

1st AID STUDY GUIDE

Checking an ill or injured person

Check the scene for safety

Obtain consent to help- provide care or call 911 if there is a life threatening condition.

Protect yourself from blood born pathogens- use gloves

Check from head to toe on an adult, but from toe to head on a child (to make them more comfortable, and keep them with their parent, if present.)

Care for the conditions you find, monitor the ABC's (airway, breathing, circulation)

Seizure

Keep the victim safe by clearing the area of objects, protect the head by putting something soft under the head if possible- do not restrain or put anything between their teeth. Comfort and reassure person.

Poisoning

Signs: breathing difficulty, nausea, vomiting, diarrhea, abdominal or chest pain, headache or dizziness, burns around nose, mouth, eyes

Care: call 911 or poison control (800-222-1222) to not give anything to drink or induce vomiting, monitor ABC's.

Head, Neck, Back Injury

Signs: complains of neck or back pain, tingling or weakness in extremities, not fully alert

Care: Minimize movement- support head in the position it is found, using in line stabilization

Allergic reaction/Anaphylaxis

Signs: Contact area swells, turns red, itches, hives, rash, weakness, nausea, vomiting, dizziness, difficulty breathing

Care: monitor ABC's, help with prescribed medication if available (auto injector). Bee stinger still in- scrap off with edge of a credit card or something

Asthma

Signs: Coughing, wheezing, difficulty breathing, shortness of breath, sweating, tightness in chest, unable to talk without stopping for a breath

Care: Help with inhaler if available, note time administered and monitor ABC's

Shock

Signs: restlessness, irritability, or confusion, altered level of consciousness, pale or ashen, cool, moist skin, rapid breathing and pulse, excessive thirst

Care: Call 911, monitor ABC's, help the person to lie down, maintain body temperature, do not give fluids

Stroke

Signs: F.A.S.T (F)ace weakness on one side of the face- ask them to smile-it'll be crooked. (A)rm: weakness or numbness in one arm- ask them to raise both arms out in front - one will not go as high. (S)peech- slurred or trouble getting words out- ask them to repeat a simple sentence

Care: (T)ime- note the time when the symptoms started and call 911

1st Aid Programmed Study Guide

Xiaolong Qi



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First Aid Gay James, P. J. Heath, 1988-01-01 Resources in Education ,1986 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1974 Journal of Health, Physical Education, Recreation ,1939 **Records & Briefs New York State Appellate Division** , Catalog of Copyright Entries, Fourth Series Library of Congress. Copyright Office, 1978 **The American Health and Safety Series** B. Haller Ingel, 1964 **Instructor** ,1973-02

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