blood does not necessarily mean a serious injury.

Head Injuries

Broken Ribs are best splinted by having the person "hug" a pillow or bulky material (rolled up jacket) against the affected ribs. **Watch** for shortness of breath – rib injuries can mean serious underlying injuries in the chest.

Call 9-1-1. Do not try to move the patient yourself, if possible. Consider using rigid materials (sticks, rolled newspaper, etc) to splint the bone. Tie the splint **above and below** the injury.

Ankle sprains/fractures – Leave boots/shoes on. Attempt to stabilize the ankle with bulky material (jackets, shirts) and tie in place, if possible, do not allow the person to walk on the extremity.

Broken Bones